

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=

Funny Aging Quotes Filled With Timeless Wisdom

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

www.aging.ca.gov

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?