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**'My spiritual home' –
Understanding and meeting the spiritual needs of residents in residential
and nursing homes**

A workshop for staff in Residential and Nursing Homes

As older people look towards the end of their life's journey they may want to reflect on the meaning and purpose of their lives.

Spirituality can be seen as the need for a 'deep-seated sense of meaning and purpose in life, together with a sense of belonging – spirituality is about acceptance, integration and wholeness.' For older people, including those with dementia, the understanding and meeting of spiritual needs is an integral part of promoting personhood and identity in the context of person-centered care.

Ben Bano, Director of Telos Training, facilitates this workshop to deepen awareness and understanding of meeting the spiritual needs of residents in residential and nursing homes, including people with dementia. With dementia Ben produced the recent DVD 'Its still ME Lord' for Caritas Social Action Network. In a safe and constructive setting this session will provide participants with an opportunity to reflect on their own practice experience with colleagues in a supportive setting. We will explore the theme of spirituality through a combination of input, small group work, and discussion based on the film.

Learning Outcomes

At the end of the workshop participants will be aware of:

- Spirituality and Personhood in older age.
- How spirituality can be embedded into daily care routines.
- Cross cultural approaches to spiritual care.
- The contribution of spirituality in meeting key 'must-do's'
- Dementia and Spirituality – understanding the spiritual story
- Meeting the spiritual and religious needs of residents in the context of person-centered care
- The role of creative activities such as music in meeting the spiritual needs of residents.
- Incorporating spiritual needs into assessment and care planning.
- Spiritual needs at the end of life.
- Other resources, such as faith communities and counselling services available for service users and carers to meet these needs.