



Webinar Series: A Ripple of Thoughtful Words for Communication at End-of-Life in LTC

BOUNDLESS CARING AND SERVICE

PRESENTED BY:
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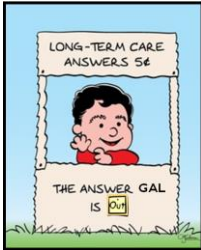
**A conversation doesn't
have to be long
to be significant.**

**A few thoughtful words
can help a lot.**



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People usually don't want or need answers, just understanding.

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Proposed PATH of "Ripples of Thoughtful Words."

- P**AUSE – Breath, be present with oneself
- A**WARENESS – Reflection/mindful moments, thoughts and feelings
- T**HEME/**T**OPIC OF THE DAY – Reflection and a few thoughtful words
- H**ELPFUL/**P**RACTICAL TIPS – Techniques and tools



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- S**top.
- I**ake a breath.
- O**bserve your thoughts and feelings.
- P**ause. **P**roceed mindfully.



(Mindfulness practice)

Honour and remember those who have died

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SELF-COMPASSION ASKS – “What’s good for you?”



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Caregiving is universal.

There are only four kinds of people in the world:
those who have been caregivers,
those who currently are caregivers,
those who will be caregivers,
and those who will need caregivers.

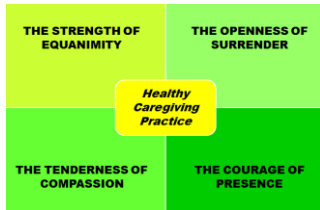
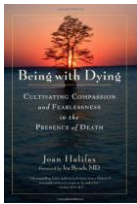
ROSALYN CARTER

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BOUNDLESS CARING

Bringing together the 4 practices



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BALANCE FOR BOUNDLESS CARING

COMPASSION
Opening our heart endlessly



EQUANIMITY
Accepting the limits of what we can do and how we and others feel.

Balancing the tenderness of the heart in response to suffering and spacious stillness that accepts things as they are.

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POINTS TO PONDER/MINDSET



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POINTS TO PONDER

The phrases we use reflect this balance.

- May my love for others flow boundlessly.
- May the power of loving kindness sustain me.
- May I find the inner resources to truly be able to give.
- May I remain in peace and let go of expectations.
- May I accept things as they are.
- May I offer my care and presence unconditionally, knowing it may be met by gratitude, indifference, anger, or anguish.
- May I love, knowing that I cannot control the course of life, suffering, or death.
- May I see the limits compassionately, just as I view the suffering of others.



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Helping	Fixing	Serving
Perceiving person as "weak," helped by the "strong."	Perceiving person as "broken;" their brokenness requires me to act.	Perceiving person as "whole," which I see and trust.
Based on inequality of strength. It incurs debts. We may inadvertently take away more than we could ever give.	A form of judgment that creates distance. Experience of difference.	Mutuality. We can only serve that to which we are profoundly connected, that which we are willing to touch.
Experience of strength.	Experience of mastery and expertise	Experience of mystery, surrender, and awe.
Bases of Curing	Bases of Curing	Bases of Healing

Rachel Naomi Remen, 1996. "In service of life." Noetic Sciences Review.

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IN THE SERVICE OF LIFE

Fixing and helping create a distance between people, but we cannot serve at a distance. We can only serve that to which we are profoundly connected.



– Dr. Rachel Naomi Remen

Adapted from talk given at IONS fourth annual conference, "Open Heart, Open Mind" San Diego, California, July 1995. Rachel Naomi Remen is Medical Director and Co-founder of the Commonwealth Cancer Help Program in Bldinas California. She is also Assistant Clinical Professor of Family and Community Medicine at the University of California, San Francisco, School of Medicine.

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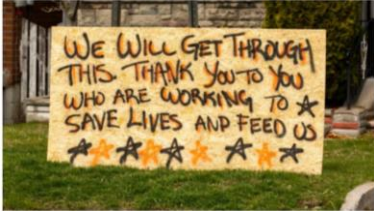
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A resident on Lunsden Ave. made a sign thanking frontline workers for their COVID-19 efforts.

CBC News – Posted April 04, 2020 10:30 AM ET Michael Wilson, CBC



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QUESTIONS?

If you are looking for more resources and support, please visit: <http://www.clri-ltc.ca/COVID19>

REFLECTION

- What does it mean for you to serve?
- How do you balance the tenderness of the heart in response to suffering and spacious stillness that accepts things as they are?



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