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

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BEFORE WE BEGIN...

• What are you hoping for from this webinar today? What questions, specific or general, do you bring?
**POLL QUESTION**

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

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

**OBJECTIVES:**

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

SPIRITUAL RESOURCES

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SPIRITUAL RESOURCES

INNER EXTERNAL
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.
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?

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
• ...

BARRIERS
A FEW QUESTIONS FOR TAPPING INTO SPIRITUAL RESOURCES IN CONVERSATION WITH RESIDENTS:

• What has helped you to get through difficult times in your life?
• What makes you feel hopeful?
• When have you felt most loved? What reminds you that you are loved now?
• What do you need to be at peace?

SPIRITUALITY INTEGRATED LONG-TERM CARE CULTURE
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?

CONCLUDING THOUGHTS...

- Spiritual care undergirds all care.

Let's make spiritual care accessible for all

FUTURE QUESTIONS

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