

Elderly Adult Assessment Interview

Student's Name:

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Course:

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Date:

Elderly Adult Assessment Interview

Understanding the psychosocial behavior of elderly adults and how they think and view themselves is essential before finding the right interventions for the challenges facing them. In this view, the department asked to interview at least one elder adult at least 65 years to unravel it. In the interview, much valuable, insightful information was gathered, and the discussion is here. Useful interventions for elderly adults and alterations have been given on the document. The elderly adults live in their world with different thinking and more information to handle daily apart from the weakening body systems. In this sense, they are vulnerable to diseases and mental challenges, making them demand critical attention as they age.

The respondent being 75 years old, was not seeing himself as old, despite showing some of the elder adult's general characteristics discussed in last week's class. It was evident that the elderly associate extended living with quality of life lived, including healthy foods, a happy life with children and grandchildren. It was easy to relate the discussed content in theory to real-life situations by associating the physical behaviors and abilities of the elderly to the course's content. It was easy to identify that the elderly adults have reduced energy in movements, the transition, and physical movement from one place to another because they take time also when answering questions involving recalling events, persons or activities they take time to recall.

The responder considered himself not too old, citing that there exist other older persons. As much as an elder adult can walk, attend to his physical needs, and have good health, they are never too old. They are placed under the care of an employee by grandchildren or an employed caretaker, but they seem to prefer to be cared for by their grandchildren if they relate well with them. In assessing the physical condition, it was confirmed that they can still do most of the personal activities at 75. They can walk steadily for some time, covering a kilometer without

staggering. The movement course is slow for most distance and includes standing when tired; this was self-reported. It was evident in the discussion that the elderly can still attend the regular exercise attended by their agemates.

On the contrary, elderly adults are not treated well. In the interview, it was clear that better health care is supposed to be accorded to them. Despite the humane treatment they received, it is not enough; they required personalized care. The situations worsen when the patient under care is too old and unable to do most of the activities to which some of their agemates can. They are still supposed to be engaged in hobbies and spend most of their time doing what is pleasurable. The respondent believes that good health is a gift from God and living a longer life is also a gift. Despite eating healthy food and taking care of what enters the mount to prevent diseases like diabetes. They can also not name any specific reason related to their long lives and having lived longer than other people they knew—however, they associated the length of living with good eating habits, avoiding alcohol and violence. Besides, there is an emphasis on avoiding speeding when driving; instead, exercising patience in every situation saves lives.

Thinking back to the time before talking to the other adult female, I am thinking about all the questions. To avoid clutter during the interview session, recording the questions is the priority. Generally, it was appropriate to prepare the interviewees psychologically that the interview would take some time, about 30 minutes to one hour, and all that we would discuss would be about life and current activities performed. Thirdly, it was crucial that all the information collected during the interview would be used for academic purposes only and not revealed to any other

person whatsoever. It was reported that respondents consent to avoid visitors, and with understanding the specific behavior, it was necessary to do it kindly because the elderly adults are a vulnerable population. The last preliminary intervention taken was to prepare a place where the interview would occur so that visitors can be elderly visitors and quickly to avoid making the respondent upset during the talk. Care was taken to have every word and sentence clear throughout the session.

Attention necessary for the life of this interviewer include the situation. Since the respondent is living alone with the care of a hired caregiver, the relationship between the two is not always assumed to be a kind of parent, and so much, there are those that are situations that ought to be such. The caregivers and visitors to visitors places at home are supposed to have enough funds and support, which will help the elderly during walking. Besides, these ways should not have stairs because as time goes by, they will not move the leg up to the next level corner or later. Secondly, the personal diet needs to be chosen to include a balanced diet elderly and should have the necessary food types for the elderly (Casselle et al., 2009). The elderly adult should follow a strict timetable for the various types of food and eat at the stipulated time frames. The type of food consumed is also to prevent consuming food related illnesses like diabetes and avoid gaining excess weight or losing much weight. The last intervention includes providing optimum

time with walking, the elderly must support the equivalent of the time in bed for crawling, but instead, they should have enough sleep and rest. After involving themselves in a busy day, they should enjoy motion exercises earlier for an older adult.

The interventions made for these situations include identifying the factors that increase the chances of falling. These factors are expected to be reduced to zero, where possible, to limit the events of falling. An older adult is delicate, and falling would make them fracture their bones and suffer severe consequences (Poon et al., 2019). Determining these factors will assist in interventions necessary for the older adult to avoid unnecessary illnesses due to falls or inappropriate use of moving aids. The second intervention includes placing the exercise devices and items commonly used within reach of the elderly. This intervention assists in reducing the need for a greater extent of mobility. To provide easier access to these devices and personal equipment, mobile phones, water, and the toilet should be situated closer to the elderly to avoid frequent movements.

Finally, the last intervention involves a regular check for the elderly's weight and the importance of using equipment for those who have been recommended. These personal items include hearing aids, which should be worn all the time, starting from when they were

recommended. The focus is used to create supported humans and improve the patient's mobility and communication when they are designed to provide elderly adults with a sense of involvement. The elderly are highly encouraged to participate in some form of exercise to keep them fit, long, and maintain constant control.

The cultural perspective on the interventions used includes but is not limited to changing individual attitudes. The older adult needs to be encouraged to take positive attitudes toward the changes made in the environment. According to Cook et al. (2007), the change in attitude will affect the number of years of elderly adult life and how they perceive old age. All these depend on the way the elderly perceive the environmental changes. Therefore, when making the changes, the concerned older adult must be informed about the implemented intervention. Secondly, the older adults' intervention includes encouraging traditional food and food habits to boost immunity and reduce cholesterol levels.

The thoughts and the psychological meaning of the old dependent are still moderate and above average reasoning ability. The primary focus and concern are on health and the current being studied that attitudes to the food value that they consume daily. Revision of the two basic supplements may be one of the proper interventions that can help. The current and past health status

Investigate how the impact is connected with the health and the conditions that help the
healthily more connected than the life span. In conclusion, one should be put out of
making a longer life for the elderly.

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Appendix

Printed Questionnaire

INTERVIEW OF CURRENT ELDER ADULT

Name _____ **Age** _____

Printed Introduction (Background Information):

The University Department of Gerontological Nursing is conducting the older adults needs and how they think themselves, it is trying to establish the appropriate interventions that can be done to improve the well being of an older individual. For this reason, therefore, it is within our mandate to do some research and assess the way they view themselves and the values they hold.

1. Philosophy on Living a long life

The respondent lived quite a long time though he feels like living for longer life is the future.

Living a longer life may depend on healthy living and the quality of food that one eats.

Moreover, one of the fundamental things that one should be to look upon his children and

qualifications when they are giving in person; this can give a person sense of relief and change in life.

2. Thoughts about when a person is considered "too old."

These thoughts are not welcome in my thoughts, but he doesn't consider himself too old either. If somebody is not able to walk, he is considered too old. The matter is not right. In his view, however, old age is a blessing from God and not something to fear about; besides, it is also considered that someone will not be that in living.

3. Opinions on the status and treatment of older adults

Most of the older adults are treated humanely, and they are mostly taken care of by the immediate family members. On his part, he has been enjoying the excellent care of my family even though he is not that much, he uses the National Medical Security Fund, where he is mostly checked monthly. It must be that there have been increases in the prevalence of ventricular and chronic diseases.

4. Beliefs about health and illness

Health is a gift from God that can enhance the chances of increasing their immunity by eating correctly balanced food and exercising regularly. In a moderate case, when one has contracted a disease, it is expected that healing is treated, and the illness may subside. If treatment is delayed, sometimes it can be fatal to the life of the patient. Care should be taken so that a quick and appropriate intervention can be made as in the past days when the white doctors offered a quick cure and medical intervention.

5. Health promotion activities he or she participates in

The health promotion activities he undertakes are to eat a well balanced diet at every every meal, he must do an exercise every morning like going for a walk, to engage in activities that uplift his soul like going to church and participating in the local community projects and helping the needy in the community. These activities usually produce some fulfillment within the mind, body, and soul.

6. Something special that helped the person live longer

There is no one particular thing that he pointed out that helped him to live a long life. However, a comprehensive list of factors came into play in enabling him to improve his life. These factors are a positive attitude toward life in general, healthy living and lifestyle such as avoiding darkness, overexposure, and fighting. Other factors may be eating a balanced diet and exercising, which have made him strong regardless of the number of years he has accumulated in time of age.

7. Life span of other family members

The life spans of his siblings have been nearly similar to his. They have enjoyed quite a long life span despite being the only last born in our family. Other members are still intact and living. Though God's blessing to get to these pages with all the number of still living. On the part of the children, they are very healthy without any chronic diseases that are disturbing.

8. Special dietary traditions in patient's culture attributed to eating long life

Traditional foods such as Amaranth, yams and Okra are some of the best vegetables that increase the longevity of life besides boosting other vital/ immunity. In the respondents

**case, he has been using the vegetable oil for about 20 years. The oil is used
regularly and the oil has been proven to contain a large amount of oil. This
oil can be explained through their ability to supply oil and other nutrients.**

9. Any remarkable situations that have been handled down in the family group. If yes, describe.

The purchase of slaves during the respondent's early years was rampant, but through the eyes and the knowledge of the existence of slaves that passed down from trading, the disease has been contained. Another remedy that was applied in some of his children and grandchildren is the existence of a sharp object resembling the claw finger on the hand. This remedy has been eliminated from the fingers of several children during childhood. This remedy is usually done to get rid of it for good. It has no history of re-growth.

10. Patient's description of current and past health status

The current health status is relatively stable, and though there has been some common cold that troubled him in the last few months. The older child was battling with stomach issues that became too hard to continue bothering him during the past.

11. The values that guided him so far

The values that have guided his life are loyalty, love and care, honesty, and patience. Through many ups and downs, he has realized life to be a wonderful roller coaster in contrast with the young aggressive and very hot tempered young person in the past.

Additional Questions

1. The significant achievements that he has done so far the major achievement he has done so far was to create a fully operational engineering factory that is still operational. The grandchildren all enjoy their childhood.

2. How they view the current life in general

The current life is so fast, maybe partly because education has led to extraordinary things. This, for instance, the airplanes and the vehicles that have filled space.

3. Some critical project in the past that if he could he will do it differently

The respondent described the incident that led him to regret that the project was about steel making, which he described as contributing a steel that was supposed to hinder the project. Some

**Students sometimes produced the plot of $\ln u$ and $\ln v$ versus $\ln t$, which led to their
conclusion in copying solutions from the notes.**

Summary

The thoughts and the psychological meaning of the old respondent are still relevant and show average reasoning ability. The primary focus and concerns are on health and the current living standard that relates to the fixed value that he consumes daily. Besides of the two basic requirements may be one of the proper solutions that can help.

The current and past health status have indicated how the respondent is connected with his health and the conditions that helped him live relatively more extended time than his peers. In conclusion, one should be past and present of the contribution towards making a longer life for himself.

The content of the client responses with findings in the current literature

- It was contrary to the expectation that the client is still able to do most of the activities in which the current literature on the subject area believes people of that age cannot do these anymore. He is still able to see clearly without the aid of glasses and does not use hearing

able. Moreover, the person moves smoothly and performs his duties confidently while enjoying his hobbies and reading religious books.

- Compared to the current situation, the person interviewed still has a good memory of events he performed during childhood and other conditions he had during his lifetime. Other items recalled are the event that brings concern and the conditions he ought to have tried or achieved. Also, the person can still extract a lot of facts that the other child does not possess; the colleagues are not using their experience.
- Finally, he showed stamina in walking independently despite his age. All the places that he visited he could reach; he can walk miles guided by the caregiver. This trait places him in the average position compared to other persons studied and reported by his colleagues. During the interview, he comes between 6'7 inches, integrating the places of his childhood memory.