**Nursing Fundamentals**

**2.03 - Understand Basic Human Needs and Nurse Aide Guidelines In Meeting Those Needs**

**Need for Self-Actualization**

**Student Notes**

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| **2.03: Need for Self-Actualization** |  |
| **Self-Actualization**   * **Cannot occur until all other needs are met** * **A feeling that a person is what one wants to be** * **Rarely is this need totally met** |  |
| **Ways to help residents to meet this need:** | * + **Assist to participate in meaningful activities**   + **Assist to dress and help with grooming**   + **Encourage independence**   + **Encourage socialization**   + **Share goals with residents and Praise their success or accomplishments**   + **Know what resident has accomplished in his/her lifetime and talk about these things** |