**BN603002 Senior person’s health - Reflection on practice**

You are required to write a comprehensive reflection on your personal response and learning from **ONE** psychosocial or mental health issue, affecting a senior person that you have interacted with on placement. The Holm and Stephenson (1994) reflective model is provided to guide your exploration around a specific interaction with a resident.

You are also required to describe ONE support agency that may offer support to a senior person experiencing this issue.

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| Briefly outline ONE psychosocial or mental health issue, affecting a resident in the Aged Residential Care (ARC) facility that you are placed in (100-200 words). |
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| Using Stephenson’s framework, reflect upon the interaction that you had with the resident. |
| What was my role in the situation?  Did I feel comfortable or uncomfortable? Why?  What actions did I take?  How did I and others act?  Was it appropriate?  How could I have improved the situation for myself, the resident or others involved?  What can I change in the future?  Do I feel as if I have learned anything new about myself?  Did I expect anything different to happen? What and Why?  Has it changed my way of thinking in any way?  What knowledge from theory and research can I apply to this situation?  [Evidence based literature must be used to support discussion of future practice or to enhance your understanding of the issue that you chose ]  What are the broader issues (e.g. ethical, political, or social) involved in this scenario? |

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| Describe ONE support agency or community resource that may offer support to seniors experiencing this issue? |
| Name of support agency / community resource |
| Purpose / support offered |
| In what ways can a senior access this agency / resource? |

Holm D and Stephenson S (1994) Reflection – A Student’s Perspective. In Palmer A, Burns S and Bulman C (eds) *Reflective Practice in Nursing: the growth of the professional practitioner*. Blackwell Scientific Publications: Oxford 53-62