

# Case analysis for gerontology essay



There are several factors that contribute to Mrs..

North's waning spirit in the nursing home. The first contributing factor is that she is relocated to a new environment and she is away from home. Most older adults perceive nursing homes negatively (Person- Environment Interaction lecture, slide #10). Mrs.. Norton might feel that a nursing home is the last place she will stay before she dies. The nursing home staffs are also trying to accommodate her needs by assisting her with everything, but it makes Mrs.

. Norton feel like she is losing control and feel helpless and incompetent. Her lack of control in her daily activities contributes to her frustration and despair. It is better for the nursing home staffs to allow Mrs.. Norton to have autonomy and choices. This enables Mrs.

. Norton to feel like she is still capable and competent to do things so when environmental factors such as walking or eating gets a little more challenging, she will not feel like she is completely helpless (peg. 155). Caregivers at the nursing home were also communicating with Mrs..

Norton in a patronizing tone and addressing her as "drearier" or "honey". This is called patronizing speech and leaderless (peg. 72). Exaggerated speech with increased volume and simplified vocabulary are belittling to older adults. This contributes to her helplessness and can be perceived as a lack of respect.

2) After his wife had the stroke and had to be relocated to the nursing home, Albert might be susceptible to depression. His forgetfulness, confusion, loss

of appetite might be caused by the over-the-counter sleeping pills he has been taking and from drinking heavily in the evening. Mr.

. Norton might be suffering from depression because he was functioning normally before his wife's stroke. Loss of appetite and sleep, difficulty concentrating, and memory problem are also physical symptoms of depression. Other signs of oppression that doctors should look for are depressed mood, symptoms that last for more than 2 weeks, and severe symptoms that impairs social and occupational functioning (Lecture Mental Health & Aging Part 1, slide #10). However, it is wise to also receive other assessments from a doctor to ensure that the symptoms are not related to other age related diseases such as delirium, and dementia (peg. 67). To assess whether Mr..

Norton can be susceptible or has these conditions, doctors can interview him, perform psychophysical assessment, performance-based assessment, and observe Mr.. North's behaviors (peg. 366). ) Peter and Jennifer are both worried about their parents, yet they live about 2 hours away and there is a limitation to what they can do for their parents. It seems as though their father is having symptoms that are similar to depression. It is crucial that a doctor evaluate their father's condition.

If Mr.. Norton does indeed suffer from depression, it might be best if Mr.

. Norton is relocated to an assisted living facility. It is probably not ideal to relocate him to Sacramento to live with either one of them because it is so far away, and he will be away from Mrs.. Norton. This might add more stress to his situation.

In an assisted living facility, he can receive the care he needs, yet still have some independence and be closer to Mrs.. Norton in a nearby nursing home.

Assisted living is intended to mimic a single-family house that is warm and small. Residents there have their own room and bath and there are outdoor and indoor activities so residents will retain their autonomy. If Mrs.. Norton is able to leave the nursing home, she can live in an assisted living facility with Mr.. Norton. There will be caregivers to provide Mrs.

. Norton with personal assistance and care, but it will not be extensive as he care at a nursing home. Assisted living might be a great idea for both Mrs..

Norton and Mr.. Norton because the philosophy of assisted living is that residents maintain their personal choice, control, and independence (peg. 162). Assisted living facilities are also more affordable than nursing homes. They can both live together with assistance from staff in a small, comfortable setting. 4) It is natural for both Peter and Jennifer to stress about their parents' conditions and situations. Pewter's concern about inheriting his parents' illnesses is somewhat realistic.

Genetic factors can contribute to illnesses and longevity. For instance, both his parents lived past the age of 80, so the likelihood of him and Jennifer living to that age is likely. Also, he might have a higher risk of getting strokes.

However, environmental factors also play a part in longevity and the predisposition to certain diseases (peg. 111). If Peter eats healthy, exercise regularly, and stop drinking, his susceptibility to diseases inherited from his

parents can greatly decrease. By stressing and drinking, Peter is putting himself more at risk for chronic diseases. Snifter's concern, on the other hand, is understandable, but not realistic. She will not have to be sole caregiver for both her parents because there are other options to have her parents taken care of. There are assisted living facilities that provide a comfortable lifestyle that accommodate residents' personal needs.

Even if her parents' conditions worsen, there are new nursing homes that are designed to make residents feel at home, independent, and comfortable.

Both Peter and Jennifer should not stress too much or too long about their parents' conditions because it can lead to chronic stress. Chronic stress can damage bodily systems such as the cardiovascular system and can lead to chronic diseases and premature death (Stress & Coping lecture, slide #6).

Peter and Jennifer should cope with their problems by talking to people who are experts about their concerns to receive more information. With more information, they can cope by dealing with the stress itself.

They can also cope by trying to change the way they feel about the situation (Stress & Coping lecture, slide #11). Peter might have to accept the fact that he might be predisposed to the same diseases as his parents, UT he can also practice a healthier lifestyle to change that. Jennifer might have to accept that her parents are old and having disabilities and living in an assistance facility is acceptable. She does not need to carry the burden. They both need to find coping mechanisms that work for each of them. 5) In order to raise Mrs.

. Moron's morale for the extent of her stay, it is crucial that she adapts well to her surroundings. The facility must act as a second home to her. This goal is achievable because nursing homes can actually feel like home for older adults (peg. 170). Certain adjustments need to be made to accommodate Mrs..

Norton. First, it is important that she can reminisce about home while in the nursing home. Things brought from home can be displayed throughout the room to remind Mrs.

. Norton of home like picture frames, memorabilia, plants, etc. This minimizes the feel of the nursing home as an institution. Minor accommodations can greatly increase the sense of comfort in a nursing home. For example, there should be a refrigerator and television in Mrs..

North's room. This will allow her to entertain guests just like she normally can in her own home (peg. 171). Mrs.. Norton should also be able to choose what type of food she could eat. Even though she might have some diet restrictions to prevent future strokes or other complications, it is important that she has a variety of food to choose from. She should be able to choose when she can have visitors, when she wants to see the hairdresser, whether she wants a bath or shower, and when she wants to shower.

By allowing Mrs.. Norton to have choices and control in her life, it is enabling her to feel confident and competent. It is motivating when older adults have a sense of primary control in their life by having choices (peg. 05).