

1. This class made me view older adults and the aging process as normal part of life, and I view older adults as respectable, knowledgeable human being. This class made me aware about the different changes that come with aging. In taking this class I come to realized that as you age, you will encounter with a lot of limitation, but if you take care of those limitations correctly you can live longer thereby living a productive life. As research suggest, older adults are living longer and staying increasingly active and productive, although some older adult experience some limitations they learn to live with them and lead happy. This class made me knowledgeable about age related changes that may affect older adults' lifestyle. Common age-related physical changes such as: hearing impairment, weakening vision, and the increasing probability of arthritis, hypertension, heart disease, diabetes and osteoporosis. Therefore, I come to learn that older adults need assistance with coping with these age-related physical changes and many interventions can be provided to ensure a better quality of life. To mention some interventions that I have learned while taking this class, is that older adults need to remove throw rugs, frayed carpets, have good lighting, and make sure electrical cords, objects on floor, accumulation of lifetime clutters are removed from their environment to avoid falling that can put their life in jeopardy. Also, taking their medication as prescribed, and staying away from over the counter medication to avoid medication interaction, and eating a healthy diet will assist in maintaining independence and living a productive life as well. In addition, if older adult keep active and exercise at least 30 minutes three days a week, it will help in circulation and decrease immobility. Further, all of these interventions as I have learned will help older adult live a healthy, happy and productive life in spite of their limitation.

2. To ensure that the care I provide older adults (especially frail older adults) is sensitive and effective, I plan to deliver quality care which promotes dignity by nurturing and supporting their self respect and self worth through: communicating with them by not only talking with them but listening to what they say, provide empathy, compassion and kind. Therefore, I will assess their needs to address the specific problem. Also, I will take in consideration the older adult limitation, cultural belief, values, language barrier if any, and ensuring trust to facilitate expression. Next I will implement the appropriate care necessary to provide comfort, companionship, and safety. It is essential as a nurse, in whichever setting you work either in the hospital or community, that you always provide fundamental care by: ensuring that older people receive adequate fluids and are given help to eat when required, giving assistance with personal hygiene if the older person is unable to do this for themselves, ensuring continence needs are met, recognizing and addressing expressions of distress, observing for signs of pain, and providing pain relief, responding to requests for assistance promptly to reassure older people that when they need assistance someone will help them.

Angela Wilson

Blog # 1. Center Light/CNR Adult Care Center, 596 Prospect Place, Brooklyn, NY. On location, 8:30 am-3:15 pm, June 5, 2012.

This morning, at about 10:30am to 11:30am, I attended a session with the members of the center who participated in dancing, exercise, and relaxation activity. There were about twenty two members, ages 65 to 90 years. There were more women than men participating. First, the instructor played Caribbean music, and some of the seniors stand up from their seats to dance with the rhythm of the tunes. The others was dancing and exercising from their seats. There was a mixture of different cultures such as Spanish, Africans, and Creoles etc. It was amazing to see the seniors enjoying themselves, dancing, speaking and laughing with each other, eventhough they come from different culture.

This clinical experience thought me that no matter how old you are, or where you come from, what belief or values you have, music can bring people together. I was amazed to see these seniors having fun, paying attention to instructions in spite of their diseases. Talking with one of the CNA, she told me that the reason for doing this type of activity is to relax them, keep their mind busy and to bring a little happiness to their life. I enjoyed so much watching the happiness in the senior's faces that I had to get up from my seat and dance myself. This was a very wonderful experience to me, and I enjoy watching the senior having fun with each other.

Blog #2. Center Light/CNR Adult Care Center, 596 Prospect Place, Brooklyn, NY. On location, 8:30 am-3:00 pm, June 6, 2012.

The first day of clinical (05/31/12) was a very interesting adventure. For approximately one hour, the instructor took us around the neighborhood so that we could be familiar with some of the areas in the community. Our instructor explained about some of the important things that we should look for when assessing our districts. For instance, I have learned that by looking at the painting, color, the condition and structures of the buildings, that you can tell a lot about your neighborhood. In this community we saw nice construction, for example, there is an old Nursing training building located at the corner of the center. This beautiful building was a Nursing school years ago and today is an apartment building. Diagonal to that building there is interfaith clinic. Also, we saw a lot of apartment buildings that was used for shelter during the depression time. Another important aspect to look for is the way our community store their garbage, if it recycle, store in big containers, if there is trash laid in the streets or sidewalk. In this community, the garbage was stored in their proper container; we did not see any garbage laid around. We also, saw the buildings with bars on their windows, meaning that this community has a high percentage of children. In this district, there is a variety of restaurants such as, Thai, Chinese, Spanish, and Indian and a few bodegas around.

This experience was eye opening because before coming to clinical I took for granted all the little things that might be affecting my community and I looked at it with a different frame of mind. Having an idea on what to look for was very rewarding to me. For example, if we have a bundle of garbage laying around our community, this might be the cause of many infections and diseases. By looking at the different buildings you can tell what kind of people live there or if the buildings are safe for children. Also, the type of restaurants we have in our neighborhood. For instance, if there are a lot of fast food restaurants such as, MC Donalds, KFC etc. you will probable encounter with a lot of overweight people. If there are a lot of bodegas, you might not get much fruits or vegetables, and the food is much more expensive than the super markets. It is just amazing that by looking on little things such as the buildings, garbage storage, restaurants, bodegas, supermarket, etc; we can learned a lot on how to help our community to live a healthier life and have a better place to live.

Blog #3. Center Light/CNR Adult Care Center, 596 Prospect Place, Brooklyn, NY. On location, 8:30 am-3:00 pm, June 13, 2012.

Yesterday, for about half an hour, our clinical group watched a video about Alzheimer's disease. Although, I have learned about the disease throughout nursing school and from personal experience, this video was different. It shows us about the different stages of the disease and what part of the brain is affected as the disease progresses. But what strikes me the most about this video is that with each stage it shows a scenario of a person with the actual disease. This approach helps us to understand how the person feels and what they go through with each stage. Moreover, in Center Light, the majority of clients suffer from Alzheimer's disease. For this reason, it was very important for the Instructor to show us this tape so we could understand and have a better idea on how to provide care for our clients. After watching this tape, the project director, explained us about the different program that they provide for clients and caregivers. For instance, most of the time caregivers get frustrated and angry with their love one who is suffering from the disease because they really don't understand what's going on in the person's brain. What this center does for these caregivers is to have a meeting with them, and encourage them to express their feelings. This will reduce stress by showing them that they are not alone and that other caregivers are going through similar situation.

This was a wonderful experience for me because with this knowledge, I get a better idea on how to deal with my client. For instance, I have learned that with clients who suffer with Alzheimer's disease, it is very important to tell them your name as much as possible even if you sound repeatable. For instance, when talking with my client who has the disease, I tell him my name at the beginning of our conversation, one minute after, and then a few times more. It is amazing to see that he forget my name one minute after telling him, but when singing he does not forget one word of the song. As nurses, we all should have some knowledge about Alzheimer's disease because it will give us an inside view of what goes on in the person's brain and how it affects their life. It is a very sad disease not only for the patient but for the caregivers as well.

Blog #4. Center Light/CNR Adult Care Center, 596 Prospect Place, Brooklyn, NY. On location, 8:30 am-3:00 pm, June 20, 2012.

Yesterday morning, for approximately twenty minutes, I did my presentation on Arthritis. At the beginning of my presentation, I was very nervous because I did not know what to expect and how the seniors was going to react. Many things went through my mind such as: What if they do not like my presentation. What if they get bored? Or, What if they do not participate and not interested in the topic. To get a little confidence about my presentation I started by asking, if any of them suffer from Arthritis. Well most of them answered, "I do." Then this gave me more liveliness to ask the following question about, what is Arthritis? Well for my surprised most of them wanted to answer. A 76 year old lady answered with no excitement, she did not even wait for me to point her out, and she went ahead and answers not giving the others a chance to respond. It was very nice to see the seniors engage in the topic and participating when I asked them questions.

The experience of having this presentation was eye opening. I learned that it is very important to choose topics that are related to them. In this way, they will be more involved and interested in their teaching. It was marvelous to see the senior's motivated and paying attention during my presentation. Even if some of the answers were incorrect I gave them an opportunity to express their feelings, and then in a nice way made the transition with the correct answer. Before coming to the center, I used to think that because the majority of them suffer from Dementia, that they do not really know what they are talking about, but I was wrong; the majority of the seniors responded correctly and knew what they were saying. Furthermore, this was a very good experience for me because I realized that by having the seniors participate, engage, and provide feedback, has a great impact in their learning ability.

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