

MEANING, MEMORY & MYSTERY: EXPLORING SPIRITUAL CARE IN LONG-TERM CARE

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RESEARCH	EDUCATION	PRACTICE
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Enhancing the quality of life and care of older adults through partnerships in *research, education and practice.*



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BEFORE WE BEGIN..



- What are you hoping for from this webinar today? What questions, specific or general, do you bring?

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POLL QUESTION



What statement best fits your perception of spiritual care in long-term care?

- o Spiritual care is an 'optional extra' (for those residents who are religious)
- o Spiritual care is foundational to all care (everyone has spiritual needs)

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OBJECTIVES:

- Define 'spirituality'.
- Look at how the experience of aging evokes our spirituality.
- Consider the spiritual needs of residents in long-term care
 - o What 'spiritual resources' they access, and how
 - o What barriers get in the way of optimum spiritual care
- Invite you to take a look at your LTC community.
 - o Who provides spiritual care?
 - o What difference does what we think about together today make for how you imagine spiritual care into the future?

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SPIRITUALITY

- The dimension of human experience that has to do with **meaning, memory and mystery**, lived out through **connection** to self, others, nature and the divine.
- It can be both **personal** and **communal**, and finds **expression** in relationship, rituals, traditions, practices, stories, creativity, beliefs and values.
- One's spirituality both **sustains vitality** and **mediates acceptance**, and can enable one to **cope** with crisis, transition and circumstance.

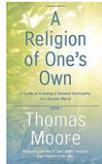
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RELIGION?



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a system of rituals and beliefs within a concept of community.



SPIRITUAL RESOURCES

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SPIRITUAL RESOURCES

INNER

EXTERNAL



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SPIRITUAL RESOURCES



SPIRITUAL RESOURCES:

**anything,
internal or external to a person,
which is available
to address deep human need
for such spiritual values as
love, hope, peace, and joy.**

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REFLECTION: HOW ABOUT YOU?

- What is your understanding and experience of spirituality?
- Why do you do the work you do?
- What gives YOU hope, love, joy, peace?
- What sustains you?
- What helps you to accept the hard things of life? To cope with loss?
- What inspires you?



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QUESTION:



In your long-term care home...
 When have you witnessed or appreciated life-giving expressions of spirituality, or effective spiritual care?

- Memorial services
- Singing
- Compassion and connection
- ...

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BARRIERS



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POLL QUESTION: WHO PROVIDES SPIRITUAL CARE IN YOUR HOME?

- Spiritual care specialist/chaplain
- Community volunteers/ Family members
- Recreation staff/ Therapists (music, horticulture, social worker...)
- Nursing, Housekeeping, Food Service, Leadership/ Admin team members
- Others?

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CONCLUDING THOUGHTS...

- Spiritual care undergirds all care.



Let's make spiritual care accessible for all

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FUTURE QUESTIONS



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