

Important Factors that Impact the Life of an Older Adult

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ABSTRACT

In older adulthood successful aging is the goal. Whether the older adult is in a nursing home, assisted living, living with a loved one, or living in their own home. An older adult wants to have a sense that they are aging successfully, they want to know they are in charge of their future quality of life. Successful aging has the potential to mean different things to different people however they will all have the same impact on whether they feel they achieved it. In this study the researcher performs interviews with older adults in a nursing home as well as with members of the staff. The data collected from these interviews will allow the researcher the needed resources to aid in determining if the older adults in the nursing home have in fact achieved successful aging.

Procedure

The researcher took the information and data collected and applied it to the question being asked. They then took the information gathered from the interviews with the residents and depicted themes that occurred within all of the interviews. The researcher then gathered the information collected from the interviews with the staff members and depicted common themes found within those interviews. They then used both the information from the resident interviews and the staff interviews and found common themes within all of the interviews together. This allowed the researcher to get a better understanding of the data collected.

Overview

How could we as researchers determine what it means for an older adult to achieve successful aging?

This is the question that was being analyzed in the interviews with the residents and staff at Fox Run Manor.

- These are some of the topics of the questions that were asked
 - Important parts of a resident's typical day
 - Activities and hobbies residents enjoy
 - Visitations
 - What successful aging means to the residents and to staff
 - What the best part of a resident's day, week, and month

OUTCOMES

Resident Interview

- ❖ The typical day starts with breakfast, then getting ready for the day, an activity, lunch, nap, tv, dinner, ready for bed, then to bed for the night
- ❖ Bingo is the best part of their day and week.
- ❖ When they hear successful aging, there was a range of answers. To be able to look back on their life and be happy. Being able to keep mind sharp. It's the way of life.

Staff Interview

- ❖ The residents really get excited for visitors, it makes their whole day. The visitors could be family, friends, or staff at the nursing home.
- ❖ Successful aging means to be progressing well. When older adults are accepting of their progress in life. When someone does not give up their creativity and identity.
- ❖ What makes a resident's day is when staff is friendly and treat them like family.

CONCLUSIONS

The interviews gave the insight into the life of an older adult. The residents and staff at Fox Run Manor gave the researcher firsthand experience and overall opinions on different matters. When considering the research question, the conclusion the researcher came to by simply asking the older adult what is important to them and what is not. Older adults do not all have the same experiences or outlooks on life. With that being said, the study shows that for an older adult to successfully age it is up to how they feel they have lived. It is not solely focused on their time in the nursing home or at this stage in their life. The achievement of successfully aging comes from how the older adult lived and what they feel they accomplished in their lifetime. Even if success does not look the same to all, what it means is very similar to most. The achievement of successfully aging gathered from the study comes from the older adult not having regrets, accepting where they are in life and taking it day by day.

REFERENCES

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