NC Department of Health and Human Services
NC Nurse Aide I Curriculum

Module S
Psychological Effects of Aging

July 2019

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 such as the depressed resident, combative resident, and agitated resident**

- **Describe the feelings and behaviors of older adults moving into a nursing home**

Psychological Effects of Aging

- **Defined as an exploration of feelings, emotional stress, physical, psychosocial, and psychological adjustments that are part of the aging process**

- **The nurse aide should be aware of basic human behaviors and needs and how they may change with aging**

Basic Human Needs

Elements necessary for survival and physical/mental well-being

Note that the term, "physical," is used in place of the term, "physiological," during discussions

Physical Needs (1)

Requirements for Sustaining Life

Oxygen

Physical Needs (2)

Requirements for Sustaining Life

Food and Water

Physical Needs (3)

Requirements for Sustaining Life

Shelter and Sleep

Physical Needs (4)

Requirements for Sustaining Life

Elimination and Activity

Safety and Security Needs

Love and Affection Needs (1)

- **Friendship**

- **Social acceptance**

- **Closeness**

Love and Affection Needs (2)

Supporting the meaningful relationships of residents with others

Love and Affection Needs (3)

Nursing staff can become family for the resident

Basic Self-esteem

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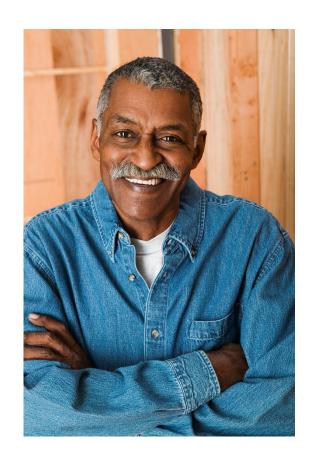- **Being well thought of by others**

Self-esteem Needs of the Resident

Nurse Aide Role

- Use name resident prefers – "Hello, Ms. Divine"

- Praise accomplishments – "Congratulations on being voted 'Diva of the Nursing Home'"

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

- Request resident's opinion, show respect and approval – "Ms. Divine, do you think I would look as good in a black boa as you do?"

Self-actualization Defined

- **Realizing personal potential including creative activities**

- **Self-fulfillment**

- **Seeking personal growth and peak experiences**

- **A desire to become everything one is capable of becoming**

Self-actualization in the Older Adult

Self-actualization may be difficult for older adult to achieve due to unmet:

- **Physical needs**

- **Security needs**

- **Love and affections needs**

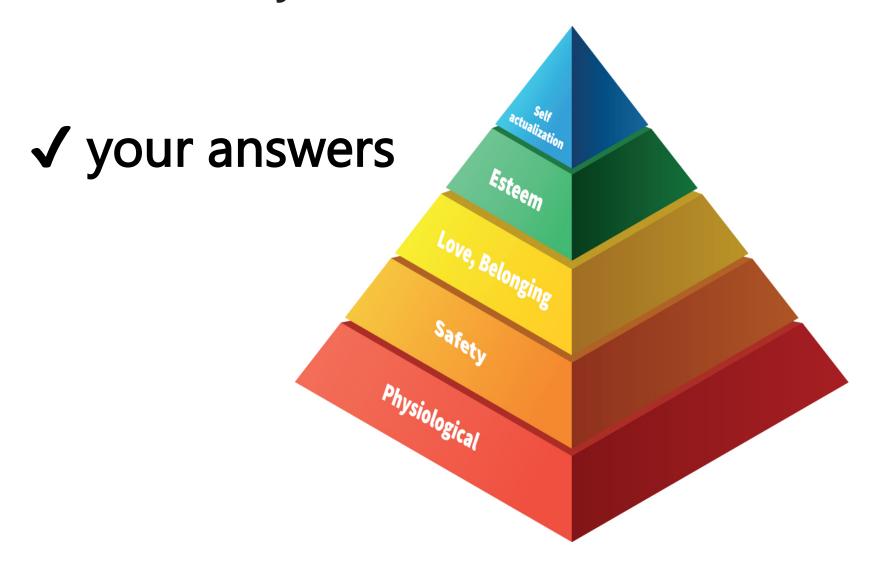- **Self-esteem needs**

Encouraging Self-actualization

- **Meet new people**
- **Attend activities**
- **Try something new**
- **Praise when resident succeeds at something new**
- **Creativity**
- **Audiobooks/music playlist**
- **Discuss activities meaningful to resident**
- **Support resident in treasured activities**

Review – Hierarchy of Basic Human Needs

Hierarchy of Basic Human Needs

✓ your answers

Spiritual Needs

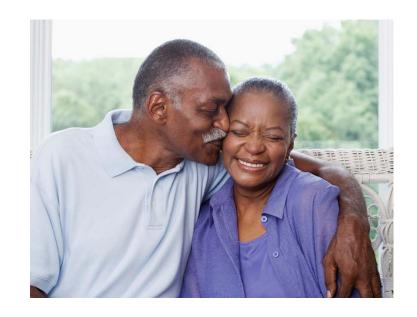## Residents have the right to worship and express their faith freely

- **Respect beliefs and religious objects**

- **Inform residents about events**

- **Assist residents to attend events**

- **Provide privacy during visits by clergy**

Sexuality

- **Sexual needs and desires continue throughout life**

- **May be expressed in a variety of ways**

- **Showing feminine or masculine qualities is a way to express sexuality**

- **Illness, disability, or living environment may affect needs and desires**

Resident Sexuality – Nurse Aide's Role (1)

- **Assist to maintain sexual identity**
- **Assist with personal hygiene**
- **Assist to prepare for special activities**
- **Help to develop a positive self-image**
- **Respect resident's sexual orientation and gender identity**

Resident Sexuality – Nurse Aide's Role (2)

- **Show acceptance and understanding**
- **Accept resident's sexual relationships**
- **Respect *Do Not Disturb* signs**
- **Refrain from gossiping about resident's sexuality**
- **Avoid viewing expressions of sexuality as disgusting or cute**
- **Provide protection for the non-consenting resident**
- **Be firm but gentle when objecting to a resident's sexual advances**

Developmental Tasks of Aging – Skills

Certain skills must be mastered during a stage of development

Late adulthood tasks include:

- **Adjustment to retirement, reduced income, death of friends, death of spouse, physical changes, loss of independence**

- **Creating new friendships and relationships**

- **Loss of vitality**

- **Integrating life experiences**

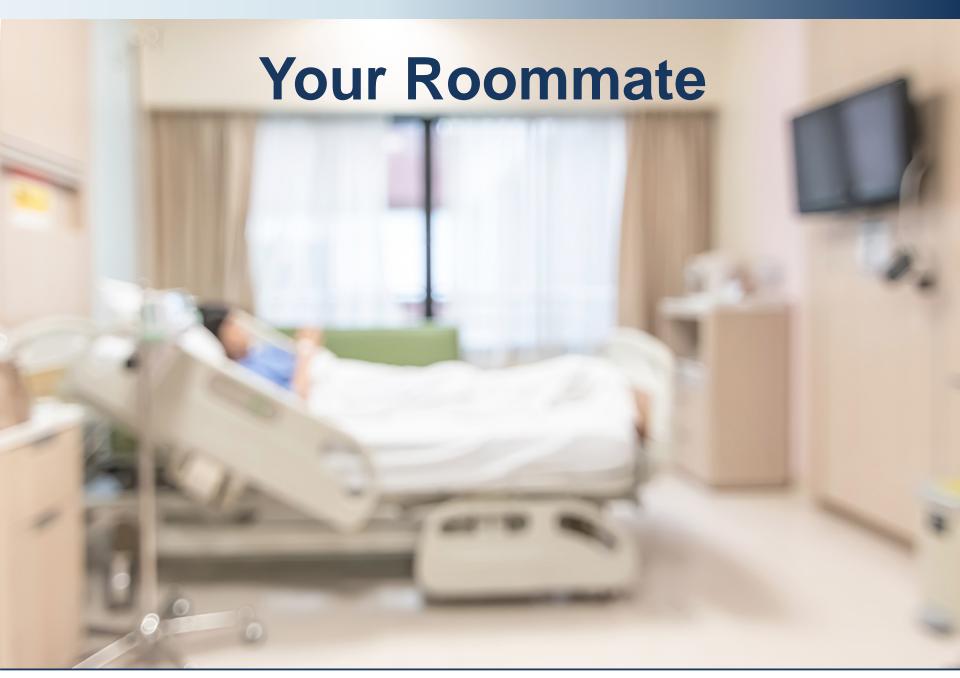- **Preparation for death**

Developmental Tasks of Aging – Issues

- **Amount and cost of care**
- **Nutritional needs**
- **Relationships**
- **Location of support system**
- **Medical care needs**
- **Changes in lifestyle**
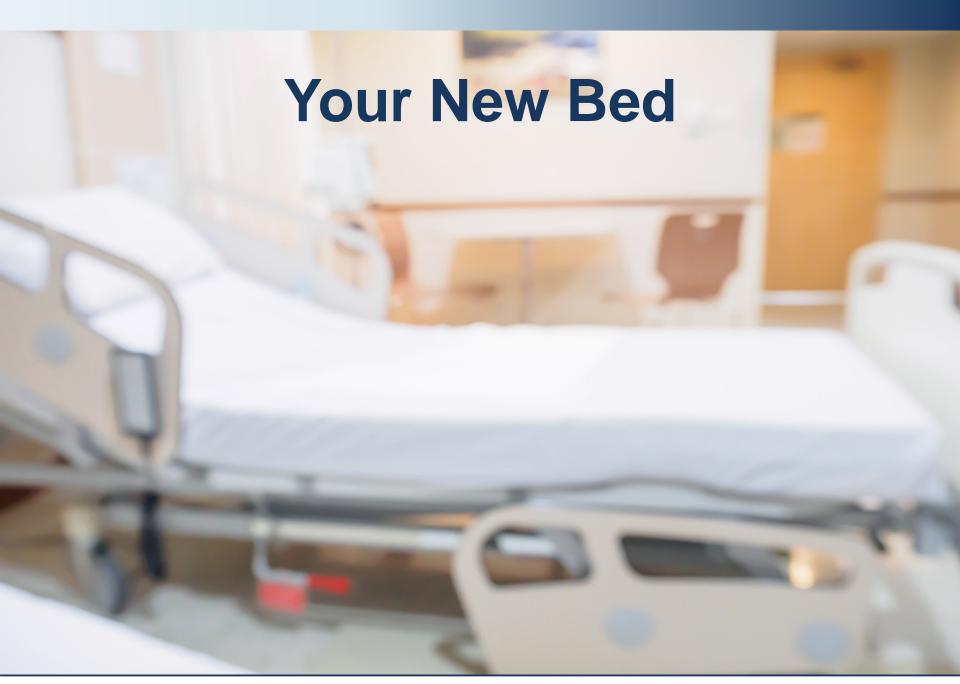- **Long-term care decisions**

The Place That I Call Home

Your Roommate

Your New Bed

Your home is your castle

An Older Adult's Home

To an older adult, a home may represent…

- Independence

- A link to the past

- A part of his/her identity

- The center for family gatherings

- A connection to the neighborhood

- Symbol of position in the community

- A place to maintain autonomy and control

Relocation from the Home

Why might older adults relocate from their homes?

- **Decrease in finances**
- **Decline in physical or mental state**
- **Inability to manage the home**
- **Lack of social support**
- **Increasingly unsafe neighborhood**

Reaction to Relocation from the Home

An older adult's reaction to relocation depends upon:

- Degree of choice

- Degree of preparedness

- Degree of sameness of new location

- Degree of predictability

- Number of additional losses

Moving to a Nursing Home

Admission to a Nursing Home…

Sudden Admission to a Nursing Home

How does older adult feel upon sudden admission to a nursing home?

- **Stress, sense of loss, fear, isolation, confusion, being out of control**

- **Relief over the move**

- **Ending of one phase and beginning of final phase**

An Accidental Community

A nursing home may be perceived as an accidental community
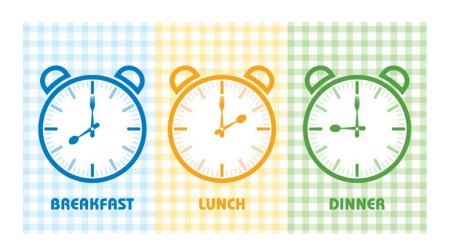
Life in a Nursing Home – Residents

- **Wide range of ages**

- **Short or long-term stay**

- **Variety of diagnoses**

- **Vary in degree of impairment or disability**

- **Vary in level of cognition**

- **75% female**

Nursing Home – Routines and Schedules

The older adult has previously established routines

Personal routines may collide with facility schedules causing conflict

Nursing Home – Limited Space

Personal space is limited and reduced

Storage space is limited

Nursing Home – Lack of Privacy (1)

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

Nursing Home – Lack of Privacy (2)

At home

In nursing home

Life in a Nursing Home

- **Cognitively impaired housed with cognitively intact**

- **Residents may be frightened**

Adapting to Life in a Nursing Home (1)

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

becomes depressed or may regress

becomes uncooperative

is determined to make the best of it

Adapting to Life in a Nursing Home (2)

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
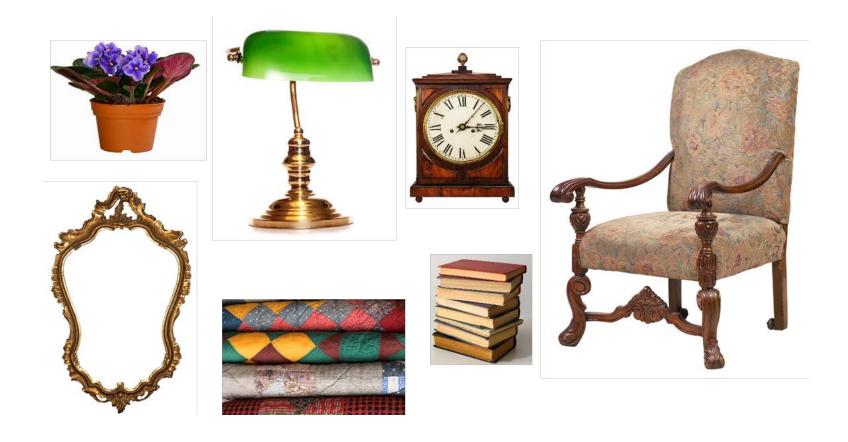
Life in a Nursing Home – Nurse Aide Role (1)

Individualize
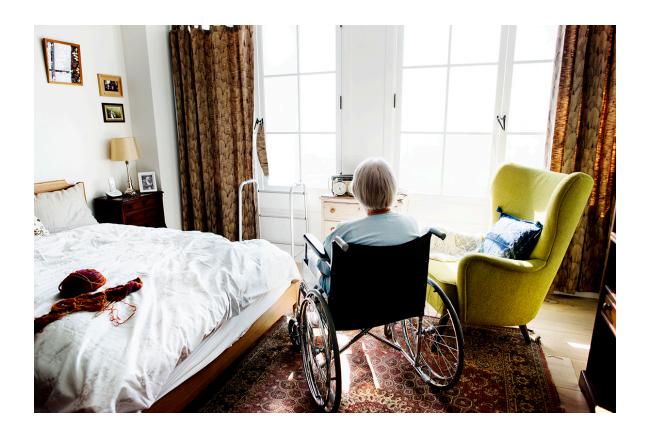
The

Admission

Process

Life in a Nursing Home – Nurse Aide Role (2)

Assist older adult to personalize space as much as possible

Life in a Nursing Home – Nurse Aide Role (3)

Providing Privacy and Respect for Personal Space

Life in a Nursing Home – Nurse Aide Role (4)

Providing Emotional Support

OBRA and Psychological Effects of Aging

- **OBRA requires states to have a survey and certification process in place for nursing homes**

- **Survey is unannounced and performed to review quality of care**

- **Variety of methods**

- **Findings of state surveyors**

OBRA Empowers Nursing Home Residents

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.

Caring for Residents Who Are Depressed

Role of the Nurse Aide

- **Recognize reasons**
- **Recognize signs and symptoms**
- **Nurse aide actions when resident is depressed**
- **Recognize defense mechanisms**

Defense Mechanisms (1)

- **Projection – blaming others**

- **Rationalization – false reason for situation**

- **Denial – pretending problem doesn't exist**

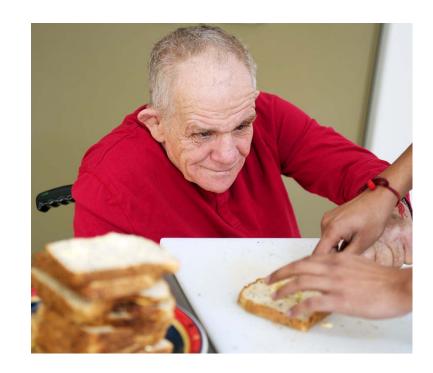- **Compensation – making up for situation in some other way**

Defense Mechanisms (2)

- **Displacement – transferring feelings about one to another**

- **Daydreaming – escape from reality**

- **Identification – idolizing and trying to copy another**

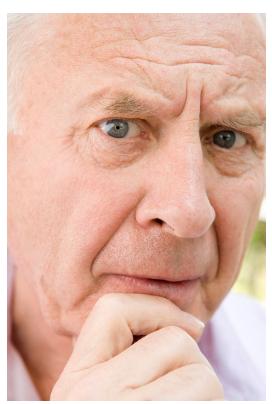- **Sublimation – redirecting feelings to constructive activity**

Residents with Developmental Disabilities

Role of the Nurse Aide

- Treat with respect and dignity

- Encourage

- Do not act as parent

- Build self-esteem

Caring for Residents Who Are Stressed

Role of the Nurse Aide

- Listen to concerns

- Observe and report

- Treaty with dignity and respect

- Attempt to understand behavior

- Be honest and trustworthy

- Never argue

- Attempt to locate source

- Support efforts to deal with stress

Caring for Residents Who Are Demanding

Role of the Nurse Aide

- Attempt to discover factors

- Care

- Listen

- Give consistent care

- Spend time with resident

- Agree to return at a specific time and keep promise

Caring for Residents Who Are Agitated

Role of the Nurse Aide

- **Encourage to talk**

- **Remind resident of past ability**

- **Encouraged to ask questions**

- **Promote self-esteem**

- **Observe for safety**

- **Assign small tasks**

- **Use reality orientation**

Caring for Residents Who Are Paranoid

Role of the Nurse Aide

- **Reassure resident**

- **Realize behavior is based on fear**

- **Avoid agreeing or disagreeing**

- **Provide calm environment**

- **Involve in reality activities**

Caring for Residents Who Are Combative

Role of the Nurse Aide

- **Display calm**

- **Avoid touch**

- **Provide privacy**

- **Secure help if necessary**

- **Do not ignore threats**

- **Protect self**

- **Listen without argument**