

# 8

## Physical, Psychological, and Social Health



## 1. Identify basic human needs

Define the following term:

### **physiological needs**

needs that relate to the processes and activities that keep living things alive.

### **psychosocial needs**

needs that involve social interaction, emotions, intellect, and spirituality.

## 1. Identify basic human needs

The basic physiological needs of human beings include

- Food and water
- Protection and shelter
- Activity
- Sleep and rest
- Comfort, freedom from pain

## 1. Identify basic human needs

Remember:

You will be helping your clients meet these basic physical needs. Activities of daily living (ADLs) such as eating, eliminating, bathing, and grooming, are the ways we meet our most basic physical needs. By assisting with ADLs or helping clients learn to perform them independently, you help clients meet their basic needs.

## 1. Identify basic human needs

The psychosocial needs of human beings include

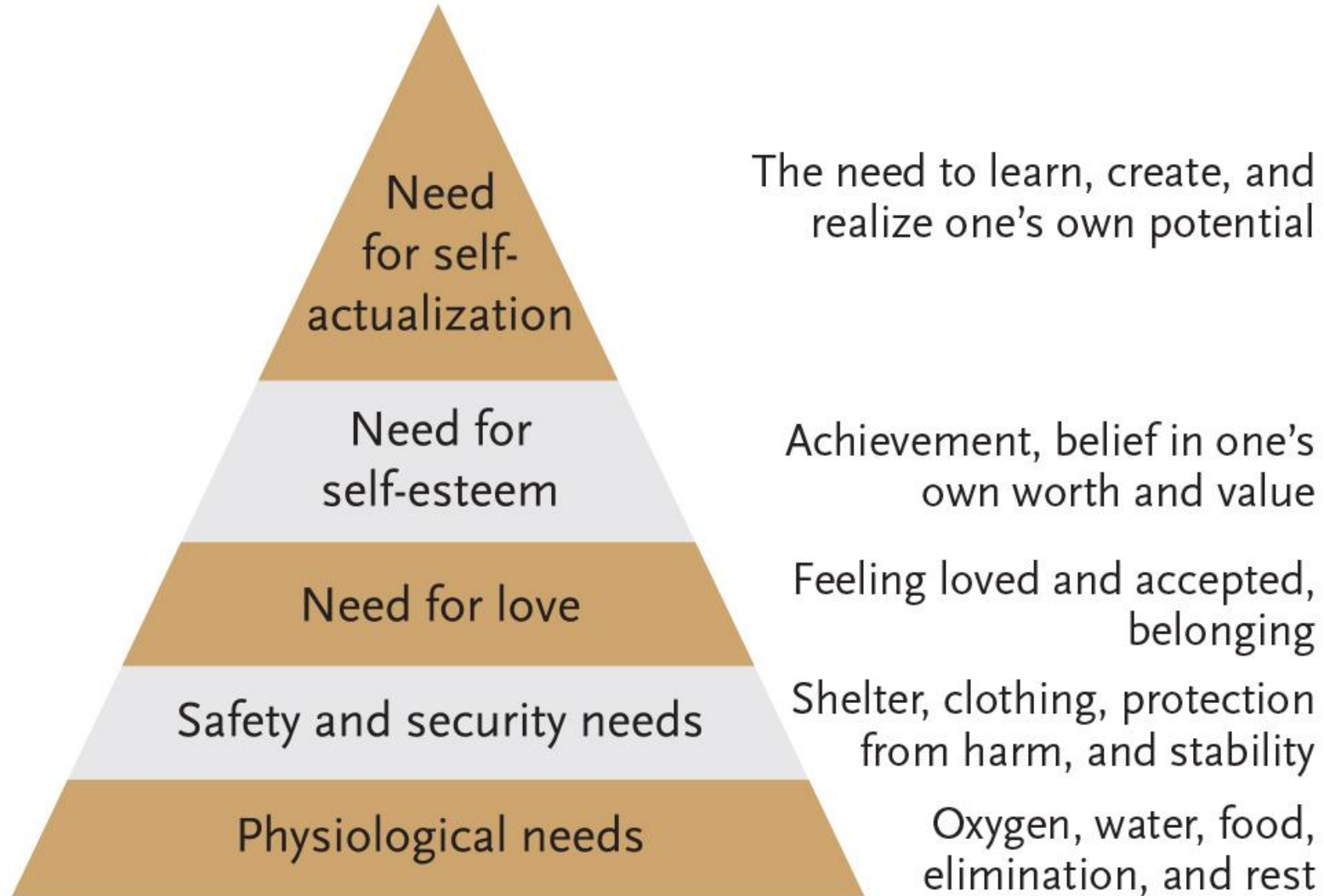
- Love and affection
- Acceptance by others
- Security
- Self-reliance and independence in daily living
- Contact with other people
- Success and self-esteem

## 1. Identify basic human needs

Think about these questions:

What are human responses to not having psychosocial needs met? How might strong negative feelings that arise from not having these needs met interfere with the client's health?

## Key Material 8-1: Maslow's Hierarchy of Needs



## 1. Identify basic human needs

HHAs should understand Maslow's Hierarchy of Needs:

- Need for self-actualization
- Need for self-esteem
- Need for love
- Safety and security needs
- Physiological needs



## 1. Identify basic human needs

### ***Critical Thinking: Conversation Starter***

Which of Maslow's needs are physiological and which are psychosocial?

Is one need dependent on the others in order to be met?

Are any needs more important than the others (must be met first)?

How do self-esteem and self-actualization apply to your life?

## 1. Identify basic human needs

Define the following term:

### **masturbation**

to touch or rub sexual organs in order to give oneself or another person sexual pleasure.

## 1. Identify basic human needs

Remember:

Respect and privacy are very important when encountering any sexual situation.

## 1. Identify basic human needs

Define the following terms:

### **sexual orientation**

a person's physical, emotional, and/or romantic attraction to another person.

### **gender identity**

a deeply felt sense of one's gender.

### **bisexual, bi**

a person whose physical, emotional, and/or romantic attraction is for people of the same gender or different gender.

### **cisgender**

a person whose gender identity matches his or her birth sex (sex assigned at birth due to anatomy)

## 1. Identify basic human needs

Define the following terms:

### **coming out**

a continual process of revealing one's sexual orientation or gender identity to others.

### **cross-dresser**

usually a heterosexual man who sometimes wears clothing and other items associated with women.

### **gay**

a person whose physical, emotional, and/or romantic attraction is for people of the same sex.

### **heterosexual**

a person whose physical, emotional, and/or romantic attraction is for people of the opposite sex; also known as *straight*.

### **lesbian**

a woman whose physical, emotional, and/or romantic attraction is for other women.

## 1. Identify basic human needs

Define the following terms:

### **LGBT**

acronym for lesbian, gay, bisexual, and transgender.

### **LGBTQ**

acronym for lesbian, gay, bisexual, transgender, and queer.

### **nonbinary and/or genderqueer**

a person whose gender identity does not fit into the category of man or woman; the person's gender may be between these two categories or may be entirely different from them.

## 1. Identify basic human needs

Define the following terms:

### **queer**

a term used to describe sexual orientation that is not exclusively heterosexual.

### **transgender**

a person whose gender identity conflicts with his or her birth sex (sex assigned at birth due to anatomy).

### **transition**

the process of changing genders, which can include legal procedures, medical measures, telling others, and using new pronouns.

## 1. Identify basic human needs

It is important to respect clients' sexual needs:

- People continue to have sexual needs throughout their lives
- Humans express their sexuality through different behaviors
- Knock and wait for permission before entering a client's bedroom
- Provide privacy if you encounter a sexual situation between consenting adults
- Do not assume all clients are heterosexual
- Respect clients' sexual choices, sexual orientation, and gender identity
- Use clients' preferred terms and pronouns
- Use a transgender person's chosen name
- Do not judge any sexual behavior you see



## Handout 8-1: Myths About Older Adults and Sexuality

- **Myth #1: Older men are not capable of having sexual relations.**

There are some physical changes that may alter the way a couple engages in sexual relations. Men may need more direct contact, may take longer, and may need longer between relations to perform again. However, many men continue to have satisfying relations well into old age.

- **Myth #2: After menopause women are not interested in sexual relations.**

Many women relax and enjoy sex more in later years. With no fear of pregnancy and older children leaving home, many women feel much freer. There may be some physical changes, such as less lubrication, but there are remedies available. Communication with a woman's physician is important. The reason many older women stop having sexual relations is because they lose their partners when their partners die.

## Handout 8-1: Myths About Older Adults and Sexuality (cont'd)

- **Myth #3: Any expression of sexuality by older people is either disgusting or cute.**

This attitude deprives older people of their right to dignity and respect. Older adults have the same needs and rights to express their sexuality as other age these groups, and they may do so in the same ways. In all age groups there is a wide variety of behavior. This is true of older people also.

It is true, however, that our society discourages this expression by the messages sent through jokes, advertisements, and the media. Older people see and hear messages and may believe that there is something wrong with them if they feel or act on their desires.



## 2. Define holistic care

Define the following term:

### **holistic care**

care that involves the whole person, including his or her physical, psychological, social, and spiritual needs.

## 2. Define holistic care

Think about this question:

What does it mean to care for the whole person? What are some specific ways you, as an HHA, can care for your clients in this manner?

## 2. Define holistic care

Remember:

As an HHA, you are in the best position to observe not just physical, but psychosocial, needs in your clients. This is essential to providing person-centered care.

### 3. Identify ways to help clients meet their spiritual needs

Define the following term:

**spiritual**

of, or relating to, the spirit or soul.

### 3. Identify ways to help clients meet their spiritual needs

HHAs can help clients with their spiritual needs in these ways:

- Learn about their religion or beliefs
- Accommodate practices (never make judgments)
- Respect all religious items
- Get to know client's religious leader
- Allow privacy for clergy visits
- Read religious materials aloud if asked
- Refer client to spiritual resources if requested

### 3. Identify ways to help clients meet their spiritual needs

These HHA behaviors and actions are not permitted regarding clients' spiritual/religious needs:

- Trying to change someone's religion
- Telling a client his/her belief/religion is wrong
- Expressing judgments about a religious group
- Insisting a client participate in religious activities
- Interfering with religious practices
- Discussing personal beliefs or opinions



### 3. Identify ways to help clients meet their spiritual needs

#### ***Critical Thinking: Conversation Starter***

- Why should you not judge other people's beliefs?
- Why should you not impose your beliefs on your clients?
- Would your political ideas be appropriate topics of conversation with your client or his family?
- What are some appropriate topics of conversation with clients and their families?

#### 4. Discuss family roles and their significance in health care

There are many different types of families:

- Nuclear families
- Single-parent families
- Married or committed couples of the same sex or opposite sex
- Extended families
- Blended families

#### 4. Discuss family roles and their significance in health care

Families have many roles in the care of clients:

- Helping clients make decisions
- Communication
- Providing daily care when the HHA is not there
- Support and encouragement
- Connecting to outside world
- Giving assurance

#### 4. Discuss family roles and their significance in health care

Remember:

Families can play an essential role in a client's care and well-being. Regardless of whether a client's family looks like your own, it is very important to support and respect the client's family.

## 5. Describe personal adjustments of the individual and family to illness and disability

Clients and families may be dealing with any or all of these adjustments:

- Accepting illness or disability
- Handling money issues
- Dealing with paperwork
- Taking over client's tasks
- Understanding medical information and making care decisions
- Providing daily care
- Caring for children and an elderly relative at the same time

## 5. Describe personal adjustments of the individual and family to illness and disability

Think about this question:

Why is it important for HHAs to be sensitive to the client and family during the adjustment to illness and disability?

## 6. Identify community resources for individual and family health

Define the following term:

### **hospice care**

holistic, compassionate care given to people who have approximately six months or less to live.

## 6. Identify community resources for individual and family health

HHAs should be aware of these community resources:

- Local government/social services
- Religious institutions
- Meal services
- Transportation services
- Hospice care
- Counseling
- Support groups



## 7. List ways to respond to emotional needs of clients and their families

Define the following term:

**empathize**

identifying with or understanding.

## 7. List ways to respond to emotional needs of clients and their families

Think about this question:

Can you imagine some specific situations in which it would be important for an HHA to empathize with a client or her family members?

## 7. List ways to respond to emotional needs of clients and their families

HHAs can respond to clients and families in these ways:

- Listen
- Offer support and encouragement
- Refer the problem to a social worker or your supervisor

## 7. List ways to respond to emotional needs of clients and their families

### ***Critical Thinking: Conversation Starter***

Can you give some examples of clichés?

What is something you could say to a client when there is a need to refer him to the supervisor?

What are some examples of encouraging remarks you could make to a client? How about to the client's family?

## ***Critical Thinking: Case Studies***

For each of the following situations, consider these questions:

- How would you feel?
- What would you say?
- What would you do?

### ***Critical Thinking: Case Studies (cont'd)***

1. A Catholic client tells you that she has not been to church for many years, and is afraid she is going to die without the opportunity to talk to a priest.
2. You overhear the daughter and son-in-law of her client telling her that she is “putting them into the poorhouse” with her medical expenses.
3. A client who has recently had a stroke is expecting a visit from her grandchildren today and is crying because she is afraid they will not accept her with her new disabilities, especially her difficulty with speech.
4. Upon arrival at a client’s home, you find him visiting with his best friend from out of town.

### ***Critical Thinking: Case Studies (cont'd)***

5. The family members of a client with cancer have questions about putting the client in hospice care, and they have already voiced their opinions to the client.
6. There is never any food in the refrigerator in an elderly client's home because his wife no longer drives and cannot get to the store.
7. A client who was an admiral in the Navy before his illness is very demanding and rude you. You do not like him very much because he never seems to have a positive remark to make about your skills.
8. You find a client who is recovering from heart surgery crying and depressed about his sudden forced retirement.

### ***Critical Thinking: Case Studies (cont'd)***

9. Your coworker refers to your client as the “stroke case,” but she means more to you than just her disease.
10. When you prepare lunch for his client, she asks you if the food is kosher.
11. A client is not trying to help herself get well and tells her you that she wishes she could die.
12. A client who is transgender has not changed her name legally but wants to be called Carol. Her sister continues to call her Charles.
13. A client who is Black tells you that she was called a racial slur by another HHA.





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