

## Carrie Jones



**Why did you choose older adult services as a career?** I first went into the older adult career services because I was chosen as an intern in the office of Home Care. It was just a summer job to start, but after learning more about what the purpose and goals of Home Care is I really started to enjoy it. I was only in the office, but there were times the clients would call in and I would get to talk to them. Even though I only talked to them very little, I still enjoyed it. For starting my CNA job, I have always loved the elderly, even before working in the nursing home. I would love to start conversations with the older adults. Their stories about growing up were so interesting to hear and they would feel good because somebody was taking the time to listening to them. Since I loved to talk to older adults so much I figured I might as well trying working with them in a nursing home. I have not regretted this either, I have love my job ever since I started. I have just grown to love my job the more I work there. I see differences in the residence attitudes just by the way I treat them. To know I make their day by just having a 5 minute conversation with them makes my day as well.

**What do you want to do with your life and how do you hope to impact this older adult services profession?** Currently I have one semester left for my Bachelors of Psychology degree. I will graduate in December and then I plan on starting my nursing career in the fall. I am planning on doing to accelerated program in Sioux Falls, SD. I will be able to complete the nursing program in 15 months after I finish my prerequisites up. Totally it would take me about two years. After I finish nursing I would like to work in a nursing home to get experience for a couple years. While I am working I want to go to graduate school for research psychology. Now research psychology might not seem to go with nursing, but let me inform you of my plan. I think there are so many improvements that can happen in the nursing home. So when I get my research psychology degree I want to work in a nursing home as a nurse, but also do research in how to help them. For example, what would be some improvements that can be done with residents with dementia? Can we help prevent the progression of dementia with psychological help? If family visits the resident on a regular basis, is there a significant difference in their health and attitude? What is the most common reason to send someone from assisted living to the nursing home and how can we prevent this so they can keep their independence? These are questions that we might know some answers to, but there could always be more work toward new answers. Those are my ultimate goals to do in the nursing home.

**Provide a specific example of when you positively impacted someone through the care or services you provided.** There is one resident that comes up in my mind right away. This resident has arthritis very badly and to keep her mobility she needs to walk. However, her personality is very timid and not wanting to disturb any of the CNA's because she sees how busy we are. So after getting to know her I wondered why she was not being regularly walked because many others were. So I went in her room and asked if she would like to go for a walk. She looked at me and said, "Of course, that would be great!" while she was gleaming with excitement. So we went out in the hallway and started walking. After we started I realized that she was very slow at walking and need somebody that is extremely patient with her. After she took about 7 steps she could not go any farther. So I told her that we have to start somewhere and if 7 steps is where that is, we will just have to start there. So the next month I made sure to walk with her 3 to 4 times a week. We started this a couple months ago and we are no longer going by how many steps she takes because she can walk all the way down to the dining room,

which in steps is probably about 40 steps. She has become much faster to, now it's no racing pace but a good pace for her and she feels so much better about herself. Every time I see her she always thanks me for being so patient and helping her walk. It meant so much more to her than I ever thought it would. It made her and I feel more comfortable with transferring by herself in her room also, so it gave her more independence.

**How have you positively impacted your organization and increased its effectiveness (through teaching, mentoring, serving on committees, etc.)?** I work numerous shifts, and by numerous I mean all shifts. So I know what all shifts require; which are hardest, and which work the best. This has helped me contribute to some certain aspects on the evening shift at the nursing home. I would say the biggest change I have contributed to the Good Samaritan Nursing Home would be to transfer some of the communication and productivity skills to the different shifts. On the day shift everything is very organized and we know who gets up first and who waits. However, on the evenings things can get a little more hectic. So when I first started working at the nursing home I worked evenings, then a year later I worked some days. After working days for a while I would work both days and evening. Some of the skills I learned on days I could transfer to the evenings. For example the communication between workers is a huge factor on days, and I noticed that on evenings some do not communicate very well. So when I work evening I make sure to stress the communication between workers. I feel like this has been a help when working these different shifts.