

SPIRITUAL CARE



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What is Spirituality?

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What is spirituality
with regard to end of life care?

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Spirituality is about meaning in the light of changed circumstances

Spirituality is about a sense of belonging

Spirituality is about a search for deeper understanding

Spirituality is about questions of identity

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A **journey** as one searches for purpose, direction, and meaning in life

An **encounter with transcendence**, a level of reality that exceeds the limits of ordinary human experience

A **sense of community** with fellow journeymen

A **sense of the mystery of creation** and a **connectedness with the natural world**

A need for or return to **Religion**

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“Caring for all that helps human beings to flourish, and to be resilient in the face of life’s uncertainties.”

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How do we give

Good Spiritual Care?

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5 ASPECTS

Presence - The Essence of Spiritual Care

Speech - Taming My Tongue

Hearing - Listening Intuitively

Sight - Seeing Soulfully

Touch - The Physical Means of Spiritual Care

Presence: The Essence of Spiritual Care

Key Questions:

How is my presence affecting my care?
How is my patient's presence affecting the
encounter?

Speech: Taming my tongue

Key Questions:

How can I communicate in a language that is understandable and meaningful to the person in my care?

What are the issues in this encounter I can address with words and what are the issues that are best met with silence?

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Hearing: Listening Intuitively

Key Questions:

Is there a sacred component to the person's story?

How can I honour this in my care giving?

Sight: Seeing Soulfully

Key Questions:

Who is the person behind the disease?

What visual cues of the person's story are available to inform my care giving?

Touch: Physical Means of Spiritual Care

Key Questions:

How is the care I give impacting on their spiritual well being?

How can I effectively and respectfully provide comfort through physical means?

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Do's and Don'ts

Do listen to their story

Do try to provide the person the resources they need to practice their faith or customs

Do ask people what their religion/customs mean to them (You don't need to know everything)

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Do's and Don'ts

Don't assume that all people are the same or people of the same religion are the same

Don't attempt to change anybody's mind

Don't get involved in family arguments!

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CONVERSATIONS

How do you find conversations about spiritual matters with dying people?

What inhibits those conversations?

What would help these conversations?

When is it appropriate to call in help - and who would you call?

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Where do you receive
your strength from?

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Where do you fall in the social spectrum of beliefs and practices?

Religious

Non-religious

Unsure

Prefer not to label my beliefs

Still Processing

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What are the Benefits of Spiritual Practice?

Live longer

Report higher levels of happiness

Be more committed to their romantic partners

Promote the healthy development of their children

Cope better with the death of a loved one

Have a lower risk of depression or suicide

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YOU

You are unique – no one is “normal”

Your beliefs are unique to you

Be grateful for the differences that surround you

Keep seeking for your greatest you

Love your entire journey

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QUESTIONS?



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