

Desired Outcome

The person can demonstrate adjustment to current status and effective coping as evidenced by:

1. verbalization of acceptance of the situation and ability to cope with the consequences
2. verbalization of a sense of control over the situation
3. utilization of appropriate problem-solving techniques
4. willingness to participate in resolving the situation
5. absence of destructive behavior
6. utilization of available support systems.

Actions and Selected Purposes/Rationales

1. Assess for and report signs and symptoms of:
 - A. ineffective coping (e.g. verbalization of inability to cope; inability to ask for help, problem solve, or meet basic needs; insomnia; withdrawal; reluctance to participate in plan; destructive behavior toward self or others; inappropriate use of defense mechanisms)
 - B. impaired adjustment (e.g. denial of status change, verbalization of lack of control, reluctance to participate in plan and take actions to prevent further problems).
2. Implement measures *to promote effective coping and adjustment to change in status*:
 - A. allow time for person to begin to adjust to the situation and its implications, planned solutions, and anticipated changes
 - B. perform actions *to facilitate the grieving process* (e.g. assist person to acknowledge the changes/losses experienced, discuss the grieving process and reinforce that phases may overlap or recur, encourage expression of feelings)
 - C. perform actions to reduce fear and anxiety
 - D. assist person to identify personal strengths and resources that can be utilized to facilitate adjustment to and coping with the current situation
 - E. include person in planning and allow choices when possible *to enable him/her to maintain a sense of control*
 - F. assist person to identify priorities and attainable goals as he/she starts to plan for necessary lifestyle and role changes
 - G. assist person to identify ways that personal and family goals can be adjusted rather than abandoned
 - H. encourage person to share with others the kind of support that would be most beneficial (e.g. listening, inspiring hope, providing reassurance and accurate information)
 - I. support behaviors indicative of effective coping and adjustment (e.g. participation in planning, utilization of effective problem-solving strategies).