**Nursing Fundamentals**

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

**Need for Self-Actualization**

**Student Notes**

|  |  |
| --- | --- |
| **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**
 |