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Final reflections paper

It has been a special experience for me to teach in the United Hebrew Geriatric Center for several weeks. As I am studying for nursing, the experience will help me a lot when I have to work with the elderly. The observations that I made was that the elderly are excited about learning new things. My basic idea about older adults is that they don’t receive the proper benefits which they deserve. The reason behind this is that they lack the knowledge and they are not considered as highly due to their age. The internet provides vast amounts of information making it a suitable instrument in helping older adults. I believe that these would reduces the chances of being diagnose with Senile Dementia. Consequently, the experience made me suitable for teaching seniors citizen about the internet. The section was a pleasurable time.

My student, Miguel Pineda, was so nice, sweet, and knows a few jokes. He sometimes brought chocolate and candy to share with me. He had never used a computer before, but he was enthusiastic about learning. He never missed a single class and even told me things he wanted to know. “I will buy a computer after I learn” he said. He seemed very interested in learning about the world, especially health field, through the internet. He mentioned about his insurances and asked me if he could check his account through the web. I gladly looked for the website and I logged him in to one of his medical insurance companies. The company provides the definition of his illness and other valuable information. He looked up the reason as to why it causes him pain and gave a careful look to the information. He said, “Wow. Now I know the symptoms, cause, and treatment etc… oh! my doctor didn’t treat me like this,” He quickly learned that his doctor had not treated him to the guidelines on the website. Miguel was rather excited about being aware of his illness that he wanted to continue looking up more information the following week. I thought to myself that, Miguel seemed to enjoy learning about new things more then he enjoyed talking to other people. Senile Dementia can affect people in an early age if the brain is not exercised properly. Research and reading via the internet will prevent this disease know as Senile Dementia or Alzheimer's. As Miguel is getting old, it would help him to avoid the disease. I also want to recommend older adults to learn some computer skills when I work with them as a nurse in the future.

I have some advices. I would like to tell others who are interacting with seniors for the first time and who are willing to teach them. First, when you make an appointment with them, don’t be late or don’t break it. While I was teaching my student in Independent Living Residents, I saw some students mad about their teachers being late. One of the students was about to leave the room, but when their teachers arrived, they couldn’t even express their feelings. I felt bad about seeing that situation. My second advice would be to have patience and speak clear, politely, and nicely. Older adults are already nervous about learning new things and they are annoyed by not being able to control themselves. So if an unpleasant feeling showed, it would discourage them to learn something unfamiliar to them. Do not be lazy to explain something in different ways and to repeat it several times.

Overall, it has been a good lesson and learning experience and I'm glad that I was able to help. I only wish that I had better communication skill to keep in touch with my student.