Chapter 7
Holistic Model for Gerontological Care
Navigating the Stormy Waters of Life

• Most elders had a lifetime of taking care of themselves and others.
  – Elders should not be forced to forfeit their decision-making functions.

• Gerontological nurses must mobilize the strengths and capabilities of older people.
  – Tapping the resources of elders in their own care promotes normalcy, independence, and individuality.
Needs Related to Health Promotion

- Physiological Balance
- Connection
- Gratification
Needs Related to Health Challenges

- **Education**: understanding a new diagnosis.
- **Counseling**: helping with lifestyle adjustments.
- **Coaching**: improving compliance and motivation.
- **Monitoring**: tracking progress and needs.
- **Coordination**: Keeping all members of the team informed; preventing conflicting treatments.
- **Therapies**: Helping patients implement treatments.
Requisites to Meet Needs

- Physical, Mental, and Socioeconomic Abilities
  - A variety of nursing interventions may be used to reduce deficits.

- Knowledge, Experience, and Skills
  - Limitations exist when these factors required for self-care are inadequate or nonexistent.
Requisites to Meet Needs (cont.)

• Desire and Decision to Take Action
  – The value a person places on the action influences the desire and decision for action.
Nursing Interventions Empowering the Elderly

- Strengthening self-care capacities.
- Eliminating or minimizing self-care limitations.
- Providing direct services by acting for, doing for, or assisting the individual when requirements cannot be independently fulfilled.
Components of Physiological Balance

- Respiration
- Circulation
- Nutrition
- Hydration
- Elimination
- Rest
- Movement
Components of Physiological Balance (cont.)

- Comfort
- Immunity
- Risk reduction
Components of Connection

- Self
- Spirit
- Family
- Society
- Culture
- Environment
Components of Gratification

- Purpose
- Pleasure
- Dignity