

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

**Module S
Psychological Effects of Aging**

July 2024

1

Objectives

1. Review the nurse aide's role in meeting the basic needs of the resident
2. Describe the psychological effects of aging
3. Describe common feelings and behaviors of older adults moving into a skilled nursing facility
4. Describe the nurse aide's role in caring for residents moving into a short-term or long-term facility

NCDHHS/DHSR/HCPEEC | Module S Psychological Effects of Aging | July 2024

2

Maslow's Hierarchy Of Needs

- The nurse aide is a vital link in assisting the resident at the lowest level on the hierarchy
- Lower-level needs must be met before higher-level needs are met



NCDHHS/DHSR/HCPEEC | Module S Psychological Effects of Aging | July 2024

3

Basic Human Needs

Physiological/Physical, Safety and Security

- Oxygen
- Food and Water
- Shelter and Sleep
- Elimination and Activity
- Intimacy
- Resources for safety and security

NCDHHS/DHSR/HCPPEC | Module S Psychological Effects of Aging | July 2024

4

Psychological Needs

Love and Belonging, and Self- Esteem

- Friendship
- Social acceptance
- Value, worth, or opinion of self
- Being well thought of by others
- Seeing oneself as useful
- Closeness
- Sense of belonging

NCDHHS/DHSR/HCPPEC | Module S Psychological Effects of Aging | July 2024

5

Self-Actualization Needs

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

- Physical needs
- Security needs
- Love and affection needs
- Self-esteem needs


NCDHHS/DHSR/HCPPEC | Module S Psychological Effects of Aging | July 2024

6

Psychological Effects of Aging

Exploration of

- Feelings
- Emotional stress
- Physical adjustments
- Psychosocial needs
- Psychological adjustments



NCDHHS/DHSR/HCPEC | Module S Psychological Effects of Aging | July 2024

7

Developmental Tasks of Aging

Late adulthood tasks include:

- Adjustment to retirement, potential 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 one's demise



NCDHHS/DHSR/HCPEC | Module S Psychological Effects of Aging | July 2024

8

Developmental Issues of Aging

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



NCDHHS/DHSR/HCPEC | Module S Psychological Effects of Aging | July 2024

9



10

The Home of an Older Adult

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

NCDHHS/DHSR/HCEPC | Module Psychological Effects of Aging | July 2024 11

11

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

NCDHHS/DHSR/HCEPC | Module Psychological Effects of Aging | July 2024 12

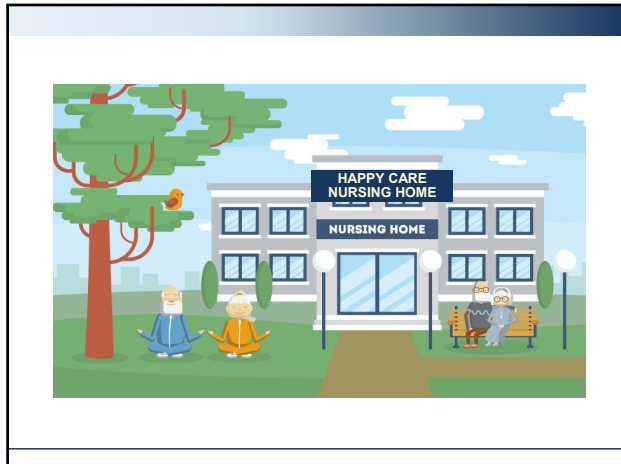
12

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

13



14

Admission to a Skilled Nursing Facility

- How might an older adult feel upon a sudden admission to a skilled nursing facility?
 - Stress, sense of loss, fear, isolation, confusion, being out of control
 - A sense of relief after the move
 - Transitioning of one phase of life and beginning of next phase
- What can the nurse aide do to individualize the admission process?
 - Identify how to address the resident
 - Provide explanation of routines and procedures
 - Introduce resident to staff and other residents

15

Life in a Skilled Nursing Facility

The resident's room and the environment

- Limited for personal belongings
- Reduced in size
- Lack of privacy
- Little to no space for storage
- Fixed routines and schedules



NCDHHS/DHSR/HCPEC | Module 5 Psychological Effects of Aging | July 2024 17

16

Adapting to Life in a Skilled Nursing Facility

- Resident may live in a shared bedroom with no choice and no control
- Personal routines may conflict with facility schedules
- Cognitively impaired residents may reside with cognitively intact residents
- Residents may be frightened



NCDHHS/DHSR/HCPEC | Module 5 Psychological Effects of Aging | July 2024 17

17

Adapting to Long Term Care

A cognitively intact older adult may initially adapt to life in a facility by becoming depressed or uncooperative. Others may be determined to make the most of the move.





NCDHHS/DHSR/HCPEC | Module 5 Psychological Effects of Aging | July 2024 18

18

Psychological Effects and Coping

A common response to sudden placement into a facility is often viewed as poor adjustment



Staff may unfairly and prematurely label the resident as difficult or a troublemaker

19

Caring for a Skilled Nursing Home Resident

- Assist older adult to personalize space
- Provide privacy and respect for personal space
- Provide emotional support
- Provide person-centered care based on preferences and choices
- Be consistent and supportive


20

Caring for the Developmentally Delayed Resident


| | |
|--------|----------------------------|
| Treat | with respect and dignity |
| Praise | positive learned behaviors |
| Avoid | acting as parent |
| Build | self-esteem |

21

Caring for the Depressed Resident



RECOGNIZE
POTENTIAL
CAUSE OR
TRIGGERS



RECOGNIZE
SIGNS AND
SYMPTOMS



RECOGNIZE
DEFENSE
MECHANISMS

NCDHHS/DHSR/HCPEIC | Module 5 Psychological Effects of Aging | July 2024 22

22

Caring for the Stressed Resident

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

NCDHHS/DHSR/HCPEIC | Module 5 Psychological Effects of Aging | July 2024 23

23

Caring for the Demanding Resident

- 🔍 Attempt to discover factors responsible for behaviors
- 👤 Display a caring attitude
- 👂 Listen to verbal and nonverbal messages
- 🕒 Give consistent care
- 🕒 Spend time with resident
- 📅 Agree to return at a specific time and keep promise

NCDHHS/DHSR/HCPEIC | Module 5 Psychological Effects of Aging | July 2024 24

24

Caring for the Agitated Resident

- Encourage the resident express feelings verbally
- Remind resident of past accomplishments
- Encouraged the resident to ask questions
- Encourage activities that promote self-esteem
- Observe for safety concerns
- Assign small tasks
- Use reality orientation

NCDHHS/DHSR/HCPEIC | Module 5 Psychological Effects of Aging | July 2024 25

25

Caring for the Paranoid Resident

| | |
|----------|---------------------------------------|
| Reassure | resident of safe environment |
| Realize | behavior is based on fear |
| Avoid | agreeing or disagreeing with comments |
| Provide | a calm environment |
| Involve | in one-on-one activities |

NCDHHS/DHSR/HCPEIC | Module 5 Psychological Effects of Aging | July 2024 26

26

Caring for the Combative Resident

| | |
|---------|---|
| Display | a calm demeanor |
| Avoid | touching the resident |
| Provide | privacy for a resident displaying safety concerns |
| Secure | help if necessary |
| Do not | ignore threats |
| Protect | self from harm |
| Listen | to verbal aggression without argument |

NCDHHS/DHSR/HCPEIC | Module 5 Psychological Effects of Aging | July 2024 27

27


Omnibus Budget Reconciliation Act (OBRA)

- The federal regulation of skilled nursing facilities focuses on quality of life for residents and emphasizes their individual rights as residents
- Because of OBRA, short- and long-term care residents are more empowered and have a greater say in their own quality of life

NCDHHS/DHSR/HCPEFC | Module 5 Psychological Effects of Aging | July 2024

28

Psychological Changes and the Aging Adult



NCDHHS/DHSR/HCPEFC | Module 5 Psychological Effects of Aging | July 2024

29

The End

NCDHHS/DHSR/HCPEFC | Module 5 Psychological Effects of Aging | July 2024

30
