# Growth and Development

**Identify Developmental Tasks Associated with the Aging Process**

Theorists suggest that as one matures from infancy to old age, persons pass through several stages. During each stage, developmental tasks have to be accomplished in order to mature in a healthy manner. Developmental tasks are the social, emotional and psychological growth experiences. They become evident in behavior and interpersonal skills. Realize this staging persons is a generalization and individual differences do exist. The stages and developmental tasks from early adulthood to old age are:

**Early adulthood**

* Age time frame is from about the late teens to the thirties
  + Developmental tasks
    - establishing personal and economic independence
    - forming support group of friends and others
    - developing work skills/career
    - making a commitment in a relationship
    - establishing a family
    - managing optimal health and healthy lifestyle

**Middle adulthood**

* Age time frame from about the thirties to the mid sixties
  + Developmental tasks
    - expanding personal and social involvement and responsibility
    - adjusting to the psychological and emotional changes of middle age
    - reaching and maintaining satisfaction in one’s job
    - maintaining health and managing emerging chronic health conditions.

**Late adulthood**

Age time frame from about the mid-sixties until death. Aging is influenced by heredity, nutrition, exercise and lifestyles choices such as smoking, and life-long adjustments to change.

* **Young-old (65-74 years) developmental tasks**
  + may not experience change from middle age if healthy lifestyle maintained
  + beginning social and emotional adjustments to decreasing physical strength and changes in body such as vision and hearing limitations
  + adjusting to retirement with lose of job related activities, but opportunities for change
  + adjusting to changing family roles with spouse, adult children, grandchildren
* **Middle-old (75-84 years) developmental tasks**
* adjusting to change because of chronic conditions such as arthritis
* more adjustments to losses such as ability to drive a car, death of friends and siblings
* needs to accept life’s experiences
* accepting one’s immorality
* **Old-old (85 years and older) developmental tasks**
* acceptance if increased physical limitations and dependence on others for some help
* acceptance accelerating losses related to social activities and death of friends, family and spouse
* acceptance of relocation to different living arrangements with family, assisted-living or long term care facility

# Maslow’s Hierarchy (Basic Human Needs)

**Describe Human Needs**

* Basic human needs are needs all persons have. However, individuals meet these needs in different ways. Most residents in long term care facilities will need some assistant to meet their basic needs.

**Describe Physical Needs and Ways to Assist the Resident to Meet These Needs.**

* Food
  + Making mealtime as pleasant as possible
  + Assist residents to eat, feed residents when necessary
  + Prepare food such as cutting meat, opening cartons
* Oxygen, air
  + Elevate head of body for residents with breathing problems
  + Position in bed and chairs to allow lung expansion
  + Assist residents to ambulate frequently
  + Assist nurse with oxygen therapy
* Water
  + Offer fluids frequently, especially in hot weather
  + Keep water containers within resident’s reach
  + Keep water fresh, other liquids at correct temperature
* Elimination
  + assist resident is toileting needs
  + provide privacy
  + be matter-of-fact in response to incontinent resident
* Rest
  + Assist in preparation for sleep
  + Recognize changes in patterns of sleep in residents
* Activity and Exercise
  + encourage active range of motions during ADL’s
  + ambulate, transfer and move residents properly
  + assist residents to participation in activities
* Stimulation
  + Encourage resident’s involvement in activities
  + Take time to listen to resident and encourage resident to talk
  + Place resident in area where he/she can observe activity; do not isolate resident
* Sexuality
  + Encourage use of male/female clothing, cosmetic, hair styles to maintain sexual identity; complement on attractiveness
  + Provide privacy to couple expressing intimacy needs; knock before entering rooms
  + Respond appropriately to resident who is masturbating, i.e. take resident to room, respond in non-judgmental manner, do not shame or make resident feel guilty or foolish

**Describe Safety and Security Needs and the Way to Assist the Resident in Meeting These Needs.**

* Safety
  + Keep area safe and free of hazards
  + Show resident how to do activities safely
  + Keep call light within reach of residents
  + Be knowledgeable about tasks you perform
  + Be alert to safety at all times
* Security
  + Respect the resident’s belongings
  + Orient resident to new surroundings, residents and staff persons
  + Reassure resident, provide physical and emotional support
  + Welcome family and friends, be “costumer friendly”
  + Provide privacy, knock on doors before entering

**Describe Love and Belonging Needs and Ways to Assist the Resident in Meeting these Needs.**

* Caring about someone
  + Listen to the resident; encourage talk of past when appropriate
  + Show interest in resident’s family, past experiences
  + Encourage contact with other residents
  + Ask nurse or social worker for information regarding resident’s life before entering long term care facility if this information will assist with resident’s care
  + Recognize some residents may have significant other who are not family members
  + Take time with resident, pay attention to show you care
* Being cared about
  + show interest in resident
  + touch resident in kind and gentle manners
  + be kind and friendly to visitors, family members
  + inform and encourage family and concerned others to attend activities where their involvement is merited.
  + family members are often invited to participate in care conferences
  + be patient and understanding when interacting with the resident, treat resident as you would wish to be treated

**Describe Self Esteem Needs and Ways to Help the Resident Meet These Needs**

* Sense of identity (required by Resident’s Bill of Right)
  + call residents by name he/she requests
  + include resident and family in discussion regarding care
  + allow privacy when requested; knock on doors before entering
  + give choices whenever possible and respond to resident’s choice is not against his/her plan (refer situations where resident choice conflicts with care to nurse)
  + respect resident’s choice in clothing
  + respect individuals in culture, heredity, interest and values
* Feeling important, worthwhile
  + talk with resident about his/her accomplishments, praise freely if appropriate
  + acknowledge resident at all times
  + respect property of resident
  + talk to resident as adult
  + allow resident to do as much as possible for self
  + encourage resident’s involvement in activity programs by scheduling care to allow resident’s participation in activities of choice
  + show interest in family members
  + be courteous of family members to promote their continued involvement with resident
  + assist resident to feel important by being responsible for something such as watering plants or changing calendar date

**Describe the Self Actualization Needs of the Resident and Ways to Assist Meeting These Needs**

* The “extras” in life
  + look for the strengths the resident has and praise resident when appropriate
  + encourage continuation of hobbies and areas of interest
  + encourage and praise accomplishments
* Spirituality
  + listen to resident’s concerns
  + respect the religious beliefs of the resident
  + plan care so resident can be involved in religious activities
  + if resident expresses desire to see minister, priest, rabbi, etc. refer request to nurse