

N.C. Nurse Aide I Curriculum

MODULE 5

Psychological Effects of Aging

Objectives

- Describe the psychological effects of aging.
- Explain the nurse aide's role in meeting the basic needs of the resident.
- Describe the nurse aide's role in caring for residents with a variety of responses – depressed resident, combative resident, and the agitated resident.
- Describe the feelings and behaviors of older adults moving into a nursing home.

Psychological Effects of Aging



An exploration of feelings, emotional stress, physical, psychosocial and psychological adjustments that are part of the aging process

Basic Human Needs



**Elements necessary for survival and physical/
mental well-being**

Physical Needs (Requirements for Sustaining Life)



Oxygen

Physical Needs (Requirements for Sustaining Life)



Food and Water

Physical Needs (Requirements for Sustaining Life)

Shelter and Sleep

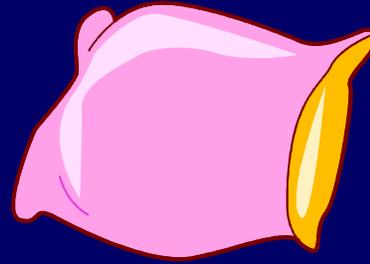


Physical Needs (Requirements for Sustaining Life)



Elimination and Activity





Safety and Security Needs



Love and Affection Needs



Friendship
Social
Acceptance
Closeness

Love and Affection Needs



**Supporting the
meaningful
relationships of
residents with
others**

Love and Affection Needs



Nursing staff can become family for the resident

Basic Self-esteem

Yes, **I AM** the
diva of this place.



- Value, worth or opinion of self
- Seeing oneself as useful
- Being well thought of by others

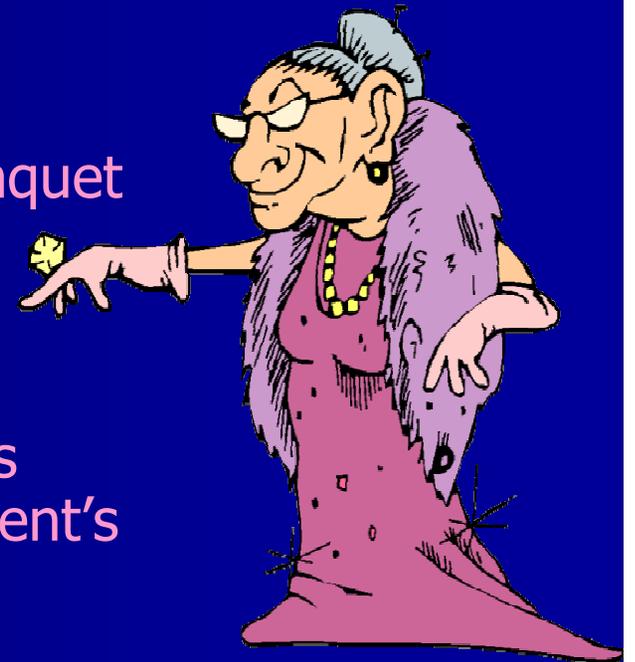
Self-esteem Needs of the Resident – Nurse Aide's Role

"Hello, Mrs. Divine" – call resident by proper name

"Congratulations, on being voted 'Diva of the Nursing Home'"
– praise accomplishments

"Is it a good time to discuss the Diva Banquet
that we are going to have next week?" –
discuss current issues

"Mrs. Divine, do you think I would look as
good in pink, as you do?" – request resident's
opinion, show respect and approval

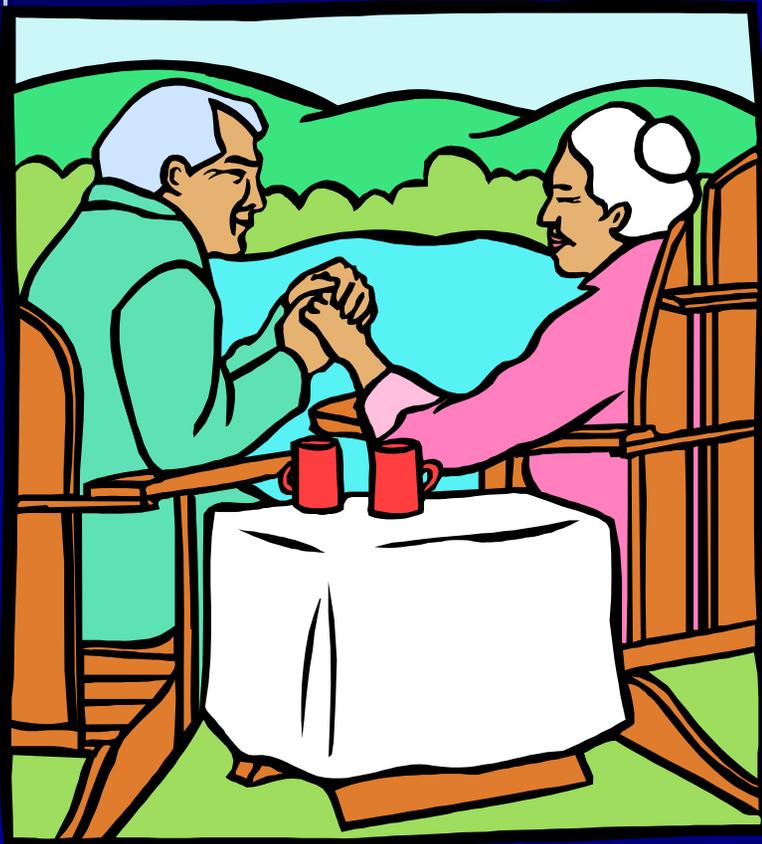


Spiritual Needs

- Respect beliefs and religious objects
- Inform residents about events
- Assist residents to attend events
- Provide privacy during visits by clergy

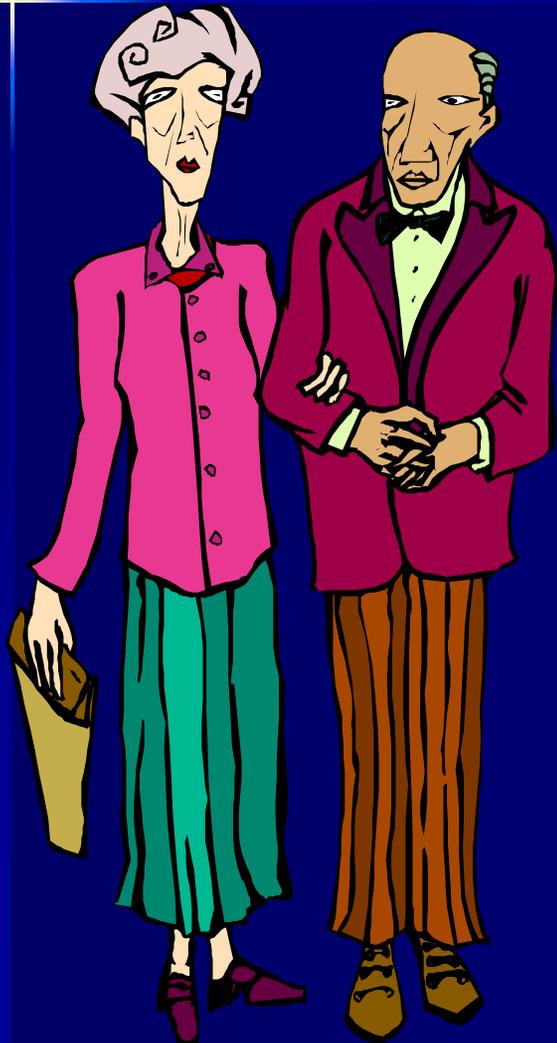
Residents have the right to worship and express faith freely

Sexuality



- Expressed by individuals of all ages
- A way to show feminine or masculine qualities
- May be expressed in a variety of ways

Resident Sexuality – Nurse Aide's Role



- Assist to maintain sexual identity
- Assist with personal hygiene
- Assist to prepare for special activities
- Help to develop a positive self-image

Resident Sexuality – Nurse Aide's Role

- **Show acceptance and understanding**
- **Never expose the resident**
- **Accept the resident's sexual relationships**
- **Provide protection for the non-consenting resident**
- **Be firm but gentle in objection of a resident's sexual advances**

Developmental Tasks of Aging – Skills



Skills that
must be
mastered
during a
stage of
development

Developmental Tasks of Aging – Issues

- Amount of care
- Cost
- Nutritional needs
- Relationships
- Location of family/support system
- Medical care needs
- Changes in lifestyle
- Long-term care decisions

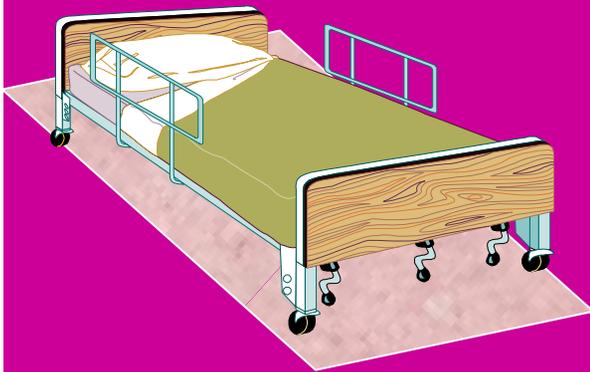


The Place That I Call Home



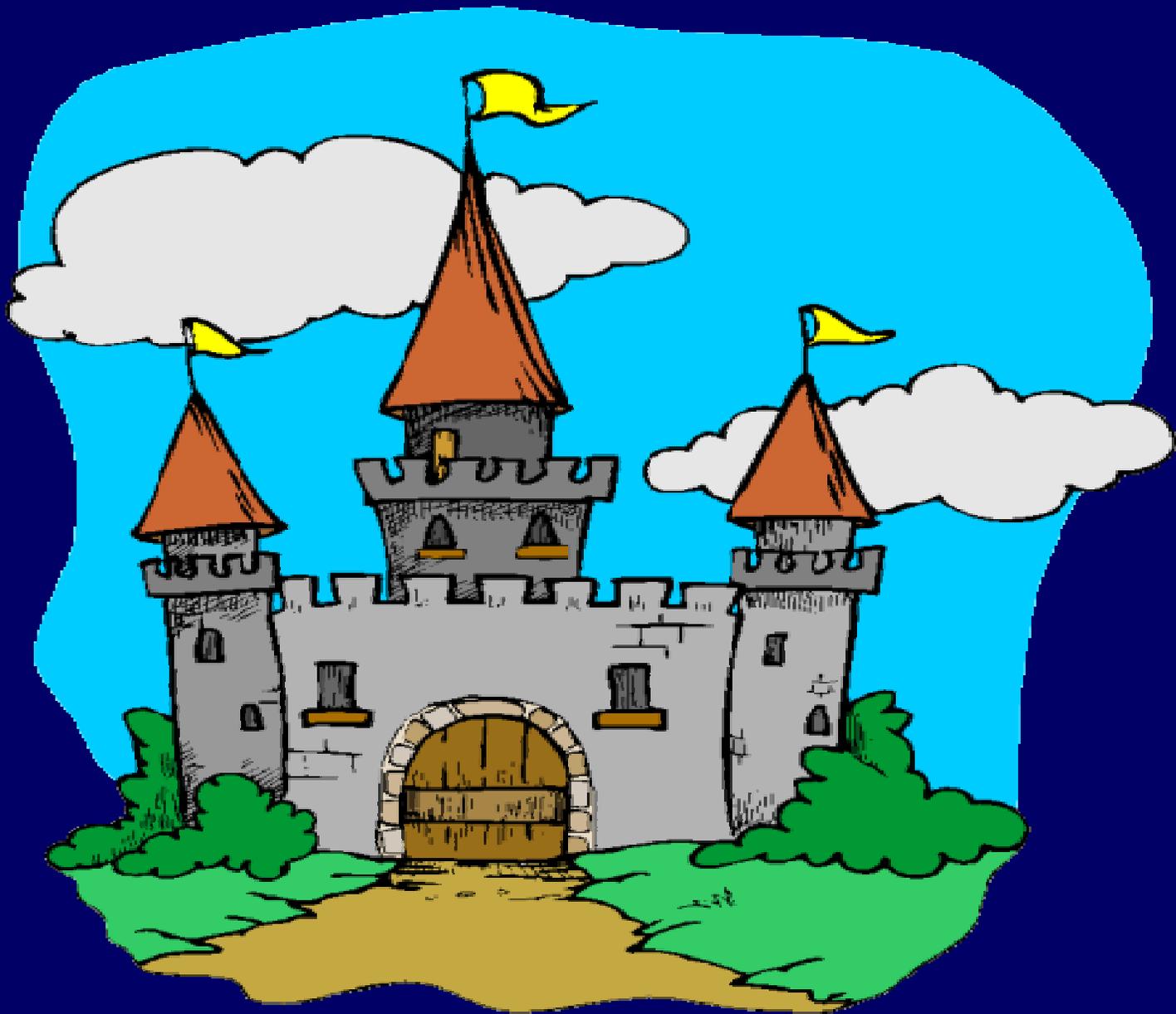


Your New Bed



Your Roommate





To an older adult, a home may represent.....

- **Independence**
- **A part of his/her identity**
- **A place to maintain autonomy & control**
- **The center for family gatherings**
- **A link to the past**
- **A connection to the neighborhood**
- **Symbol of position in the community**



Relocation from the Home....

- **Decrease in finances**
- **Decline in physical or mental state**
- **Lack of social support**
- **Increasingly unsafe neighborhood**

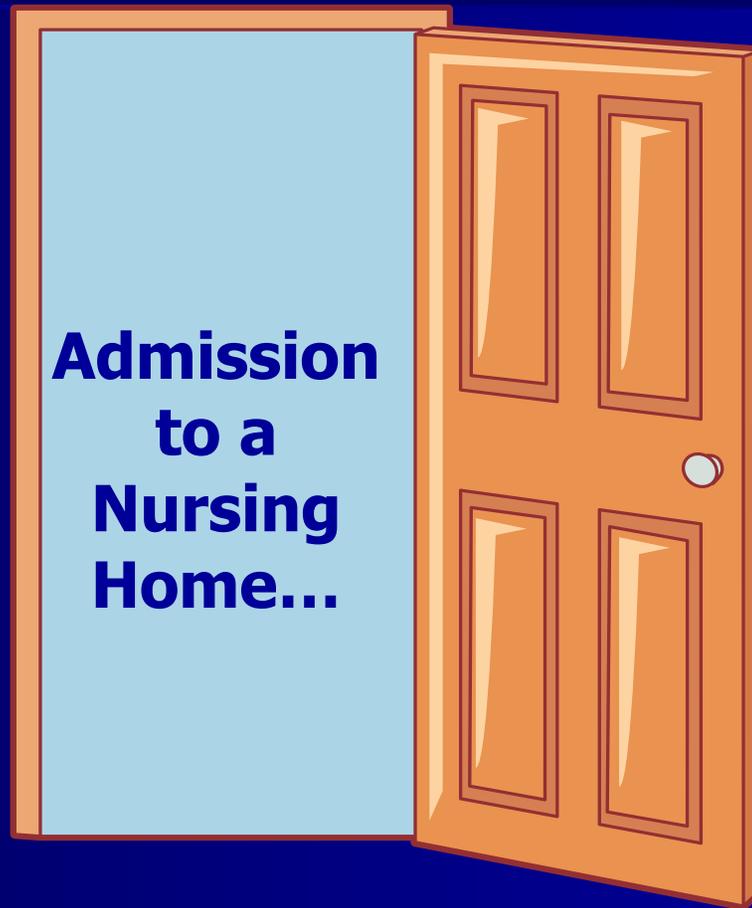


Reaction to Relocation

- Degree of choice
- Degree of preparation
- Degree of sameness of the new location
- Degree of predictability
- Number of additional losses



Moving to a Nursing Home



Feelings About Suddenly Being Admitted to a Nursing Home

- A great deal of **stress** and a sense of **loss, fear, isolation, confusion** & being **out of control**
- May feel **relief** over the move

Event is often viewed as the ending of one phase and the beginning of the final phase

A nursing home may be perceived as an accidental community



Life in a Nursing Home – Residents

- Wide range of ages
- May stay for a short or long time
- Variety of diagnoses
- Vary in degree of impairment or disability
- Vary in level of cognition
- 75% female



Life in a Nursing Home – Routines and Schedules



The older adult's life is built on previously established social roles and personal routines

Personal routines and schedules may collide with facility schedules, causing conflict



Life in a Nursing Home – Space

Personal
space is
limited and
reduced



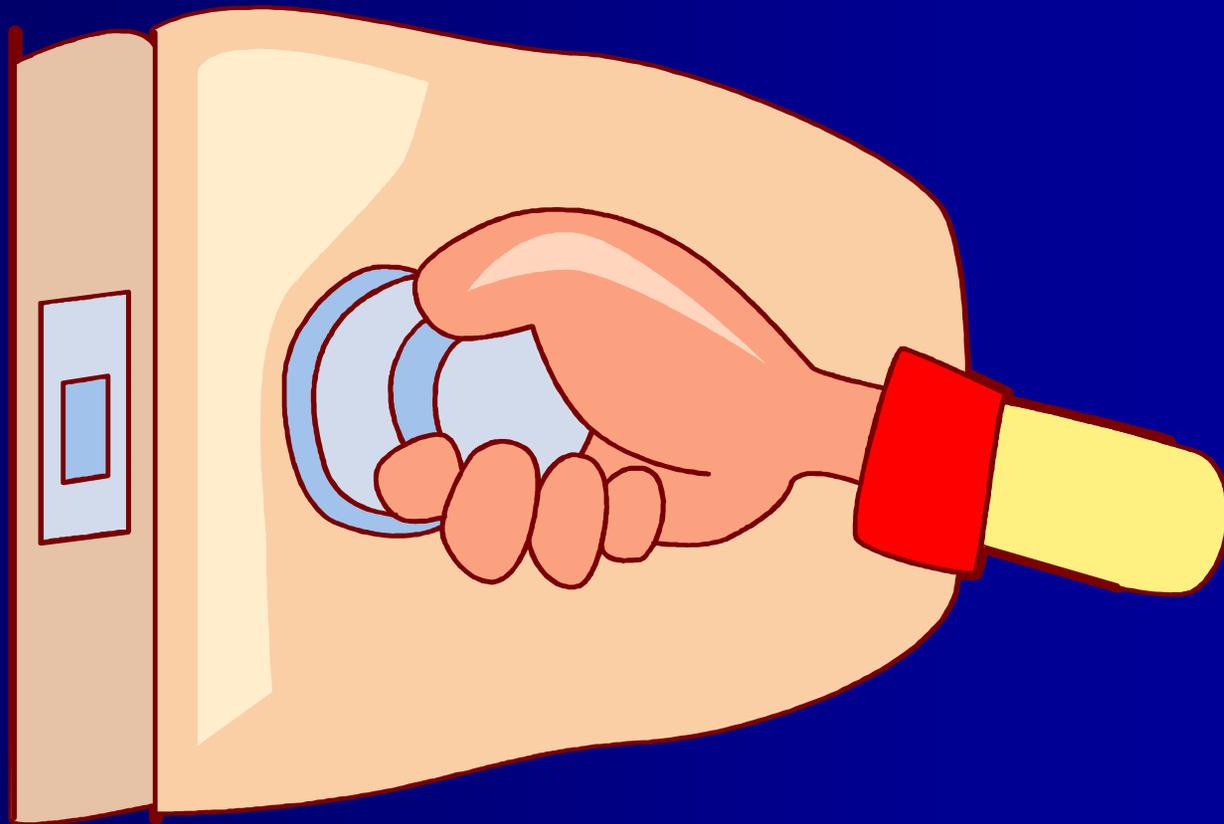
Storage
space is
limited

Life in a Nursing Home – Lack of Privacy



Resident may
live in a shared
bedroom with
no choice and
no control

Life in a Nursing Home – Lack of Privacy



Life in a Nursing Home

- Cognitively impaired housed with cognitively intact
- Residents may be frightened



Adaptation to Life in a Nursing Home

The cognitively intact older adult adapts to life in a nursing home in one of three ways.....



becomes depressed
or may regress



becomes
uncooperative



determined to
make the best
of it

Adaptation to Life in a Nursing Home

Important to realize that a **NORMAL RESPONSE** to sudden placement into a nursing home is often viewed as poor adjustment

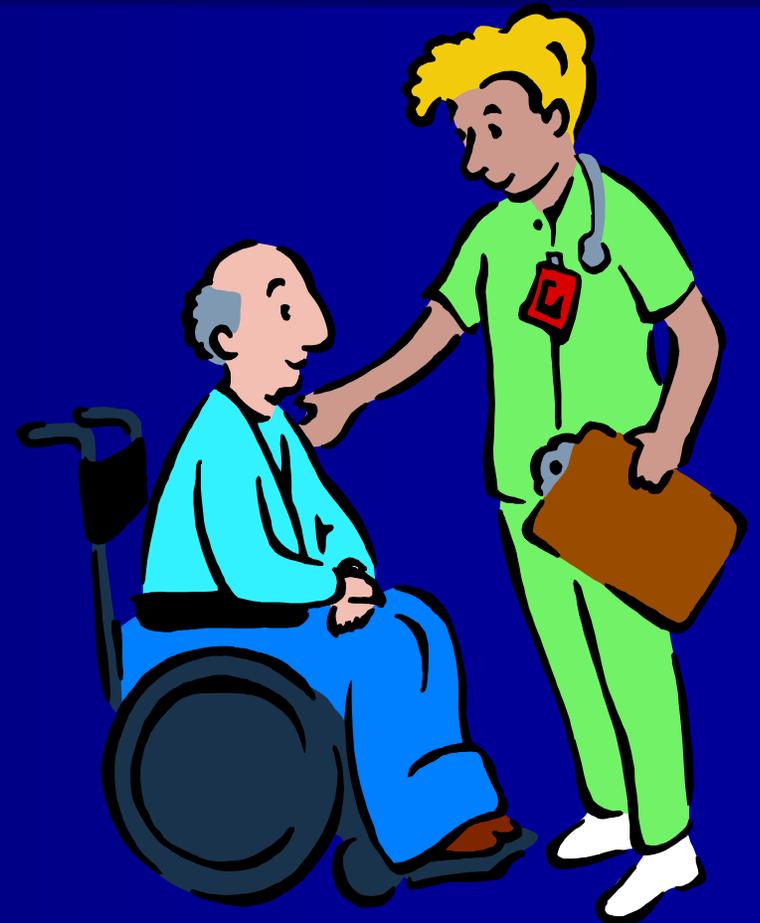


Nursing home staff may unfairly and prematurely label the resident as difficult or a troublemaker



Life in a Nursing Home – Nurse Aide's Role

Individualize
the
Admission
Process



Life in a Nursing Home – Nurse Aide's Role



"This goes here"



"This goes here"



"This goes here"

"This goes here"



"This goes here"



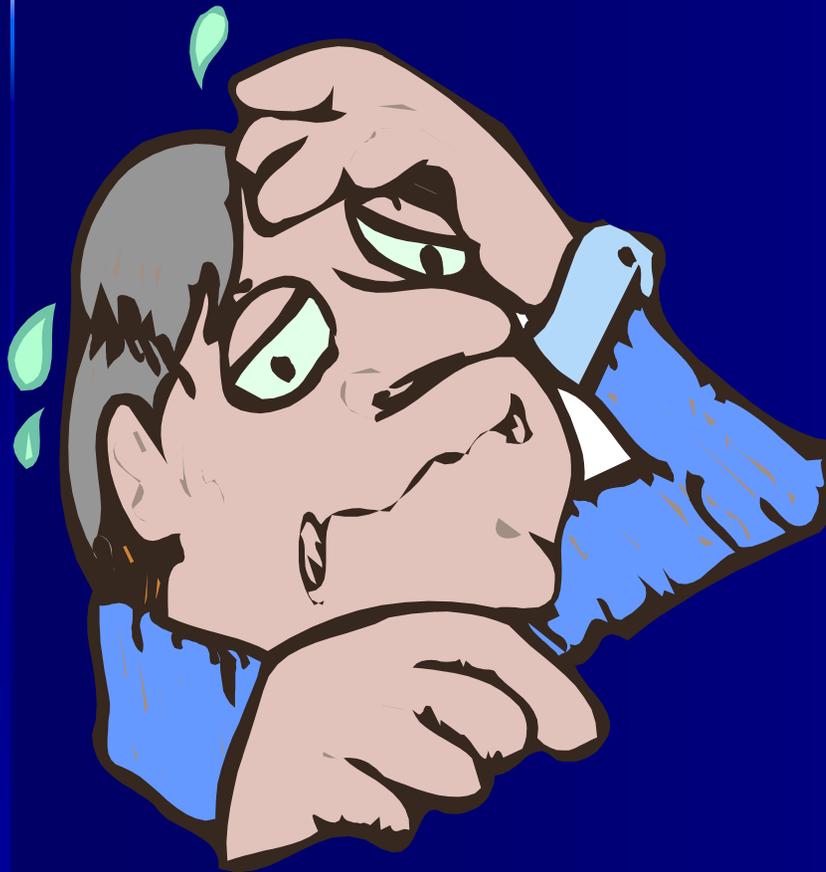
"This goes here"

Life in a Nursing Home – Nurse Aide's Role



Providing Privacy and Respect for Personal Space

Life in a Nursing Home – Nurse Aide's Role



**Provide
Emotional
Support**

OBRA

- OBRA requires States to have a survey and certification process in place
- Survey is unannounced and performed to review quality of care
- Variety of methods
- Findings of state inspectors



OBRA

The regulation of nursing homes focuses on quality of life for residents and emphasizes their individual rights. Because of OBRA, nursing home residents are more empowered and have a greater say in their own quality of life.

Nurse Aide's Role in Caring for Residents with Depression

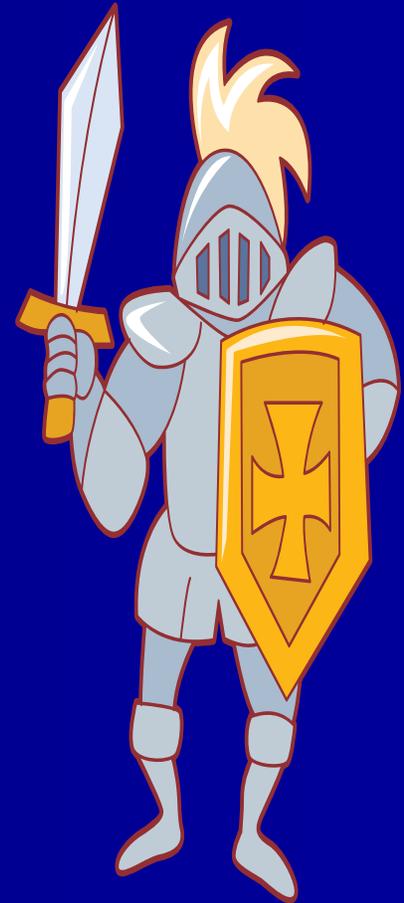


- Recognize reasons
- Recognize signs and symptoms
- When the resident is depressed
- Recognize defense mechanisms



Defense Mechanisms

- Projection – blaming others
- Rationalization – false reason for situation
- Denial – pretending problem does not exist
- Compensation – making up for situation in some other way



Defense Mechanisms

- Displacement – transferring feelings about one to another
- Daydreaming – escape from reality
- Identification – idolizing and trying to copy another
- Sublimation – redirecting feelings to constructive activity



Nurse Aide's Role in Caring for Residents with Developmental Disabilities

- Treat with respect and dignity
- Encourage
- Do not act as parent
- Provide privacy
- Build self-esteem



Nurse Aide's Role in Caring for Residents Who are Stressed



- Listen to concerns
- Observe and report
- Treat with dignity and respect
- Attempt to understand behavior
- Be honest and trustworthy
- Never argue
- Attempt to locate source
- Support efforts to deal with stress

Nurse Aide's Role in Caring for Residents Who are Demanding

- Attempt to discover factors
- Care
- Listen
- Give consistent care
- Spend time
- Agree to return at a specific time and keep promise

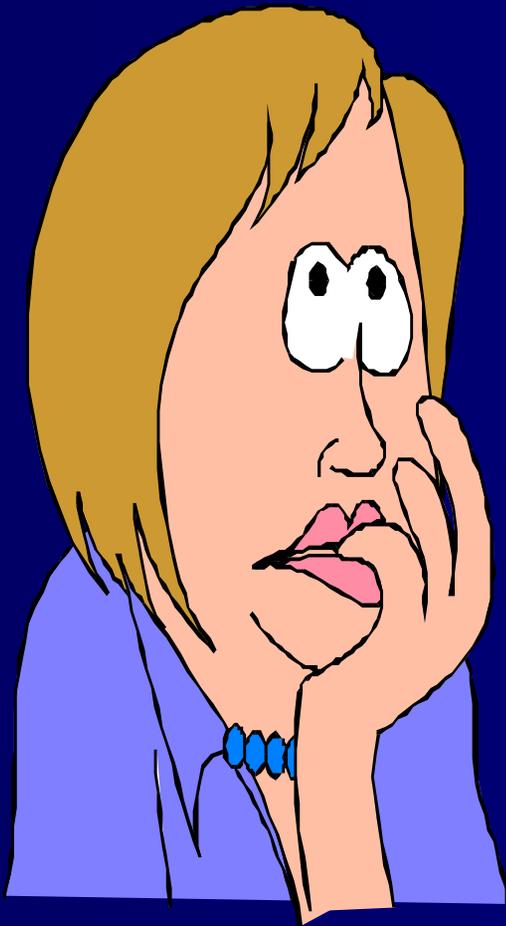


Nurse Aide's Role in Caring for Residents Who are Agitated

- Encourage to talk
- Remind resident of past ability
- Encourage to ask questions
- Promote self-esteem
- Observe for safety
- Assign small tasks
- Use reality orientation



Nurse Aide's Role in Caring for Residents Who are Paranoid



- Reassure
- Realize behavior is based on fear
- Avoid agreeing or disagreeing
- Provide calm environment
- Involve in reality activities

Nurse Aide's Role in Caring for Residents Who are Combative

- Display calm
- Avoid touch
- Provide privacy
- Secure help if necessary
- Do not ignore threats
- Protect self
- Listen without argument



The End