

Internship at Cache Valley Assisted Living

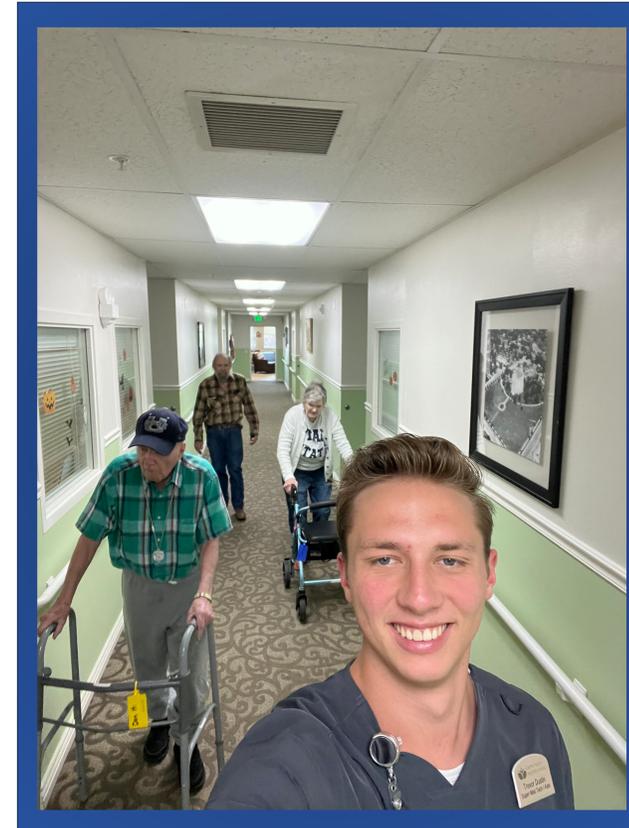
Trevor Dustin

Overview

As a Certified Nursing Assistant (CNA) at Cache Valley Assisted Living, I've undertaken a range of responsibilities crucial for quality care in an assisted living facility. These duties encompass medication administration, patient interaction, and addressing minor emergencies, among others. Notable objectives included enhancing bedside manner, collaborating efficiently with colleagues, and addressing uncooperative patient behavior, notably among dementia patients. Progress has been made in these objectives, while simultaneously fulfilling the daily demands of a CNA role. These experiences have been instrumental in expanding my knowledge, fostering adaptability, and preparing me for future healthcare endeavors.

Why I Chose this Internship

I chose this particular internship at Cache Valley Assisted Living with a heartfelt commitment to making a positive impact on the lives of the elderly residents. I have always felt a strong sense of empathy and compassion towards individuals in their later years, and I wanted to actively contribute to their well-being. This opportunity allowed me to build essential patient care skills and provided a unique setting for me to connect with and learn from these seniors, who have a wealth of life experiences to share. By working closely with them, I aimed to not only enhance my bedside manner but also to provide genuine care and companionship, fostering a sense of trust and comfort in the elderly community. The desire to improve the quality of life for these residents has been a driving force behind my choice to undertake this internship, and it has motivated me to pursue the foundational skills and knowledge necessary to make a difference in their lives.



Walking with some of the more ambulatory patients to the dining hall. Legendary folk in my mind.



For being 101 years old, she looks pretty good. However, being that old (and having dementia), I don't think she quite knows what a selfie is.



I know he looks absolutely miserable in this picture, but I promise we are homies. What a privilege to serve this man in his final years.

Final Thoughts/ Conclusions

After a few short months, I have grown to love and care for these old folk more than I figured possible. A good portion of them were physically unable to remember my name or face, yet I would still consider them close friends. If I have learned anything from my time at CVAL, it's that serving others is one of the things that will bring you everlasting joy. I hope this mindset can carry into my future endeavors.