



Winnipeg Regional Health Authority Office régional de la santé de Winnipeg
Caring for Health *À l'écoute de notre santé*

Dementia Care 2014

Spirituality: Foundation for Strengthening Relationships in Dementia Care

Canad Inns, Polo Park

March 10, 2014: 1:15 - 2:30pm

(Rev.) Adel Compton, BScN, MDiv, Prairie Jubilee (2012)

WRHA Regional Director Spiritual Health Services

“Health and the Human Spirit”

Spiritual Health Care Strategic Plan for Manitoba 2012-2015

Vision: Spiritual health and well-being for all Manitobans accessing health care system

Purpose: To advance and implement spiritual health care as an integral component of holistic health care in Manitoba

Definitions

Dementia: term referring to a variety of brain disorders. Seven A’s of dementia: anosognosia, agnosia, aphasia, apraxia, altered perception, amnesia, and apathy

Spirituality: Life meaning and purpose defined by individual... helps us to discover how to live in the world or when to let go to death. WHAT GIVES JOY?

Religion: organized spirituality, more focused on creating community around a particular set of beliefs and practices

Spiritual Health Care: mutual interdependent relationship; person-centred holistic health care by spiritual health practitioners meeting Manitoba Core Competencies for Spiritual Health Care Practitioners

Core Competencies for Spiritual Health Care Practitioners 2012

A. KNOWLEDGE BASE

- * 1. Counseling
- * 2. Academic preparations
- * 3. Health Care Fields
- * 4. Spiritual Practice

B. CORE COMPETENCY CLUSTERS

- * 1. Awareness
- * 2. Thinking skills
- * 3. Communication
- * 4. Interpersonal
- * 5. Leadership
- * 6. Accountability
- * 7. Self-managing
- * 8. Information technology, literacy and research skills

Spiritual Health and Health Care

- * Person-centred approach
- * Supports ethical decision-making
- * From birth to death, in joy and in sorrow. Medicine and spirituality/religion agree death is a natural part of human experience... not to be prolonged
- * Spiritual health affects everyone in health care context
- * Spiritual/religious healthier: rituals, practices and relationships make positive difference in dealing with altered health circumstances

Spirituality, Health Care & Dementia

- * For person with dementia journeying through progressive stages of disease, Spiritual Health can aid recovery, healing, remembering, calming and dying.
- * For caretaker journeying with person with progressive dementia, paying attention to personal spiritual well-being can offer release and calming related to emotional overload many experience as caretaking responsibilities increase.

Dementia Care

Person with Dementia	Caretaker
Memory loss... may repeat actions	Some tasks okay (ie. microwave, laundry)
Loss of judgment... Where am I? Why? How? May be fearful and/or wandering	Needs reminding, notes for medicines, start checking, extra help, home care
Confusion, speaks to past (60s, 50s,40s) and not to you. May lose all adult boundaries/no shame, sexual behaviour may indicate need to toilet or physical care	Compassionate speech (doesn't create violence), eye contact and kind tone, share joy, quit asking questions since person can't answer, listen and share his/her reality
Fearful at sundown, suspicious, aggressive	Be calm & supportive; hold hand, be quiet and distract, give space, keep yourself safe
No conversation	Photos, art, reading, pet, rituals, and music
Apathy	Music to soothe the soul

Dementia and Spirituality

Person with Dementia	Spirituality Supports for Caretaker
Loss of faculties, time and space...remembers rituals and sacraments Retains capacity to share feelings with others	Buddhist insights on self and mind helpful... also compassionate speech (no violence & no duality) Enter person's reality
Outbursts and emotional suffering may reflect unresolved wounds, anger, disappointments or self-loss	Flash moments of "knowing" a paradox including ideas of Buddhist impermanence & Christian eternal To relate: practical mysticism & contemplative attitude
Author and nursing staff observed body language "transformations" with use of music and reading poetry	Religion & spirituality affirm power of "material" to reveal divine presence: rituals, sacraments, nature, music, visual arts (ie. love arias and Hildegard's music)
Questions of death – At the end, are we who we were at the beginning?	Islamic insights: upon death "our sight will be made keen" (Qur'an 50:22) will see our whole life with honesty... beauty/suffering of our lives... One's life goal is to find inner peace before death.

Spirituality, Stillness and Silence

Being present with a person living with dementia is an art of feeling comfortable with the whole of who you are as you witness another person's journey from usual relationship behavior to illogical, irresponsible and finally unknowable.

Supports and Resources

- * Include joy in your life

- * Alzheimer's Society: Resources

- * Faith Communities

- * Support Groups: The Compassion Project, KLINIC ... mindfulness practices

- * Meditations

- * Stress Management

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