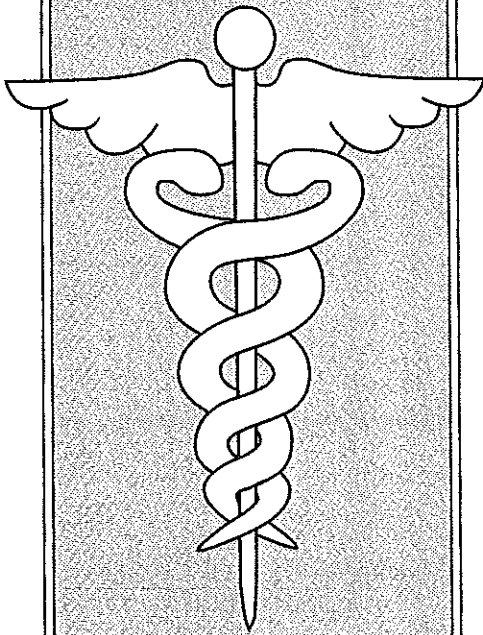


**Long Term Care
Network,
A Division of
PRIMEDIA Healthcare**

Improving Residents' Emotional Wellness

EDA 311-0159



LTCN[™]
LONG TERM CARE NETWORK

presenter
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INTRODUCTION

If long term care facility residents had a choice, most, if not all, would rather care for themselves than be dependent on others. Long term care facility caregivers have the job of taking care of not only the physical wellness of residents but also their emotional wellness. Caregiving is a difficult job and can be stressful for everyone involved, even the resident being cared for. Unfortunately, jobs become routine, and, at times, caregivers forget the “human aspect” of caring for another person.

TARGET AUDIENCE

The target audience for this activity is certified nursing assistants.

LEARNING OBJECTIVES

After completing this activity, the participant should be able to:

1. identify factors that affect an elderly resident’s ability to cope with losses in later life.
2. identify emotional needs of long term care facility residents.
3. identify ways to improve the emotional wellness of elderly long term care facility residents.

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This syllabus is designed to be used in conjunction with video program EDA 311-0159 by the Long Term Care Network, a division of PRIMEDIA Healthcare. PRIMEDIA Healthcare is a division of PRIMEDIA Workplace Learning.

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IMPROVING RESIDENTS' EMOTIONAL WELLNESS

COPING WITH LOSS

Loss is a recurrent theme in an aging person's life. An individual may regularly experience personal, social, and/or economic losses. These losses can result in mental confusion, frustration, and withdrawal from people and activities the residents once loved. There are numerous factors that affect an elderly resident's ability to cope with physical and emotional loss, including:

- ❖ state of health.
- ❖ the number of losses within a short time span.
- ❖ past experience with loss and previous coping methods.
- ❖ existence and use of support systems.
- ❖ ability to maintain a sense of control over some factors relevant to loss.
- ❖ belief in a higher power or God.

It is hard for most people who are still in control of their lives to understand the sense of loss many residents have. Try to imagine what residents experience daily. Besides loss of loved ones, residents experience losses of:

- ❖ mobility.
- ❖ independence.
- ❖ health.
- ❖ sensory abilities.
- ❖ mental clarity.
- ❖ familiar surroundings.

EMOTIONAL NEEDS

Just as physical needs vary from resident to resident, emotional needs also vary. Get to know the residents you care for on an emotional level. Being a good caregiver goes far beyond meeting the

physical needs of residents. To effectively care for the residents' emotional well-being, a nursing assistant must be aware of their psychological needs, which include:

- ❖ feeling worthwhile.
- ❖ feeling productive and contributing to society.
- ❖ feeling as if they belong.
- ❖ having a future to look forward to; learning new things.
- ❖ having a sense of meaning in their lives.
- ❖ having respect for themselves.
- ❖ having opportunities to make their own decisions; being able to influence others.
- ❖ having genuine relationships and opportunities for companionship with others.
- ❖ feeling secure in their environment and able to voice concerns.
- ❖ feeling loved and cared for.

IMPROVING EMOTIONAL WELLNESS

Life satisfaction and morale are related to many factors, including the extent to which a resident:

- ❖ takes pleasure from his or her daily activities.
- ❖ regards his or her life as meaningful.
- ❖ feels that his or her life goals have been achieved.
- ❖ has a positive image of himself or herself.
- ❖ maintains a happy and optimistic attitude and mood.

As you work with residents, ask "What can I do to help the resident maintain control of his or her life?" Listening to residents and helping them adjust to the losses they face makes your job more rewarding.

Treat residents with dignity and respect. Talk to residents when providing care instead of ignoring them. Even if a resident is confused, he or she is still human and benefits from interaction with another person. Be aware of your own mood; remember not to take your frustrations out on residents.

SUMMARY

Being a caregiver gives you an opportunity to make a significant difference in residents' lives. Try to view a resident as a total person when providing care; remember, one day you may be in the same situation.

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POST TEST

IMPROVING RESIDENTS' EMOTIONAL WELLNESS

1. Residents do NOT suffer losses after they are admitted to a long term care facility.
 - a. True
 - b. False
2. Losses that long term care facility residents experience include:
 - a. social loss.
 - b. economic loss.
 - c. physical loss.
 - d. All of the above
3. A resident's ability to cope with loss is NOT related to his or her past experiences.
 - a. True
 - b. False
4. If a resident has a supportive family, he or she is better equipped to handle emotional losses.
 - a. True
 - b. False
5. Many residents in the long term care facility suffer from:
 - a. decreased mobility/independence.
 - b. decreased mental clarity.
 - c. sensory losses.
 - d. All of the above
6. Emotional needs do NOT vary from one resident to another.
 - a. True
 - b. False
7. Residents desire the ability to make their own decisions.
 - a. True
 - b. False
8. It is important for long term care facility residents to have a future to look forward to and to learn new things.
 - a. True
 - b. False
9. What can you do to help residents maintain control over their lives?
 - a. Listen to residents.
 - b. Make their decisions for them.
 - c. Talk to residents even if they are confused.
 - d. a and c
10. Being a caregiver gives you an opportunity to make a difference in a resident's life.
 - a. True
 - b. False

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