

Student Interview Guide for the Older Adult Visit

1. Introduce yourself and the purpose of interview.
2. Tell the older adult that you are interviewing him/her for a class project and that you will share information obtained in the interview with your teacher and with your classmates.
3. Tell the older adult that you will not identify him or her by name, but that you will identify the older adult by referring to their relationship to you (i.e. “my grandfather” or “my next door neighbor”).
4. If the older adult is not comfortable with these criteria, thank the older adult for his or her time and tell the older adult that you will not continue with the interview because you respect his or her right to privacy.

SAMPLE INTERVIEW INTRODUCTORY STATEMENT:

Once the older adult has accepted the criteria listed above, give a brief summary of the purpose of your interview and try to explain the value of this experience for you, for nursing education, and for improving the care provided to older adults living in the community.

“I am so appreciative that you have volunteered to participate with me in my class project. I am a student nurse and I am very interested in the experiences that you have had living independently in the community. I realize that I have much to learn from you and from your experiences, and I am grateful that you have provided me with this opportunity to do that. I am particularly interested in your stories of how living independently has influenced your life, the kinds of things that happen to you, and maybe how you are reminded on a day-to-day basis about what it is like to be living independently even though you may experience some common health problems. By telling me your stories I will gain an understanding of what it is like for you to be healthy and to live on your own.”

1. Can you tell me a story that stands out for you that would show me what living independently in the community means to you?
2. What is your daily routine like?

Consider:

- Personal care needs such as hygiene, house cleaning, etc.
- Grocery shopping, preparing meals

- Medication (if any) routine
 - Time with spouse/partner, family, friends, or neighbors
 - Health care provider appointments
 - Leisure activities
3. While living here, what are your wishes and expectations? What are your dreams and plans?
 4. Tell me about your childhood. (Hometown, parents, siblings, school, etc.)
 5. What are the most important things to you?
 6. What are some traditions that you participate in? (Holidays, etc.)
 7. What risks do you see for yourself? Are there some risks that you're willing to take or not take related to your health and wellbeing? Describe.

HEALTH PROMOTION AND MAINTENANCE
CARING FOR THE OLDER ADULT LIVING IN THE COMMUNITY

STUDENT SUMMARY OF VISIT WITH THE OLDER ADULT

PLACE OF MEETING _____
AGE OF OLDER ADULT _____ **GENDER IDENTITY** _____

After your visit and interview with an older adult living in the community, write a story about what the older adult told you that best illustrates the older adult's experience of living independently in the community. Write the story in the first person, just as the older adult related the story to you. Try to be as exact as possible. After you have written your story, think about the following questions.

1. What about the story helped you to gain an understanding of the experience of living independently for older adults?
2. What lessons did you learn?
3. How did your personal assumptions/beliefs about older adults change?
4. What surprised you the most from this experience?
5. What were your concerns?
6. What was the cause of the concern?
7. What further information do you need?
8. How would you include the older adult and the caregiver/family member(s) in the care of this individual in the community setting?
9. What risks did you see for the older adult in the environment? Did the older person see the same risks?

The Student Interview Guide and the Student Summary of Interview forms in this packet were adapted from similar materials used by The Community College of Philadelphia Department of Nursing.