

New Zealand's Ageing Population.

How can the rest home experience be improved for residents?

Introduction

The number of New Zealand residents who are over 65 is steadily increasing and with the oldest of the baby boomers already over 65 and the youngest quickly approaching 65 New Zealand will see a great increase in the over 65 population. Furthermore, with increasing health knowledge and medical advancements life expectancies are increasing and so the over 65 population will continue to be high (Ministry of Social Development 2010).

Nursing Considerations

Social isolation and boredom can be real problems to the ageing population even in residential care facilities due to a lack of meaningful activities and interactions, as well as a loss of social contact with family and friends. Also, as people age they have numerous physical changes that can greatly affect the quality of social interactions they do have. With the older population it is just as important to ensure there cultural, spiritual and social needs are met, especially in rest homes, not just their physical ailments (Dempsey, Hillege & Hill 2014).



The Eden Alternative Core Principals

There are ten core principles that The Eden Alternative revolves around which are:

- 1 Loneliness, helplessness and boredom are the plagues of the human spirit.
- 2 Close and continuing contact with children, animals and plants builds a human habitat.
- 3 Loving companionship is the antidote to loneliness.
- 4 Giving and receiving care are the antidotes to helplessness.
- 5 Variety and spontaneity are the antidotes to boredom.
- 6 Meaning is essential to human life.
- 7 Medical treatment is a partner in care, not its master.
- 8 Wisdom grows with honouring and respecting elders.
- 9 Growth is not separate from life.
- 10 Wise leadership is the lifeblood of thriving (Brownie 2011).

Recommendations

- Allow the person to have a say and make decisions about their future. To help make the initial experience of moving into an aged care facility as easy as possible involve the elderly person in decision making. Therefore, settling in to the home will be easier and quicker (Jorgensen, Arksey, Parsons, Senior, & Thomas 2009).
- Allow the new resident to make their room their own by decorating within reason how they would like it to look. Which could make them feel more comfortable (Jorgensen et al 2009).
- Focus on the individual residents, ensuring they have the opportunities to be involved in meaningful activities and interactions (Brandburg 2007).
- Let the residents have a voice in their home and treat it as a home and not a workplace. Let the residents have a voice (Brownie, Neeleman, & Noakes-Meyer 2011).

References

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PECOT Model (Schneider & Whitehead 2013).

Population: Adults over 65 who are currently living in residential care facilities without dementia. Although, not all who live in rest homes are over the age of 65, the majority are so this is why the focus is on this age bracket. I have chosen to exclude the elderly with dementia due to difficulty finding appropriate literature.

Exposure/Intervention: Have a holistic, person-centred approach to caring for the elderly in care facilities.

Comparison/Control: Residents perceptions compared to staff perceptions.

The residents are in a good position to provide their thoughts and ideas as to how to combat issues they may have with the rest home or the care they receive. The staff cannot fully understand what it is the residents want this is why it is important to explore the thoughts and feelings of both groups, those living it and those seeing it.

Outcome: Have rest home staff providing excellent holistic care to the residents who live in the facilities, who now call the care facilities home.

Time: Ongoing.

A time limit cannot be applied to this situation, as a commitment to improving care should be a long term ongoing effort.

Rationale.

Posters can be an excellent medium for knowledge transfer, they provide a visual snap shot of the presenters work which may then peak the viewers interest in a certain topic. Posters can also, reach a large number of people in a small space of time, especially if a poster is visually appealing and stand out from others at a distance (Rowe & Ilic 2009).

I have chosen to do a poster for the second part of my assignment, as I feel it is the most appropriate way to get the information out there. As the topic was New Zealand's ageing population I feel as though it is information that a large number of people would benefit from seeing. Most people know or know of someone that is in a rest home or thinking about moving into a rest home. This is why I think it was more relevant to make this information available to a larger number of people than a submission would have reached.

References

- Rowe, N., & Ilic, D. (2009). What impact do posters have on academic knowledge transfer? A pilot survey on author attitudes and experiences. *BMC Medical Education*, 9(1), 71. doi:10.1186/1472-6920-9-71
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