

Positive Living in Aged Care

Category 2: Universal Strategy



South Eastern Region

SPIRITUAL REMINISCENCE GROUPS

Inspired Care... Enriching Lives... Together

UnitingCare Ageing's Mission Statement



South Eastern Region

To enable well being, we care for people in our living and working communities.

As a ministry of the Uniting Church we are committed to finding better ways to affirm life for all people, especially those who are older and vulnerable.

Inspired Care... Enriching Lives... Together

- Increasing frailty
- Reduction in ability to control and choose life activities
- Loss of important relationships
- Loss of material possessions
- Perception of approaching death
- Hard to find meaning in life
- Depression

Centre for Ageing and Pastoral Studies (CAPS), ACT



South Eastern Region

Director, Rev Dr Elizabeth MacKinaly

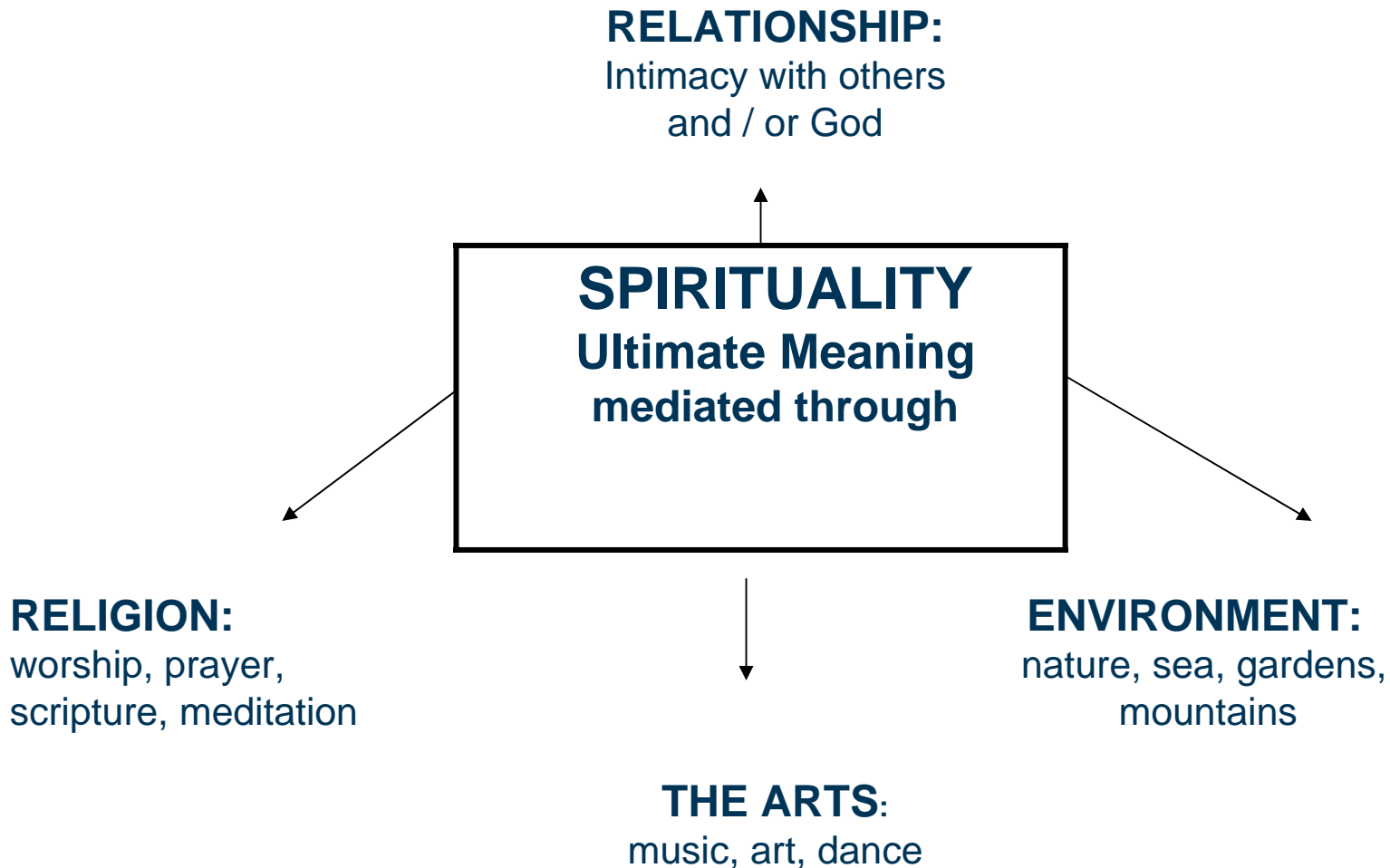
www.centreforageing.org.au

Inspired Care... Enriching Lives... Together

‘That which lies at the core of each person’s being; an essential dimension which brings meaning to life.

Constituted not only by religious practices, but understood more broadly, as relationship with God, however God or ultimate meaning is perceived by the person, and in relationship with other people’

Model of 'tasks' for the Elderly (MacKinlay)



(picture of duck with head in water, caption says, 'searching for meaning')

Listening

(picture of pastoral care worker speaking
with older resident)

- Connected to that which brings meaning
- Humans respond to life from what brings meaning
- Explore spirituality at the place of meaning

The Meaning of Events

Season of One's Life Calendar

Significant Moments

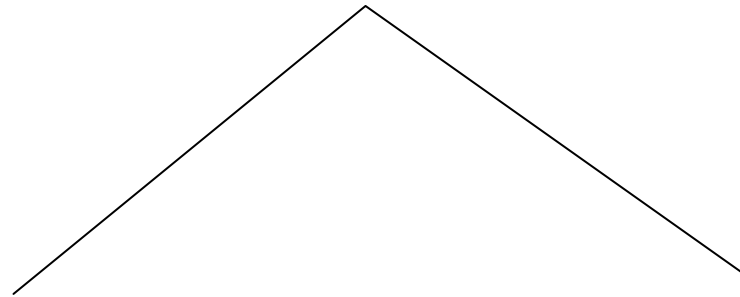
January 0-7 yrs	
February 8-14 yrs	
March 15-21yrs	
April 22-28 yrs	
May 29-35 yrs	
June 36-42 yrs	
July 43-49 yrs	
August 50-56 yrs	
September 57-63 yrs	
October 64-70 yrs	
November 71-77 yrs	
December 78 yrs and over	

Refusal to reminisce may be a sign of deep grief.

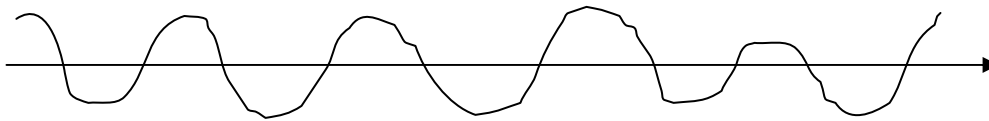


Life's Turning Points and Transitions

so life is not



but



SRG – Georges River



South Eastern Region

Nunyara including Coinda – Peakhurst

Bankstown Uniting Centre – Bankstown

Banks Lodge – Beverly Hills

Bruce Sharpe Lodge – Rockdale

Roberts Lodge - Peakhurst

*Facilitating spiritual reminiscence for older people with
dementia – a learning package*



South Eastern Region

*Facilitating spiritual reminiscence for older
people with dementia – a learning package*

Inspired Care... Enriching Lives... Together

Resident's Comments

- helped get things off my chest
- helped to understand others, their joys and sorrows
- liked the trust that was in the group
- formed a bond of friendship
- sense of humour appreciated
- caused me to recall important things in my life
- It was good how comfortable people felt within the group to share parts of their personal life
- It is something you look forward to of a morning.

Richard Morgan

Remembering Your Story

“It is this life story and the sense of continuity which comes through being able to remember it that needs constant affirmation. Being able to realise who I was helps to recognize who I am now and who I will become.”

3. Is the Program designed at providing better outcomes for the residents?

February 2008

- *‘There’s something else that I thought about and I want you to put in the book’*
- *At dining room table, ‘I want to see you about something I have left out of the book, it’s quite significant’*

Remembering My Story

- **Excited and Happy**
- They had a sense of **Self-Worth**
- They had a sense of **Wellbeing**
- Their story's would **Connect Future Generations**

Resident's Comments

- It has helped me to get to know everybody instead of just sitting in my chair for 12 months and not getting to know anyone more than those at my table
- It gives me the opportunity to talk about family members that I worry about
- I have nobody to talk to, here I have been able to let others know what worries and happens to me. I really appreciate that.

‘a state where an individual shows by their life example and attitudes, a sense of peace with themselves and others, and a development of wholeness of being.’

Transcendence

(picture of hands clasped)

Power of Story to Heal

- Power of the story to heal is based on the story being present now, that is, told from the perspective of today. The power of the story to heal is therefore always open and changing.
- The meaning a person sees in a picture like this on a particular occasion can be quite a different meaning the following time the picture is viewed
- The responsibility to reframe lies with the person reminiscing, the one telling the story. This may become a powerful means of healing and reconciliation of earlier life events.
- Such is the effectiveness of this pastoral tool that residents request that the group continues beyond a set period. Residents wish to remain connected to the other members of the group and look forward to this as part of their weekly activities.



- Residents can share and reflect on their life experiences and memories
- Meaningful links between generations within families are established
- The development of new friendships and a strong bond between participants occurs

- Residents listen and empathise with the stories of others
- Residents are assisted to future pathways by looking at patterns from their past
- Residents become aware of the centre of their life and find what brings meaning.
- Residents talk about what is closest to the heart