

GERONTOLOGY BOOT CAMP

PART IV

Developed by:

Annette Clark, Annette Kelley,
Jenny Inker, Raleigh Priddy, Jennifer Pryor

August 2017

A PROGRAM FOR PROFESSIONAL CAREGIVERS WORKING IN ADULT DAY CARE SETTINGS

A FOUR-PART WEBINAR SERIES

1

Part I:
Stereotypes,
Ageism, and
Biological Aging

2

Part II:
Psychology of
Aging

3

Part III:
Social Aging

4

Part IV:
Spiritual Aging

At the end of this session, YOU will have an increased understanding of:

- Spirituality and religion
- Assessing spiritual needs
- Bereavement versus grief

Learning Objectives

POWER 9 Pyramid from Blue Zones

1. Move Naturally

Right Outlook

2. Know Your Purpose

3. Downshift

Eat Wisely

4. 80% Rule

5. Plant Slant

6. Wine@5

Belong

7. Family First

8. Belong

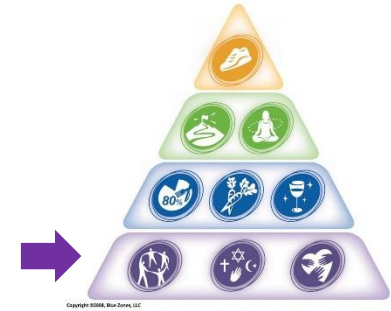
9. Right Tribe

A silhouette of a person sitting in a meditative pose (Padmasana) with hands in a mudra (Anjali Mudra). The person is centered in the frame, and the background is a solid light yellow color.

SPIRITUALITY

BELONG

8. Belong



"All but five of the 263 centenarians we interviewed belonged to some faith-based community."

Denomination doesn't seem to matter. Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy."

Spirituality

Where do I find
meaning?

How do I feel
connected?

How should I live?

Belief
Comfort
Reflection
Ethics
Awe

Religion

What practices,
rites, or rituals
should I follow?

What is right and
wrong?

What is true and
false?

Benefits vs. Consequences of Spirituality and Religion



Positive Enhancements on one's life of Spirituality and Religion

- Helps maintain or enhance mental health
- Promotion of healthy lifestyles
- Improved ability to cope with illnesses
- Protective against cognitive impairment



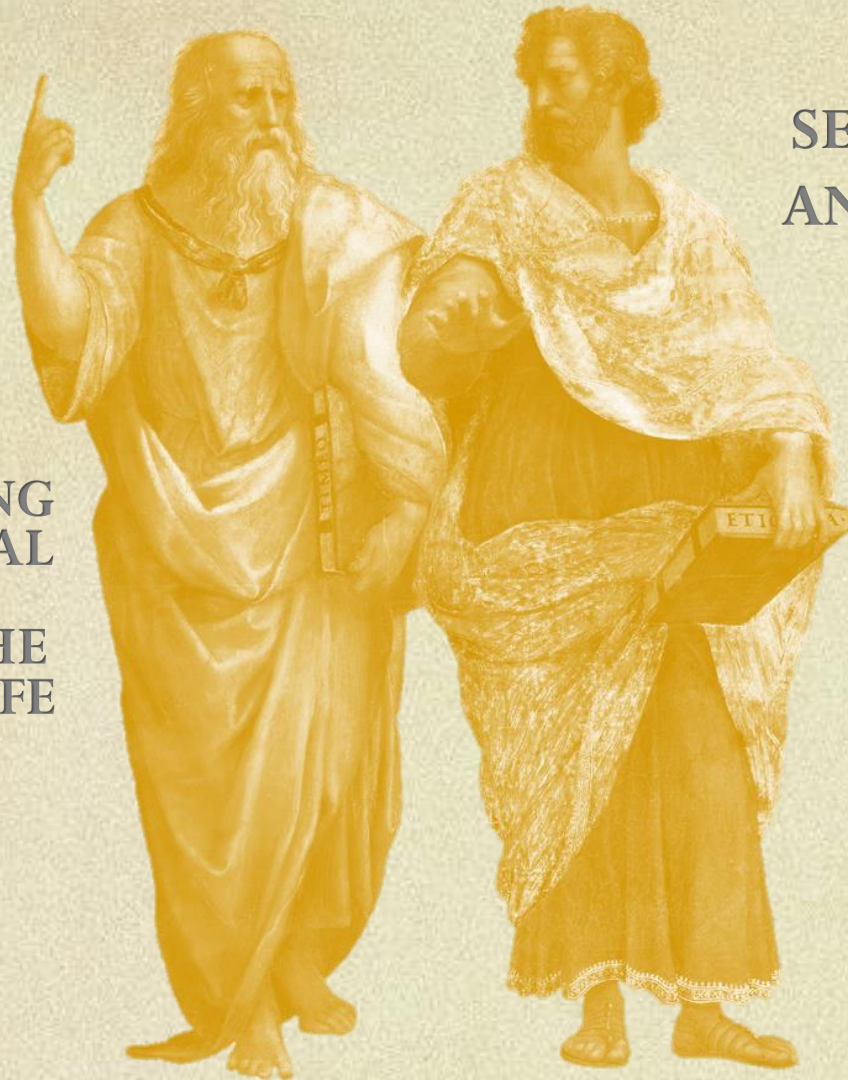
Potential Barriers Created by Spirituality and Religion

- Potential for discrimination
- Viewing illness/disease as punishment

WHAT IS WISDOM? (σοφία)

PLATO:

AN
UNDERSTANDING
OF THE PHYSICAL
AND SOCIAL
WORLD AND THE
MEANING OF LIFE



ARISTOTLE:
SELF-KNOWLEDGE
AND SELF-INSIGHT
LEADING TO
FULFILLMENT

REFLECTIVE
UNDERSTANDING

KNOWLEDGE

TRANSFORMATION/
TRANSCENDENCE

COSMIC

- Redefine Time
- Connect with Earlier Generations
- Decreased Fear of Death
- Mysteries in Life
- Transcendental Sources of Happiness

SELF

- Self-Confrontation
- Decrease Self-Centeredness
- Self-Transcendence
- Ego-Integrity

SOCIAL/PERSONAL RELATIONSHIPS

- Importance of Social Contacts during Different Phases of Life
- Social Masks
- Emancipated Innocence
- Reduced Interest in Material Assets
- Wisdom

TRANSCENDENCE

- Connecting with the Spirit of the Universe
- Increased Preference toward Meditation
- Spiritual Enlightenment

So what does this mean for you?

How can we support spiritual well-being in Adult Day Centers?



Story-telling
Reminiscence
Music
Rest
Meditation
Church
Reflection
Memories
Poems
Devotions
Nature
Bible-Study
Massage
Yoga
Singing
Hymns

Questions to Think About

What do you know about new participants' spiritual and religious beliefs?

Does this influence how you write Participant Care Plans?

How many Participant Care Plans address spiritual/religious *needs*?

Is it important to put spiritual/religious needs on a care plan?

What sorts of questions would you ask to determine these types of needs?

Assessing Spiritual Needs

Uniform Assessment Instrument (Long Form)

- Part 4: 1 question about Religious Activities under Social Status

VDSS Participant Assessment (Model Form)

- No specific mention, but spaces for Hobbies/Interests and Additional Information

Supplemental Assessment

- Do you have a spiritual or faith preference?
- What helps you through difficult times?
- Does your spirituality impact the health decisions you make?
- In what ways do you prefer to satisfy your spiritual needs?

Spiritual/Religious Needs and the Participant Care Plan (PCP)

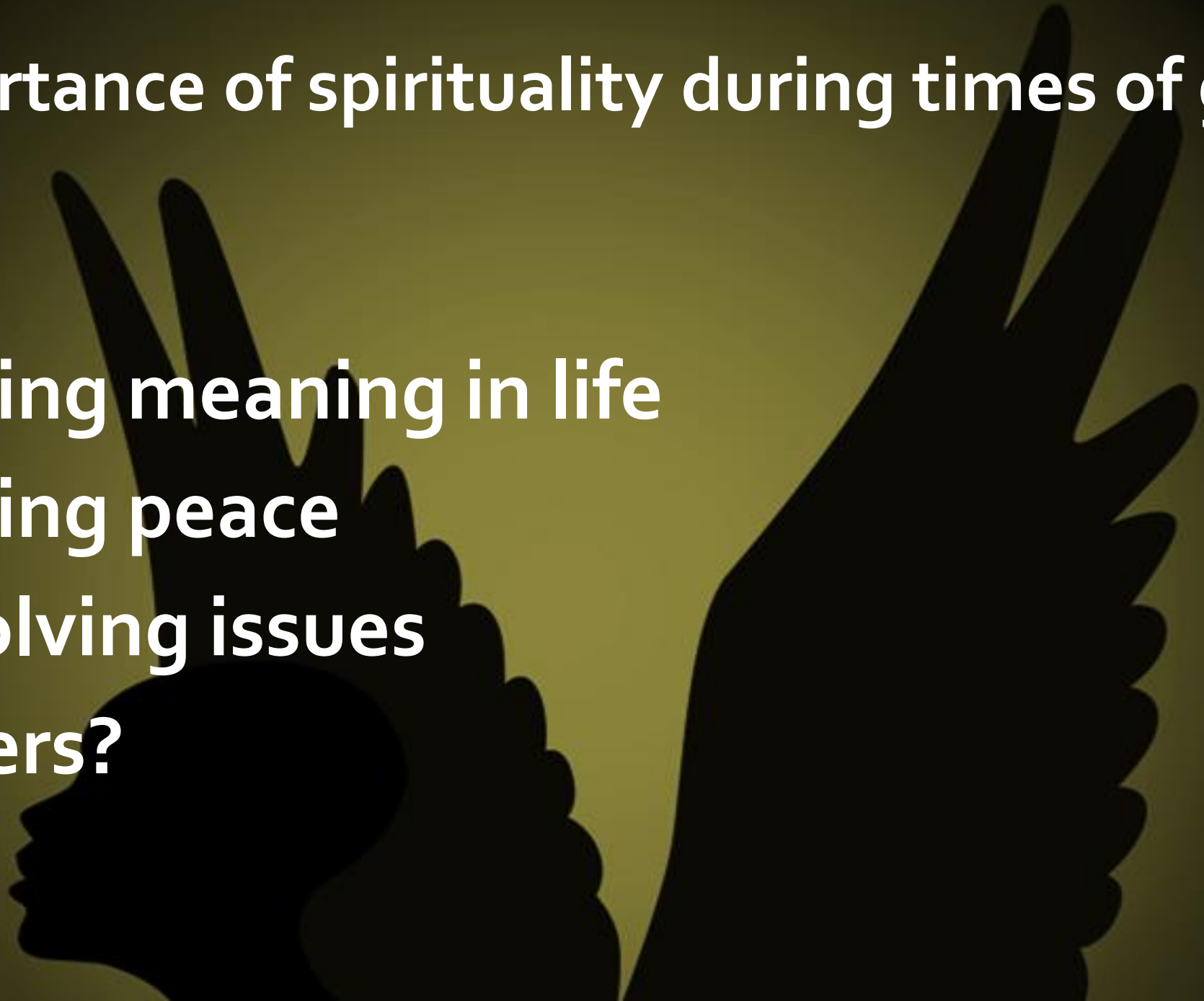
Participant's Name: *John Doe* Name of ADCC: *Happy Place Life Enrichment* Date: *7/1/17*

Description of needs is based upon the participant assessment.

Description of Participant's Needs	Expected Outcomes/Goals	Activities and Services to be Provided	Persons Who will Provide Activities and Services	Time by which Goals Should be Achieved
Spirituality Development	Participant will feel spiritually connected to his church family as well as establish a spiritual connection with other participants at HPLE.	Participant will be invited to Bible Study at HPLE on Tuesdays and Thursdays. Participant will be transported to and from XYZ Church every Wednesday at 10am for 1 hour Bible Study Class.	Life Enrichment Staff Transportation Staff	This need will be reassessed at the six month care plan review.

The importance of spirituality during times of grief

- Finding meaning in life
- Finding peace
- Resolving issues
- Others?



Bereavement vs. Grief

BEREAVEMENT

The state of having lost something or someone important

This is a normal event in everyone's life

The loss causes an individual to adapt to life without this person or item

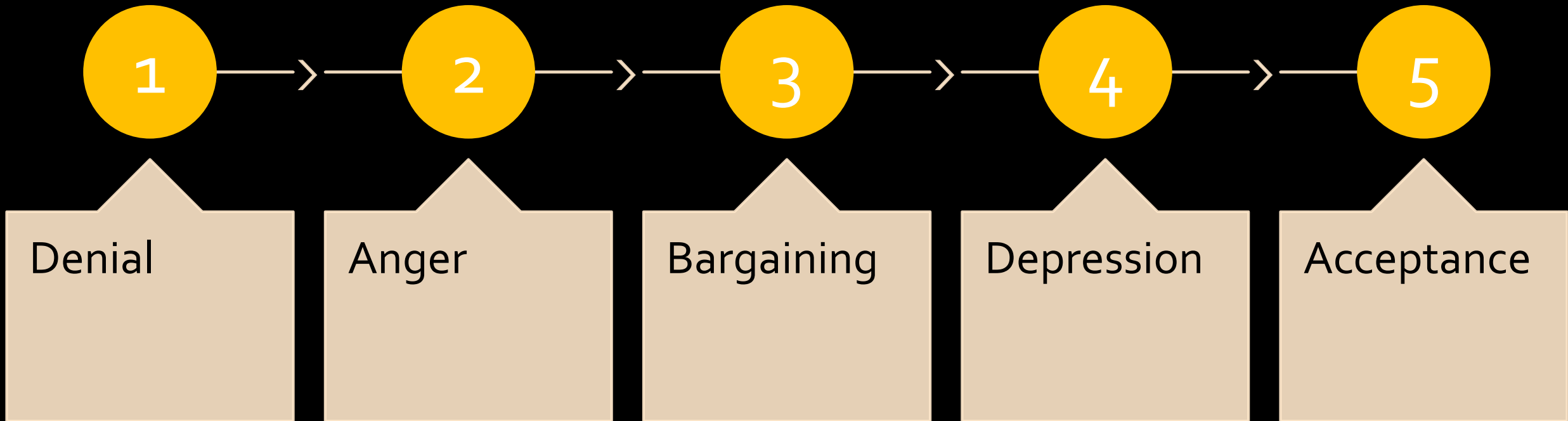
GRIEF

The actual emotion and reaction caused by bereavement.

Keen mental suffering or distress over affliction or loss; sharp sorrow, painful regret

Expressed through feelings, physical sensations, cognitions, and behaviors

Kubler Ross Five Stages of Grief



Participant: John Doe

John's dog, Buster, passed away recently.

John is experiencing depression due to grief.

John has withdrawn from activities and prefers to eat alone and to rest alone most of the day.

How can we support John?



Family Member: Mrs. Smith

Mr. Smith has a new diagnosis: Alzheimer's Disease.

Mrs. Smith does not believe how this could be true, and is angry when suggested otherwise.

Mrs. Smith storms out of a care plan meeting when supportive services for individuals with cognitive impairment are brought up.

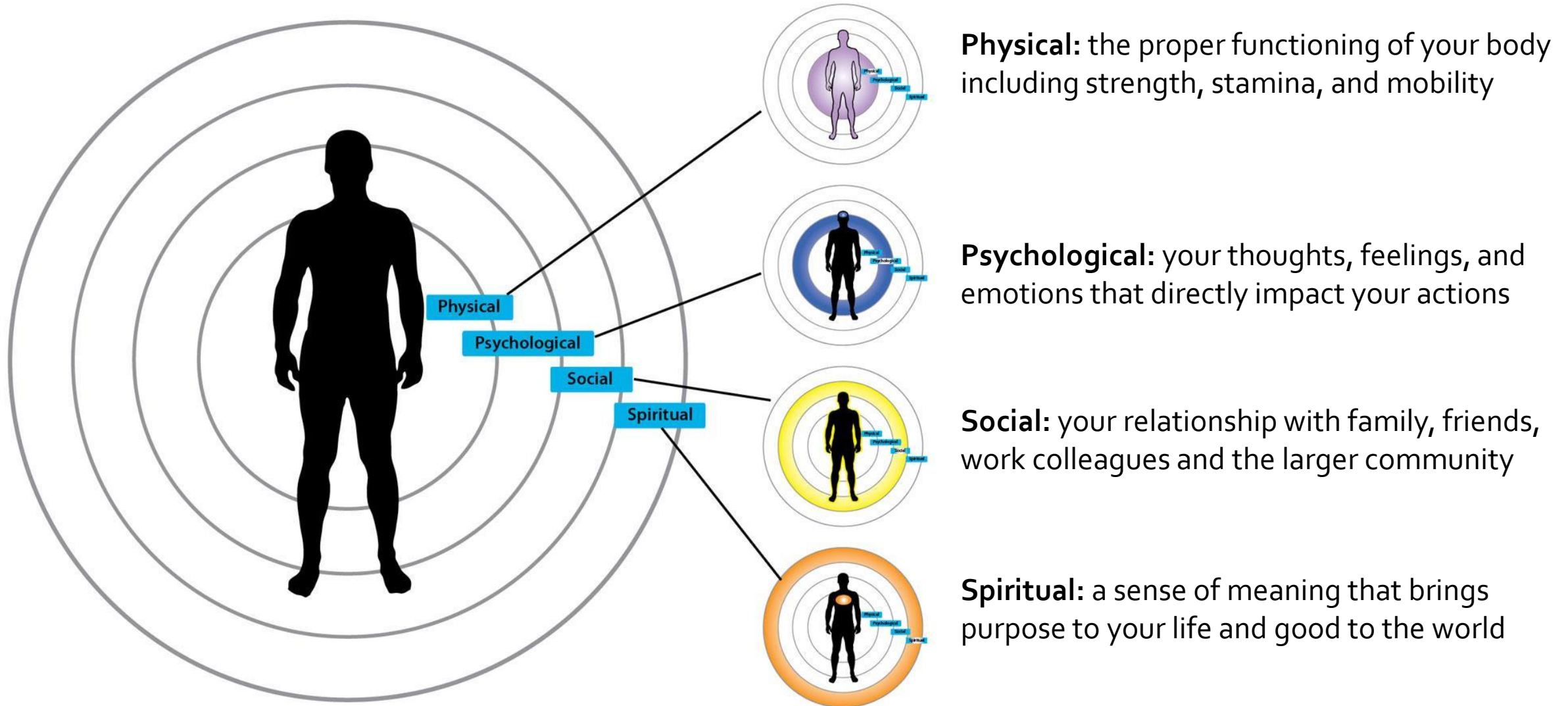
How can we support Mrs. Smith?



PACKING IT ALL TOGETHER

The Bio-Psycho-Social-Spiritual Approach

Bio-Psycho-Social-Spiritual Approach (BPSS)



#DisruptAgeism

POWER 9 Pyramid from Blue Zones

1. Move Naturally

Right Outlook

2. Know Your Purpose

3. Downshift

Eat Wisely

4. 80% Rule

5. Plant Slant

6. Wine@5

Belong

7. Family First

8. Belong

9. Right Tribe

Putting it into context



Now that you've completed the entire series, you may request your certificate!



1. Complete the Request Form here:

<https://redcap.vcu.edu/surveys/?s=F4J7LPEgCP>

2. Following the certificate request, you must complete the required questions in order to receive your certificate.

3. All persons requesting a certificate will be cross-checked with the roster to ensure payment has been received. If payment has not been received, someone will be in touch.

What's Next?



VCU

Gerontology
School of Allied Health Professions



VIRGINIA DEPARTMENT OF
SOCIAL SERVICES

Watch for
future training
opportunities
from the
VCU/DSS
partnership!

Call us with questions
at:

- 804.828.1565

Find us on

- Website:
<http://www.sahp.vcu/gerontology/>
- Email: agingstudies@vcu.edu
- Be sure to "like" us on Facebook
 - facebook.com/vcugerontology

We would appreciate any and all feedback about this program as we work on our next webinar series.

At this time the topic is TBA and will likely come out late fall.

You have the opportunity to leave feedback via the evaluation form included after the certificate request form.

Please contact Jennifer Pryor with any questions:

pryorjm@vcu.edu

THANK YOU