

# Keeping our spiritual room aired

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# Spirituality and dementia

## Aim

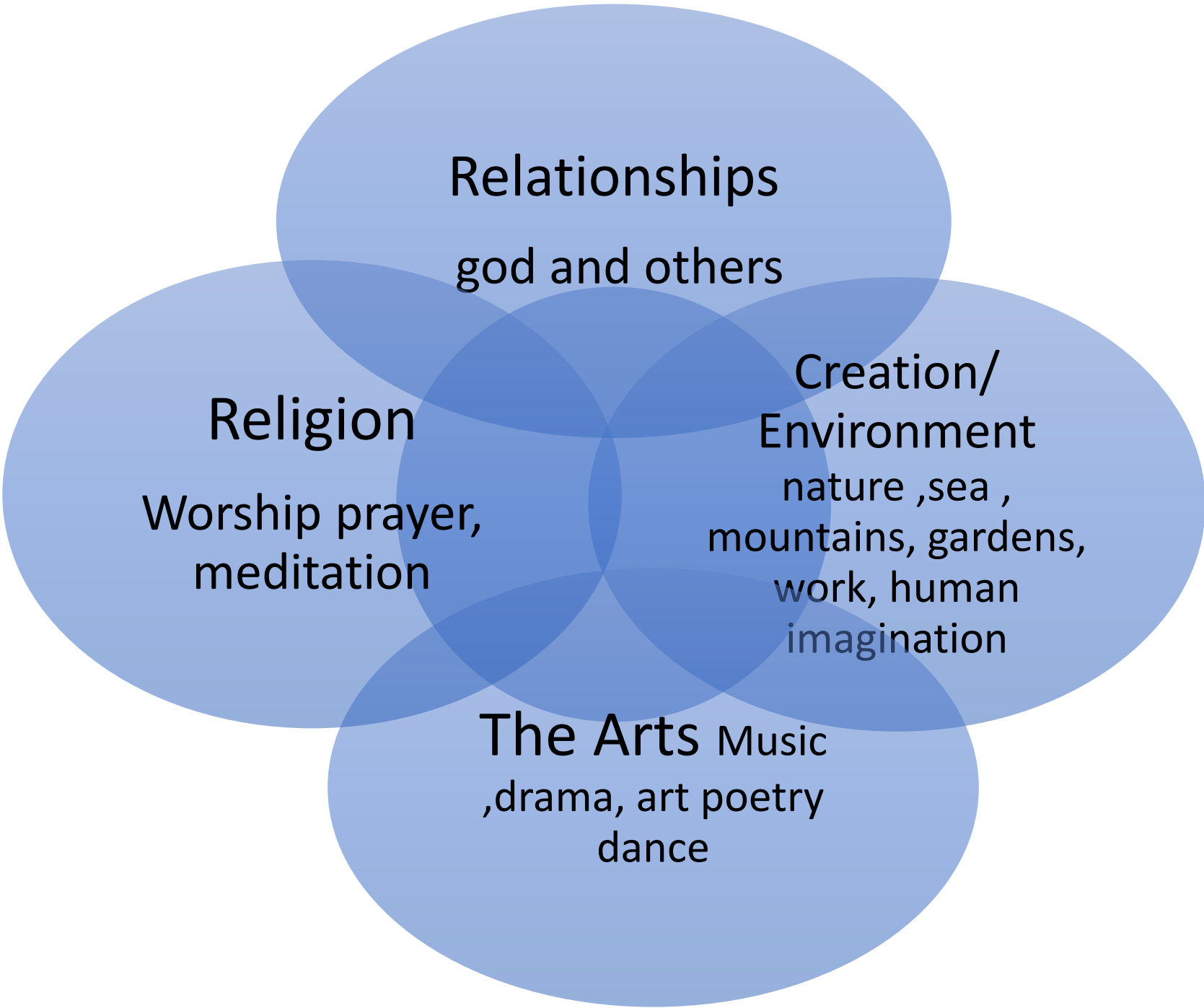
- To explore ways to imbed a spiritual dimension into the lives of people with dementia

## Outcomes

- Consider the emerging definition of what spirituality means in terms of ourselves and others and how to develop spiritual assessments and language we can use
- Discuss the opportunities of using spiritual reminiscence with people with dementia

*“There is an Indian proverb or axiom that says that everyone is a house with four rooms, a physical, a mental, an emotional and a spiritual. Most of us tend to live in one room most of the time but, unless we go into every room every day, even if only to keep it aired, we are not a complete person.”*

Rumer Godden, A house with four rooms



# Relationships

god and others

# Religion

Worship prayer,  
meditation

# Creation/ Environment

nature ,sea ,  
mountains, gardens,  
work, human  
imagination

# The Arts

Music  
,drama, art poetry  
dance

# Our own spiritual core

What gives you most meaning to your life?

Looking back over your life so far what has given you:

- Happiness, sadness, joy, regrets?
- Do you have fears for the future?
- What or who is most important to you ?
- Do you have any religious or spiritual practices that are important to you ?

# Practicing spiritual care

*“Spiritual care is a fundamental part of nursing currently much neglected through ignorance and misunderstanding”.*

RCN survey into spiritual care

- ‘The practice of spiritual care is about meeting people at the point of deepest need.
- It is about not just ‘doing to’ but ‘being with’ them.
- It is about our attitudes, behaviours and our personal qualities i.e. how we are with people.
- It is about treating spiritual needs with the same level of attention as physical needs.’
- RCN pocket handbook on spirituality

# Spiritual assessment

- Nurses with some preparation or experience in spiritual care were most comfortable assessing spirituality.
  - Statistically significant correlations were found between the nurses' comfort level with spiritual assessment and how prepared they were and sense of the importance they placed on spiritual assessment.
  - How able nurses felt was related to years of experience, degree of spirituality and religiosity, and importance placed on spiritual assessment.
- Nurses comfort with spiritual assessment
  - Pamela H. CONE, Tove GISKE, PhD, MPhil, RN

# Spiritual frameworks

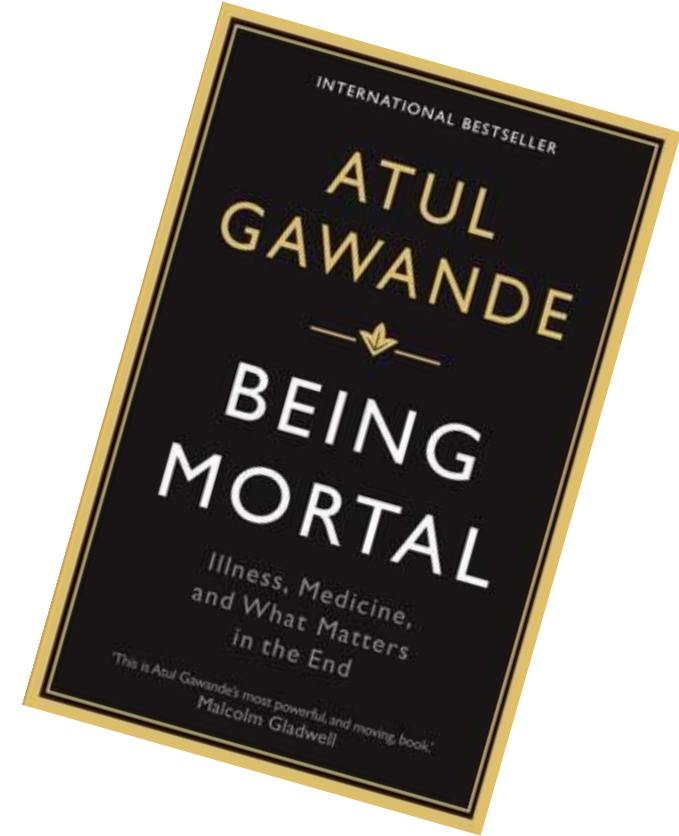
## The HOPE Questions for a Formal Spiritual Assessment in a Medical Interview

**H:** Sources of hope, meaning, comfort, strength, peace, love and connection

**O:** Organized religion

**P:** Personal spirituality and practices

**E:** Effects on medical care and end-of-life issues



<http://www.aafp.org/afp/20010101/81.html>



# Spiritual Reminiscence

## Theme

Life meaning

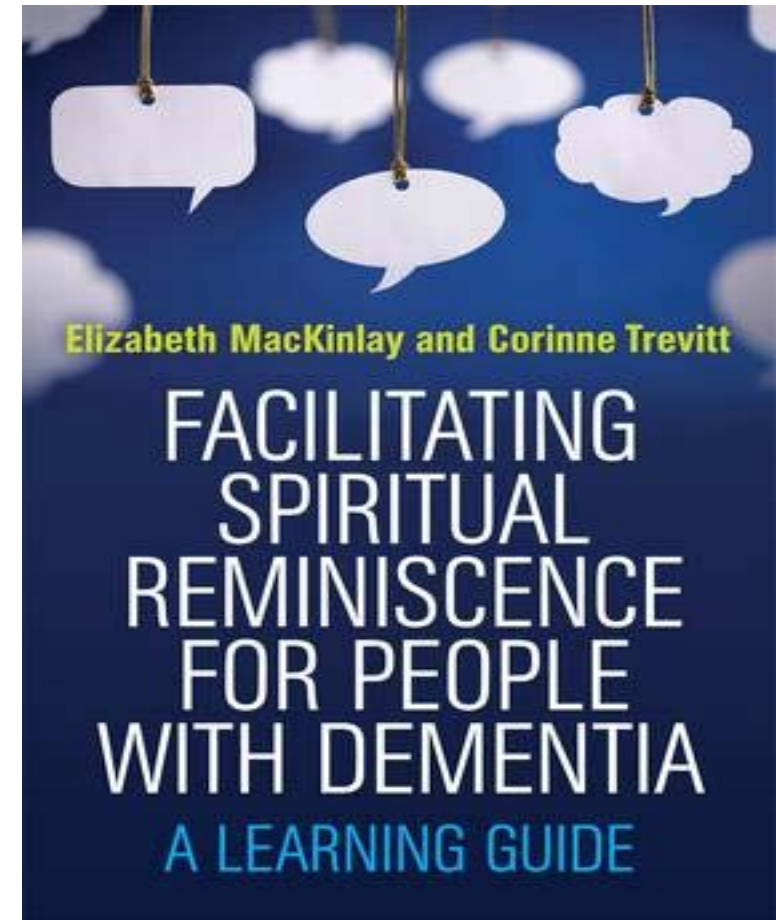
Relationships, isolation and connecting

Hopes fears and worries

Growing old and transcendence

Spiritual and religious beliefs

Spiritual and religious practices



*Ring the bells that still can ring  
Forget your perfect offering  
There is a crack in everything  
That's how the light gets in.*

Leonard Cohen