

GUIDELINES FOR THE CARDS

“DO IT”

Use this as a guide for what you write on the cards. Let the words “do it” guide the way you think about your work and you write about your work based experiences.

D

DESCRIPTION- Tell us about the resident, history, diagnosis, how long they have been at the facility, a little about their life.

O

OBSERVATIONS- What do you see? Is what you observe a physical, psychosocial, or quality of life aspect of aging? How is it impacting the resident, how are they coping/dealing with this issue of aging?

I

INTERVENTIONS- What are some possible ways to address the issue of aging being observed?

T

TRIED AND TRUE- What did you try in an attempt to address the issue of aging observed? How did it work? What might you try the next time? How did the resident react?

Bibliography sheet

Cards for CNA's in training to use while they work.

ISSUES OF AGING

Note Cards: Resident Observations

Introduction:

- Review all cards before starting.
- These note cards will become your personal, professional library.
- Keep these cards with you to write your notes on during work hours.

Write on the back of this card or on the additional cards supplied.

- Write complete sentences of your observations about each resident rather than committing them to memory.
- The sooner you can write your thoughts, the clearer and more accurate they will be. Waiting until the end of your shift will make your work more challenging.
- Later you can enhance your initial observations with comments based on discussions that you have with your mentor and/or your co-workers.
- After you have completed this course, store the **color-coded note cards** in the box provided.

○ For example: Blue—Physical Changes
Green—Psychosocial Changes
Red—Quality of Life
Yellow - Respect and Value

Write on the back of this card or on the additional cards supplied.

Effective Communication

To communicate effectively, restate what the other person said to be sure you understand what has been said to you.

Example (restating):

- Did I hear you correctly when you said.....?

Because the feelings behind what is being said are often as important as what is being said, the feelings in a conversation must be acknowledged.

Example (reflecting):

- That must have made you upset.
- Does that worry you?

Have a conversation with one or more of your most difficult patients using the restating and feeling reflecting techniques above and note the results.

Write on the back of this card or on the additional cards supplied.

What is Aging?

Changes in human beings that may happen to some, but not all people as they grow older. These changes may be physical, physiological, emotional, cultural or societal. These changes may affect the resident's quality of life.

A. Fear:

- For many individuals, aging may be something that is feared. It may be a reminder of what they cannot do anymore, or what possessions they may lose, or what may be done to them. One way to handle fear is to listen carefully to your residents.

EXERCISES

Write down comments/words that your residents' state regarding anything that indicates their fear of aging.

Write down thoughts that you, as a caregiver, can do to help your resident talk

Write on the back of this card or on the additional cards supplied.

about their feelings.

How can you help to relieve those fears, problem-solve, and make them feel more confident and safer?

What is Aging? (continued)

B. Your Co-Workers:

EXERCISES

Talk to co-workers who have been employed in your facility, or in the field, for 5+ years. Ask them the following questions and write down their answers:

- Has your view of Aging changed since you began your employment as a CNA?
- In what ways has that view changed?

Write on the back of this card or on the additional cards supplied.