

## N.C. Nurse Aide I Curriculum

### MODULE S Psychological Effects of Aging

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## 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.

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## Psychological Effects of Aging



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

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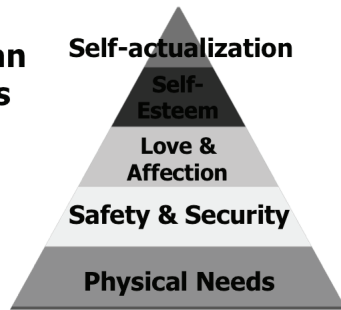
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## Basic Human Needs



Elements necessary for survival and physical/mental well-being

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## Physical Needs (Requirements for Sustaining Life)



## Oxygen

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## Physical Needs (Requirements for Sustaining Life)



## Food and Water

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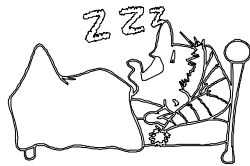
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**Physical Needs (Requirements for Sustaining Life)**



**Shelter and Sleep**



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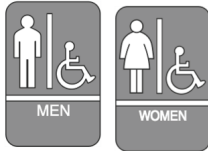
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**Physical Needs (Requirements for Sustaining Life)**



**Elimination and Activity**



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**Safety and Security Needs**



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## Love and Affection Needs



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## 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

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## 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



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## 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

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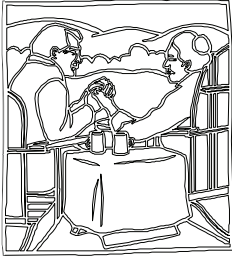
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## Sexuality



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

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## 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

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## 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

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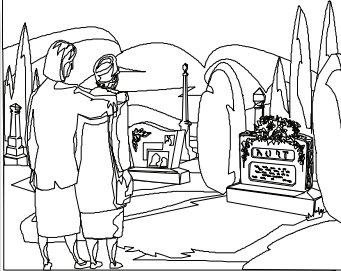
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## Developmental Tasks of Aging – Skills



Skills that must be mastered during a stage of development

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## 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



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## *The Place That I Call Home*



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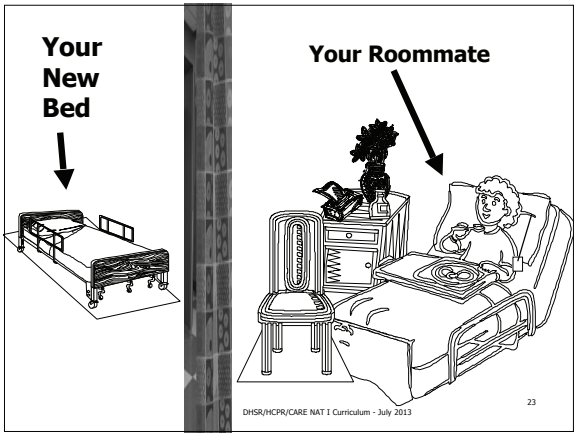
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**To an older adult, a home may represent.....**

- 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



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## **Relocation from the Home....**

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



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## **Reaction to Relocation**

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



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## Moving to a Nursing Home



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## 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**

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## A nursing home may be perceived as an accidental community



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## 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



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## 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



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## Life in a Nursing Home – Space

Personal space is limited and reduced



Storage space is limited

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## Life in a Nursing Home – Lack of Privacy



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

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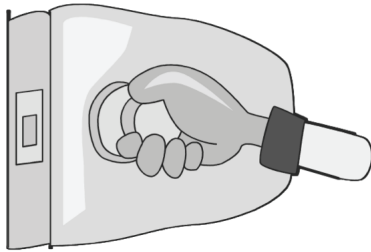
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## Life in a Nursing Home – Lack of Privacy



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## Life in a Nursing Home

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



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## 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

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## 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



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## Life in a Nursing Home – Nurse Aide's Role

Individualize  
the  
Admission  
Process



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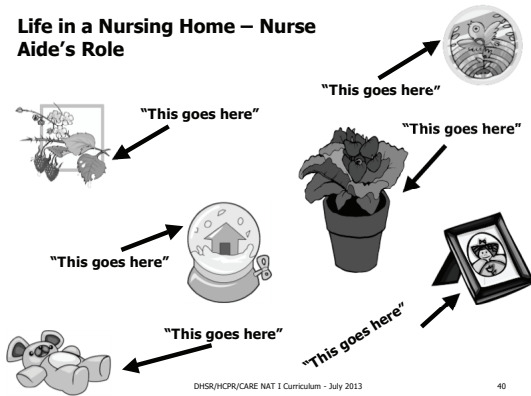
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**Life in a Nursing Home – Nurse Aide's Role**



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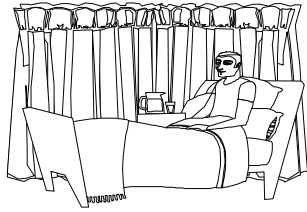
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**Life in a Nursing Home – Nurse Aide's Role**



**Providing Privacy and Respect for Personal Space**

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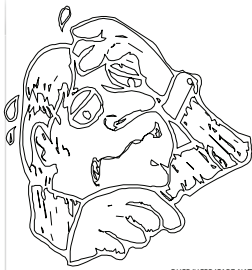
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**Life in a Nursing Home – Nurse Aide's Role**



**Provide Emotional Support**

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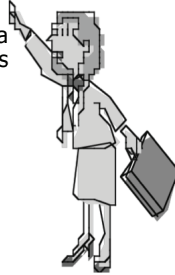
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# OBRA

- 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



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## 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.**

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## Nurse Aide's Role in Caring for Residents with Depression



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



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|   |   |
|---|---|
|   | <h2 style="text-align: center;">Defense Mechanisms</h2>                           |
| <ul style="list-style-type: none"> <li>■ Projection – blaming others</li> <li>■ Rationalization – false reason for situation</li> <li>■ Denial – pretending problem does not exist</li> <li>■ Compensation – making up for situation in some other way</li> </ul> |  |
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|--|--|
|  | <h2 style="text-align: center;">Defense Mechanisms</h2>                            |
| <ul style="list-style-type: none"> <li>■ Displacement – transferring feelings about one to another</li> <li>■ Daydreaming – escape from reality</li> <li>■ Identification – idolizing and trying to copy another</li> <li>■ Sublimation – redirecting feelings to constructive activity</li> </ul> |  |
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|   | <h2 style="text-align: center;">Nurse Aide's Role in Caring for Residents with Developmental Disabilities</h2> |
| <ul style="list-style-type: none"> <li>■ Treat with respect and dignity</li> <li>■ Encourage</li> <li>■ Do not act as parent</li> <li>■ Provide privacy</li> <li>■ Build self-esteem</li> </ul> |                             |
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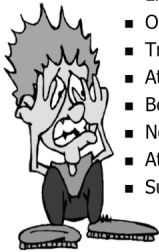
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## Nurse Aide's Role in Caring for Residents Who are Stressed



- 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

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## 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



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## 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



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## 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

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## 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



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## The End

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