

# Cultural diversity: placement in old people's home essay



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My placement with the Nursing home and Residential care home was to help me understand the concept of growing old in this country and what different family values have when it came to caring for their elderly, in comparing with what happens in southern Africa. My home fulfils my needs and holds some of our family memories and reflects my priorities and taste. The placement gave an insight into the necessities of the existence of care homes, as to balance a full life cycle of some aged people and meet up to their human rights needs. My initial thoughts of spending time with the aged, in isolation, was exciting, but filled with fears, for in my culture it is unheard of to send away your parents to be cared for by an other than the family members. I reflected at nursing or residential homes as a mean attitude towards family values, I did not understand how one could isolate their aged parents and have them confined to a home, I wondered how a society can discriminate the aged, by placing them in a home. In my culture we are brought up to look up to the elders, to care for them within family members as when they get old, but this culture plans ahead of the care in managed homes as to their needs and or when they reach a certain age.

That to me brought up questions, which with this opportunity of a placement I needed to explore. I felt I needed to get the answers from the aged, whether they felt discriminate, isolated from the members of their families or was it in their culture because they did not have a choice. I also wanted to find out from the staff whether they got the satisfaction of caring for old people. Diversity is broadly defined as differences in race, ethnicity geographical regions, sexual orientation, religion, health status and political preferences. It is our belief that all of those factors contribute to strengths

and challenges within the life cycle and present different psychosocial needs and competences.

I wondered whether all these were being met, I had looked at life in a different perspective, but now I had learnt not to be judgemental, I have learnt to listen and have been equipped to see in a broader perspective. The comparative approaches to culturally diversity equipped me to be broad minded, I felt it a challenge to pursue this placement. I have learnt to be tolerant and to understand other people's cultures, to respect beliefs and values of other people. This excited me, and I felt I wanted to find out how much I had learnt from this module and what to apply to my placement. I wanted to find out if the patients had individual rights at these homes. I was keen on observing how the staff cared for the aged, and to see if the standard set by the Care Homes Regulatory Office were being met. I was surprised to find that the department of health has stipulated the National Minimum Standard for the Care homes for Older People.

I also felt apprehensive about being excluded by the carers, on the groups of respecting the patient's private needs, if any. Nevertheless I was also concerned about the new environment of working in hand with the carers who understood what was expected from them. This was a challenge for me I then confirmed my placement. My placement was at Druid Stoke Residential /Nursing Homes which are located in Stoke Bishop, in a peaceful corner of Bristol.

The nursing home provides an ideal location for high quality nursing care and adjacent to it is the residential home, set on same beautiful landscaped

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grounds with a pond, waterfall, bird, table and rockery as well plenty trees and shrubs. The home is run by a manager who supervises the highly qualified nurses who are helped by well trained care assistants. The residents have a 24 hour support according to their individual care plan needs. Services are arranged for residents to their needs such as chiropody, physiotherapy and out-patients appointments when necessary; they also have access to their own general practitioner. The nursing home has twenty five bedrooms which are airy and designed by an interior designer, the rooms have wardrobes, remote controlled televisions, telephone points, radiators smoke detectors and 24 our nurse call systems. My first day was an eye opener, had good impression on me, the reception to the home was very welcoming, the staffs were happy with an extra hand to help with the patients care.

A brief report was given to familiarise with the emergency exists and every one of the carers was keen to mentor me. My fears were alleviated by the kindness. Feeling confident I felt that now I could ask questions and felt a sense of belonging. My feelings now were of confusion, for the place did not reflect what I thought of, as isolation of old people, discriminated from society. The residents were all friendly and wanted to know if I was a new employee for the home. The homes had a friendly atmosphere; the ages of resident did range from 60 to 98years or from different backgrounds and different religions.

Residents were being encouraged to personalise their rooms with their own belongings. This I thought was a big surprise to me because it made the aged to accept their new found home as home.

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