

## Care Of The Older Person Planning Exercise for Project

Think of an older person you may know or have care for with a chronic condition (e.g. of some chronic conditions are - Alzheimers, Stroke, Heart condition, chronic breathing problems, Diabetes, Arthritis, chronic kidney problems etc )

- Name the condition you are going to discuss \_\_\_\_\_
  
- List **two ways** this condition may cause difficulty to this person as they get older  
(e.g. – *Due to poor mobility*  
*1. This person will have difficulty dressing themselves and will require help*  
*2. Will have problems going long distances and will need to use a wheel chair*)
  - 1.
  - 2.
  
- What do you think is your role as a healthcare assistant in promoting this person to be more positive - give two examples
  - 1.
  - 2.
  
- What do you think your role as a healthcare assistant is in providing their care in the following areas  
  
Washing & dressing  
  
Eating & drinking  
  
Communicating  
  
Elimination  
  
Keeping their environment safe

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- What do you feel is the importance of good communication with this

A) older person

b) their family

c) the multidisciplinary team

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- ✓ Evaluate the increasing levels of specific needs of this person by identifying at least one area that may require extra support in each of the following -
  - Physical
  - Social
  - Emotional
  - Psychological
  - Recreational
  - Financial
  - Environmental
  - Spiritual
- ✓ Analyse what you feel is the current approach to caring for this individual in End of Life
  
- ✓ Give two recommendations for each of the following you feel would help improve current practice to promote a range of aspects of care including
  - Empowerment
    - 1
    - 2
  - Advocacy
    - 1
    - 2
  - Independence
    - 1
    - 2
  - Individualised care
    - 1
    - 2
  - Dignity
    - 1
    - 2
  - respect
    - 1
    - 2
  - Choice
    - 1
    - 2
  - Self esteem.
    - 1
    - 2

In your conclusion provide a short reflection

*Write a short paragraph on what you have learned on completion of this project*