

# (Home Visit 1-3 Description and Objectives)

## **Home Visit Description**

### **Session 1: Home Visit I**

- **Student teams will visit senior partner in their home at the convenience of student team and senior partner**
- **Discuss Physical Well-Being**

### **Session 2: Home Visit II**

- **Student teams will visit senior partner in their home at the convenience of student team and senior partner**
- **Discuss Relationships to community, friends and family**

### **Session 3: Home Visit III**

- **Student teams will visit senior partner in their home at the convenience of student team and senior partner**
- **Discuss Memory and Cognition**

# **Student Senior Partnership Program (SSPP)**

## **Home Visit #1 Curriculum: Physical Health**

### **Session Goal and Objectives:**

- Understand the importance of a bio-psycho-social history
- Develop skill in interviewing seniors to obtain a bio-psycho-social history
- Understanding how chronic disease impacts daily life.
- Increase knowledge of healthcare provider and older adult relationship
- Develop skills in working collaboratively in an intraprofessional team

### **Pre-Visit**

Before your phone call with your faculty advisor please review this Home Visit 1 curriculum, watch these short videos and be prepared to discuss.

TC Bank- Dream Rangers: <https://youtu.be/vksdBSVAM6g>

Polypharmacy: <https://www.youtube.com/watch?v=Lp3pFjKoZl8>

Caregivers Who Assist Older Adults With Health Care Activities

<https://www.youtube.com/watch?v=OUYdGporxrE>

<https://www.youtube.com/watch?v=tPpdnjBQ3gU>

Choosing Wisely: <https://www.youtube.com/watch?v=FqQ-JuRDkl8>

Wire tap: how to age gracefully:

[https://www.youtube.com/watch?v=sycgL3Qg\\_Ak](https://www.youtube.com/watch?v=sycgL3Qg_Ak)

### **Home Visit**

- Interview your senior partner to obtain his/her past medical history, social history and family history.
- Ask your senior to describe how their medical issues impact their daily life.

- Ask your senior to discuss whether and how health issues impact their activities of daily living.
- Explore if they ever feel sad or burdened by their medical conditions.
- Discuss what coping strategies they use and how effective they are
- Explore how they feel about taking medications. Do they feel they take too many, are they effective?

### **Post-visit**

Answer the following questions on the Reflection Tool and be prepared to discuss at your debrief session with your student team and faculty leader:

- 1) What do you believe are your senior's primary medical concerns?
- 2) Identify one adaptation your senior has made relative to their health issues.
- 3) What 3 things did you learn and from whom?
- 4) What happened today that surprised you?
- 5) How will what you learned today change the way you will care for an older adult?

### **Additional Resources:**

The virtual home visit course produced by Cornell University (It takes about 45-60 minutes to complete and should help give context to your home visit):

[http://www.environmentalgeriatrics.com/multimedia\\_course/index.html](http://www.environmentalgeriatrics.com/multimedia_course/index.html).

The University of California, San Francisco has launched its You Tube channel on interprofessional education and collaborative practice.

[https://www.youtube.com/channel/UCjsbTqos6SDEpL9Oi\\_28xZQ](https://www.youtube.com/channel/UCjsbTqos6SDEpL9Oi_28xZQ)

Medicare and MediCal – GWEP Brown Bag April 28, 2016

<https://ondemand.usc.edu/SSW/Play/b499b8e5d1b0474eb651ed488d6ccbed1d>

## **Home Visit #1: Physical Health – Post-visit Reflection**

Following your home visit with your senior partner, write up a short reflection about your visit. Please answer the following questions and when complete email your responses to your faculty leader before your post-visit discussion.

1. What do you believe was your senior's primary medical concern based on your interview?
2. Did your senior express any particular concern about their medical conditions or medications?
3. What three things did you learn and from whom?
4. What happened today that surprised you and you didn't expect?
5. How will what you learned today change the way you think about caring for an older adult?

## **Student Senior Partnership Program (SSPP)**

### **Home Visit #2 Curriculum –Relationships with family, friends, community**

#### **Session Goals and Objectives:**

- Explore current relationships to family, friends and community your senior partner values
- Become aware of basic community resources beneficial to healthy, aging older adults.
- Explore activities that your senior partner is involved with
- Increase awareness of cultural identity relationships to friend, family and community
- Increase ability to ascertain and recognize older adults' relationship to friends, family and community resources.
- Increase knowledge about community resources
- Develop skills in working collaboratively in an intraprofessional team

#### **Pre-Visit**

Before your phone call with your faculty advisor please review this Home Visit 2 curriculum, watch these short videos and be prepared to discuss.

<http://www.aarp.org/disrupt-aging/stories/ideas/info-2016/what-is-old-video.html>

This is a link to the video on what millennials consider old

What makes a good life? Lessons from the longest study on happiness

[https://urldefense.proofpoint.com/v2/url?u=https-3A\\_www.ted.com\\_talks\\_robert-5Fwaldinger-5Fwhat-5Fmakes-5Fa-5Fgood-5Flife-5Flessons-5Ffrom-5Fthe-5Flongest-5Fstudy-5Fon-5Fhappiness-3Futm-5Fsource-3Dtedcomshare-26utm-5Fmedium-3Demail-26utm-5Fcampaign-3Dtedspread&d=DQIFaQ&c=clK7kQUTWtAVEOVIgvi0NU5BOUHhpN0H8p7CSfnc\\_gI&r=gYM87HYhgqxdKGXN5uGn0A&m=Uv3Oruwp4znl0wm95wSiyWdV33dBuNqjf\\_08Nlo8NAk&s=f5VghWCZAtGYaex5gqxFjQWojuzj6C7px4RqhDCXLRw&e=](https://urldefense.proofpoint.com/v2/url?u=https-3A_www.ted.com_talks_robert-5Fwaldinger-5Fwhat-5Fmakes-5Fa-5Fgood-5Flife-5Flessons-5Ffrom-5Fthe-5Flongest-5Fstudy-5Fon-5Fhappiness-3Futm-5Fsource-3Dtedcomshare-26utm-5Fmedium-3Demail-26utm-5Fcampaign-3Dtedspread&d=DQIFaQ&c=clK7kQUTWtAVEOVIgvi0NU5BOUHhpN0H8p7CSfnc_gI&r=gYM87HYhgqxdKGXN5uGn0A&m=Uv3Oruwp4znl0wm95wSiyWdV33dBuNqjf_08Nlo8NAk&s=f5VghWCZAtGYaex5gqxFjQWojuzj6C7px4RqhDCXLRw&e=)

## Funny Aging Quotes Filled With Timeless Wisdom

[https://youtu.be/UH5wciG7\\_Us](https://youtu.be/UH5wciG7_Us)

### Home Visit

- Students will discuss current and past relationships to friends, family and community
- At the conclusion of the interview, senior partner and students will discuss the importance and value of relationships to friends, family and the community
- Ask your senior partner about their relationships with friends, family and their community.
- Explore with your senior partner their past and present use of community resources and explore their needs for new ones. If they have trouble recalling any, you might ask if they ever utilized or wanted something to pursue new interests, help them in a time of need, help them maintain their health, etc. They might have needed something following a hospitalization or during a change in their ability to manage their household activities.
  - If they cannot think of any needs for themselves, ask if they know of any that one of their peers might need.
  - As healthy older adults, they might be attending senior centers or activity classes, attending courses in local schools or universities, volunteering.
  - Examples of resources used for medically related concerns might include home health or outpatient therapy, care giving after a surgery, support groups, equipment to assist with their activities of daily living (walkers, magnifying glasses, special telephones) driving classes to adapt to particular issues in aging or disability.
- Ask how your senior partner learned about any resources used and how he/she accessed this service. Did your partner find the resource independently or did someone help? Who?
- Ask your senior partner if he/she considered him/herself to be a community resource? What is it they offer people around them? To whom do they offer assistance? Do they do volunteer work (if they say "no" remind them that

the Senior Partner Program is volunteer work!)? Do they provide companionship, advisement to peers, others?

## **Post visit**

Answer the following questions on the Reflection Tool and be prepared to debrief session with your student team and faculty leader

- 1) Based on your interview with your senior partner, how well connected and supported are they by family, friend's and the community?
- 2) What are your senior's unmet needs in regard to family, friends and their community?
- 3) What role does culture play in your senior's relationship with family, friends and community?
- 4) What 3 things did you learn and from whom?
- 5) What happened today that surprised you?
- 6) How will what you learned today change the way you will care for an older adult?

## **Additional Resources**

[www.aoa.gov](http://www.aoa.gov)

[www.aging.ca.gov](http://www.aging.ca.gov)

[www.dmv.gov](http://www.dmv.gov)

## **Home Visit #2 – Social/Leisure Recreation/Connectedness/Community Resources – Post-visit Reflection**

Following your home visit with your senior partner, write up a short reflection about your visit. Please answer the following questions and when complete email your responses to your faculty leader before your post-visit discussion.

1. What community-based resources is your senior aware of/using?
2. Based on your interview with your senior how well connected and supported are they with their family, friends, and community?
3. What three things did you learn and from whom?
4. What happened today that surprised you and you didn't expect?
5. How will what you learned today changed the way you think about caring for an older adult?



## **Student Senior Partnership Program (SSPP)**

### **Home Visit #3 Curriculum: Memory and Cognition**

#### **Session Goals and Objectives:**

- Gain understanding of normal aging and brain health
- Understand normal change with healthy brains and aging
- Explain how quality of sleep affects brain function.
- Develop skills in working collaboratively in an intraprofessional team

#### **Pre-Visit**

Before your phone call with your faculty advisor please review this Home Visit #3 curriculum, watch these short videos and be prepared to discuss.

#### **Still Alice (movie clip) 4 ½ minutes**

<https://www.youtube.com/watch?v=w1KCqIN8xPE>

Julianne Moore's character has been diagnosed with early-onset Alzheimer's and is a professor of linguistics. She is asked to speak at the local Alzheimer's Association by her neurologist and this is her speech...good example about preserving dignity for those experiencing dementia

#### **Monkey Business Illusion (1min 41 – test attention)**

[https://youtu.be/IGQmdoK\\_ZfY](https://youtu.be/IGQmdoK_ZfY)

Your brain can only focus on one thing; this is what we call selective attention. When focusing on the white, you ignore the black, missing the giant gorilla. We cannot remember what we don't pay attention to; therefore, distracted people do not learn.

## Home Visit

- Ask your senior the following questions: Are they concerned about their memory? What do they do to improve their memory? How is memory and cognition important in their every day life?
- Explore if your senior has any concerns about their memory.
  1. Explore ways your senior stays cognitively engaged.
  2. Ask about their sleep habits.

## Post visit

Answer the following questions on the Reflection Tool and be prepared to debrief session with your student team and faculty leader

- 1) Did your senior express any concerns about their memory?
- 2) How does your senior stay cognitively engaged?
- 3) What 3 things did you learn and from who?
- 4) What happened today that surprised you?
- 5) How will what you learned today change the way you will care for an older adult?

## Additional Resources:

Understanding Alzheimer's Disease Brown Bag April 28, 2016

<https://ondemand.usc.edu/SSW/Play/c073f965cafe460aab0a1fce0e4f895f1d>

### AARP Staying Sharp Free games

**Stay** mentally **sharp** by working your memory and language skills with these fun, online **brain games**. Recommendations for fun ways to create simple habits that can help you improve and maintain brain health over time.

<https://stayingsharp.aarp.org/games#!>

### **Home Visit #3: Memory and Cognition – Post-visit Reflection**

Following your home visit with your senior partner, write up a short reflection about your visit. Please answer the following questions and when complete email your responses to your faculty leader before your post-visit discussion.

1. What does your senior do to maintain cognitively engaged?
2. Did your senior express any concerns about the aging process?
3. What three things did you learn and from whom?
4. What happened today that surprised you and you didn't expect?
5. How will what you learned today changed the way you think about caring for an older adult?