

Kelsey O'Fallon



Why did you choose older adult services as a career?

I have chosen the older adult services as a career, because older adults have a lot to teach the younger population about hard work and perseverance. They have had the chance to experience so much, growing up in a totally different world than I am growing up in right now. I believe life has become a little easier as technology has exploded and the older population can keep us grounded to the original roots of America. Having the opportunity as a CNA to start working with older adults, I have realized that I enjoy working with this group of people. I can see myself in the future working as a physical therapist with people like the residents I work with now.

What do you want to do with your life within the older adult services profession?

I would like to help provide the older adult community by continuing my education to become a physical therapist, because I believe that increasing a person's strength and motion will ultimately allow that person a better overall quality of life. I would like to encourage the work of an entire team of people that make up the care given to the adult community. I believe if we work together, we would be able to give a high quality of care that is necessary.

How do you hope to impact the profession?

I hope to impact the profession of older adult services by being just one aspect of the overall team that includes everyone from doctors, nurses, CNAs, and family members. I want to help maintain a person's quality of life, as they get older, in any way possible. As a physical therapist, I hope to help older adults with their physical health, which may include walking, movement and rotation of limbs, and strength. While these are the main things that will be my focus as part of the team, I believe that a mental aspect is also an important part of my job. I have realized, from being a CNA, the importance of communication with people, which involves just discussing the ordinary things in life. I have learned to take the extra time while I am working to interact with them on a personal level. I would like to incorporate this interaction in my career as a physical therapist. This is an important aspect because it develops trust and personal connection with my patients. If all members of the team that are involved in the care of the older adult community work together, the best possible care can be given to help the person, because each person is someone's wife, husband, sister, brother, or grandparent. I believe this is the type of care I would like for my family member, so it is what I would give to someone else's.

Example of positively impacted someone

Overall, my job as a CNA, can be emotionally and physically draining, but when I get to see the impact that I can make it makes it all worth the work. Who knew that seeing the smile on a lady's face and the overwhelming thank you that comes from her after I simply went for a walk with her around the nursing home, because she could not walk by herself due to recovering from a hip replacement, could brighten my day. This lady was so appreciative to me helping her, and felt so good after she was done. Walking around is a simple thing that, like many I take for granted, but I realize that the extra time I took for her, might make her recover a little faster. I am helping the people around me, either by doing things they are not able to do by themselves or helping them regain an ability they might have lost. It is an overall

rewarding process of being able to impact many people's lives, but the impact that these people have made on my life is indescribable.