Promoting resident dignity, independence, individuality, privacy and choice: resident rights and principles of self-determination

2019 4th Quarter In-Service
0.5 Hr
Helping the elderly their sense of dignity

Take a minute to consider your special role as a caregiver. More than a professional caregiver, you know the person you care for. You know the whole person, his likes and dislikes, his individual strengths and weaknesses, and his wants and needs. It’s easy to slip into a “protective” role when you care for someone else, especially a family member. But we need to remember that unless the person is experiencing some cognitive failure (brain damage because of a stroke, dementia, or other health problem), he still makes decisions about his life. Sometimes he may make decisions that you wouldn’t make, but it is his choice. This can be difficult for you as a caregiver; you will need to watch yourself and guard against overprotection.
Helping the elderly their sense of dignity

Among the most important human needs is the desire for respect and dignity. That need doesn’t change when a person becomes ill or disabled. Indeed, it may grow even stronger. There are many things you can do to make sure the person in your care receives the respect and dignity that is every person’s basic human right.
Respecting Privacy: physically and emotionally

- Close the door when you help him dress or use the bathroom.
- Knock before opening a closed door.
- Don’t discuss confidential information with other people, even family members, without his permission.
Respecting the Right to Make Choices

- By making choices we have a sense of control over our life. Let him decide what and when to eat, for example, if he is able.
- If he has cognitive problems, offer choices of what to eat, when to eat, what to wear. If he insists on wearing the same shirt every day, use a protective towel when he eats, and wash clothes in the evening.
- If a choice seems silly or unimportant to you, try to see why it may be important to him.
- If he refuses to take medication or makes other choices that would be dangerous, try to negotiate possible solutions. Offer pills with a favorite snack (if the prescription allows), agree to give baths only as often as absolutely necessary, arrange for someone to take walks with him if he is unsafe by himself.
Treating Someone with Dignity

- Listen to his concerns.
- Ask for his opinions and let him know they are important to you.
- Involve him in as many decisions as possible.
- Include him in the conversation. Don’t talk about him as though he’s not there.
- Speak to him as an adult, even if you’re not sure how much he understands.

http://www.caregiverslibrary.org/caregivers-resources/grp-emotional-issues/respect-and-dignity-article.aspx
Independence for Seniors

The importance of being independent is twofold for seniors. Independence is sometimes the only thing seniors may feel they can control as certain aspects of their life change as they age.
Independence for Seniors

No matter our age, we all strive for and enjoy independence. From the time we are born, our parents teach us how to care for ourselves until we reach adulthood. Then we begin the process of teaching our own children the value of doing things for themselves. Success, happiness and other life achievements are often the result of doing things on our own. Independence is instilled in us throughout life -- and the desire to be independent does not diminish with age. If anything, it becomes more important to seniors.

The importance of being independent is twofold for seniors. Independence is sometimes the only thing seniors may feel they can control as certain aspects of their life change with age.
Independence for Seniors

Additionally, maintaining independence promotes a sense of achievement that for many seniors generates a great sense of self-worth and well-being. Often, seniors are able to live independently with little or no help at all. However, some need assistance due to physical or mental limitations that come with aging. In these cases, living home alone does not become a lost cause. Home health care companies help seniors maintain independence for as long as possible. Caregivers assist clients in activities of daily living, such as grocery shopping, light cleaning, cooking and other activities that enable seniors to live at home independently.
Independence for Seniors

We understand that in order to maintain true levels of independence, it is important for seniors to be involved in their own care. When assisting seniors, don't come in and perform all their duties. Instead, we recommend a technique called interactive caregiving. This means involving seniors in daily activities and duties, dependent on the senior's capabilities.
Independence for Seniors

Some seniors are able to help with house cleaning, grocery shopping, cooking and other duties. And you should encourage them to do so. Above and beyond performing household tasks together, you should engage in other activities with senior loved ones, such as playing games, going for walks, eating meals together or simply engaging seniors in lively conversations. Seniors living alone should be involved in their own care, because it fosters a sense of purpose. This facilitates feelings of accomplishment and maintains the very essence of independence for which seniors strive. For many seniors, the goal of independence -- with a little help -- can be achieved.

http://www.comfortkeepers.com/home/info-center/senior-independent-living/the-importance-of-independence-for-seniors#sthash.tba1CiCi.dpuf
Maintaining Quality of Life

As a caregiver, it is important to encourage independence in seniors and to provide the opportunity for them to maintain a better quality of life for themselves. By participating in activities with your senior loved one, you show that you care, and you help improve their overall health. In fact, research indicates that keeping seniors physically, mentally, socially and emotionally engaged can help them retain better cognitive function, stay healthier and live independently longer.
Maintaining Quality of Life

As the seniors in our lives grow older, daily interaction is vital to their health and happiness. However, when caring for them, it is easy to get into the habit of doing things "for" them rather than "with" them. Let's face it -- it can be more efficient to do everything yourself. Seniors are seasoned pros at doing things for themselves, but due to aging bodies or underlying health issues, aspects of everyday living sometimes become a bit more physically and mentally challenging. Seniors may need your help, but doing everything for them is not a good solution, nor does it cultivate a better quality of life. Instead, we recommend a technique called interactive caregiving.

Interactive caregiving is a method of caring for seniors that promotes physical, mental, social and emotional well-being. When put into action, this philosophy focuses on the person as a whole, helps seniors live the highest possible quality of life by keeping them happy and engaged, and fosters healthy independent living within their own homes.
Maintaining Quality of Life

The true art of caregiving for the elderly extends beyond task-oriented responsibilities and includes engaging in activities that help maintain a healthy spirit and body. Talk to the senior in your life to help determine what his interests are, then form a plan to do those things together. When planning your activities, keep the elements of interactive caregiving in mind.
Maintaining Quality of Life

- Physical activity, which should always be approved by the senior's physician, helps reduce the severity of illness, increases strength and reduces the risk of falling. Dancing can reduce high blood pressure, strengthen bones and lower the risk of heart disease. Dancing with friends also provides a social outlet that stimulates the mind and can reduce the effects of dementia. Activities such as gardening and housekeeping inspire positive self-esteem and improve quality of life.
Maintaining Quality of Life

- Socializing with family and friends, as well as attending parties or other events, makes seniors feel less isolated and promotes good memory retention. The effects of being socially active are just as beneficial as physical activity in terms of self-esteem and higher quality of life, which is important to note for seniors who are unable to exercise.
Maintaining Quality of Life

- Mental stimulation, such as crossword puzzles or other brain games, keeps minds active and facilitates healthy mental and emotional function. Mental well-being fosters a sharp mind and a positive outlook on life.
Maintaining Quality of Life

- Emotional well-being depends on several factors, such as feeling connected to family and friends, being involved in the community or taking on a hobby. Emotional stability helps seniors feel happy and optimistic, which can keep depression at bay.
Maintaining Quality of Life

Encourage seniors to help with tasks they are able to perform, such as folding laundry and writing a grocery list. Play a game or work on a puzzle, read the paper over a morning cup of coffee or take a walk together after lunch. Shopping together provides another form of exercise and the chance to do something together. Planting flowers and other gardening activities are not only fun, they also provide a sense of accomplishment when you both step back to enjoy the fruits of your labor.

There are many more activities that can improve the quality of life for seniors. Use your imaginations and work together to plan fun things that will transform even the most mundane daily activities into special memories that last a lifetime.

https://www.google.com/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8&q=elderly+care+independence
Understanding Senior Care Rights under HIPAA

HIPAA is an important part of the medical care system. Understanding your rights under HIPAA can make it easier for adult children and caregivers to make the best decisions for elderly loved ones.

The Health Insurance Portability and Accountability Act of 1996, better known as HIPAA, was designed to give patients greater control over their medical information and disclosure. Understanding HIPAA is very important for seniors and their adult caregivers.
Why is HIPAA Important?

The HIPAA Privacy Rule is meant to protect personal health information. It also allows patients to know how their medical information is used. Some specific aims of HIPPA include:

- Offers patients more control over what happens to their health information
- Limits the amount of health information released to the minimum required
- Allows patients to request corrections to their health information
- Gives patients the opportunity to learn who has accessed their medical records
- Sets boundaries for providers and health care facilities on what information can be disclosed
- Holds offenders accountable if patient rights are violated
- Allows release of information in the event of a threat to public health
What Adult Children & Caregivers Should Know About HIPAA

The HIPAA Privacy Rule does allow doctors and other medical personnel to share information about a person's medical condition with their adult children, friends, or caregivers, assuming the patient does not object. A senior can provide authorization for their loved ones or caregivers to have access to their medical records and participate in doctor's visits. If an individual invites their adult children to a doctor's appointment, the doctor knows that the patient wants their children to know about and understand their medical condition. However, if the patient can't make their wishes clear, HIPAA allows the doctor to make a judgment call on who to discuss the information with, based on what he or she believes is in the patient's best interest. This means that usually, an adult child or caregiver should be able to learn about their parent's medical condition. However, to be absolutely certain of access to an elderly parent's medical records and care, putting the directive in writing is always a good idea.
Understanding HIPAA

The language of the HIPAA Privacy Rule can be challenging for many people to understand. The long and complicated sentences of the law, including the legal jargon and uncommon words, can lead to a misunderstanding of the text. To remedy this problem, ask your health care provider to explain the HIPAA laws in plain, simple language. Take notes, and don't hesitate to ask for clarification on sections you don't understand.

Remember that HIPAA was designed to protect and benefit the patient, so take the time to learn exactly what your rights are. In an emergency medical situation, knowing what HIPAA means could make a difference in your decisions concerning information and treatment.

Question 1

One way to maintain the privacy of your patient is to:

A. close the bathroom door when in use
B. knock on a closed door
C. not discussing their private information with others
D. more than one of the above
Question 2

One reason seniors want to maintain their independence is because:

A. it is something they can control as they age
B. they don’t like others telling them what to do
C. many seniors get agitated as they age
D. it could be a sign of a cognitive disorder
Question 3

If your patient wants to participate in physical activity it should be:

A. denied as they could injure themselves
B. allowed as it is good for them to move
C. approved by their doctor first
D. done only with approved trainers
Question 4

The main purpose of the HIPAA privacy rule is to:

A. maintain the privacy of all patients
B. create a paper trail for documentation
C. create an avenue for lawsuits should the rule not be followed
D. maintain good record keeping habits
Resources

http://www.comfortkeepers.com/home/info-center/senior-independent-living/the-importance-of-independence-for-seniors#sthash.tba1CiCi.dpuf


https://www.google.com/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8&q=elderly+care+independence

http://www.caregiverslibrary.org/caregivers-resources/grp-emotional-issues/respect-and-dignity-article.aspx