

# SPIRITUALITY AND THE PURPLE BICYCLE PROJECT

THE CARE HOMES CONFERENCE 6<sup>TH</sup> JUNE 2017

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# FAITH IN OLDER PEOPLE

▶ Our aim is to:

Develop a stronger understanding of the importance of spiritual care to the well-being of older people

We work with care homes, chaplains, health care staff, clergy, pastoral carers and volunteers.

# FiOP's activities

- ▶ Our Malcolm Goldsmith Lecture will be given by Angela Constance, MSP, Cabinet Secretary for Communities, Social Security and Equalities.
- ▶ Developing an on-line course on spiritual care for health and social care staff
- ▶ Recently completed an appreciative enquiry in Hospital Based Complex Clinical Care Units in Lothian on spiritual care education
- ▶ Undertook a similar enquiry into spiritual care education in care homes
- ▶ Working on a 'Dementia Friendly Faith Communities' guide
- ▶ Developing a multi-denominational approach to loneliness and isolation
- ▶ Holding a conversation on 'cultural diversity, faith and ageing' in the JUST Festival
- ▶ Holding a conference on 'Identity and Belonging' in the autumn

# DEFINING SPIRITUAL CARE

- ▶ *"Spiritual care is supporting the person holistically. Their emotional support and spiritual support is as important as their physical care."*

A definition provided by a care home manager

# Why is spiritual care important

- ▶ “Health is not just the absence of disease, it is a state of physical, psychological, social and spiritual well being” (World Health Organisation 1948)
- ▶ “Patients have begun to realise the value of elements such as faith, hope and compassion in the healing process. The value of such ‘spiritual elements in health and quality of life has led towards a more holistic view of health which emphasises the seamless connections between mind and body(WHO 1998)
- ▶ Spirituality is part of health, not peripheral but core and central to it..... Spirituality and health are bonded to each other, inseparable companions in the dance of joy and sadness, health and illness, birth and death” (Wright 2005)

# Interpreting spiritual care

- ▶ *"I don't see spiritual care solely related to religion at all. More the need to be seen as a whole person and an individual. The need for care to be planned and delivered in a holistic and person centred way which promotes general wellbeing and quality of life. The emphasis on dignity, respect and individuality."*

*Care home manager's interpretation*

# Meaning and purpose

- ▶ **Spiritual care** is not necessarily religious and is given in a one to one relationship, is completely person-centred and makes no assumptions about personal conviction or life orientation
- ▶ **Religious care** should always be spiritual but is given in the context of shared religious beliefs, values, and lifestyle of a faith community

# The essence of what we do

- ▶ *Spiritual care in the NHS must be both inclusive and accepting of human difference. As we learn to listen better to the particular needs of different people, so we equip ourselves for work which is more fulfilling and effective. The provision of spiritual care by NHS staff (care home staff) **is not yet another demand** on their hard pressed time. It is the very essence of their work and it enables and promotes healing in the fullest sense to all parties, both giver and receiver, of such care’.*

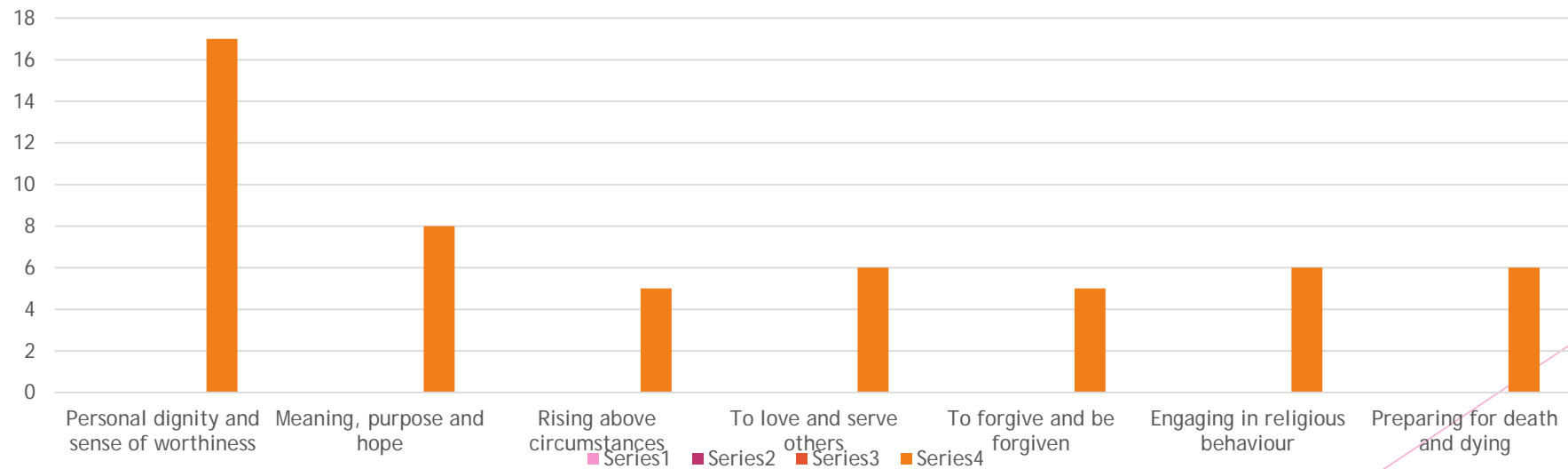
*Spiritual Care Matters NHS Education 2009*



# Spiritual care needs

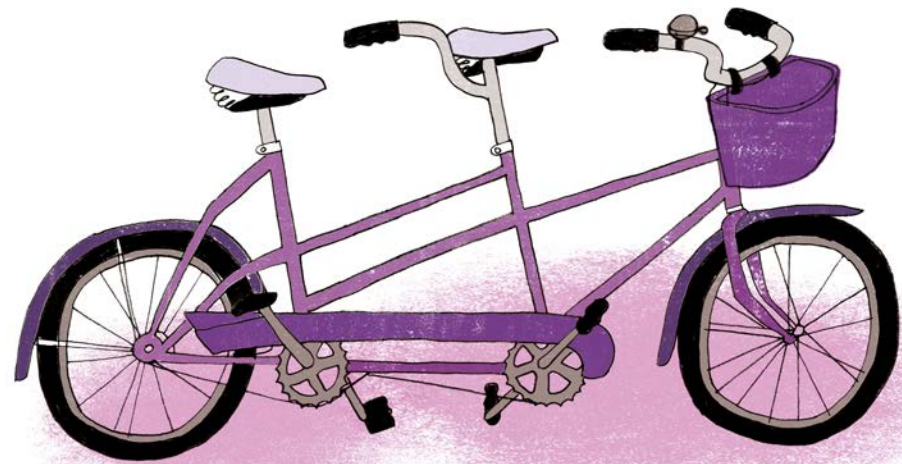
Elements identified by health and social care staff

Adaptation of Koenig's 14 spiritual care needs (1994) O'Neill and Gibbon 2015



# Spiritual care and dementia

- ▶ Spiritual care for people with dementia is no less important than for others.
- ▶ We need to understand the experience of each individual and its impact
- ▶ **Relationship** with someone with dementia is critical and such relationships are central to spiritual care



# THE PURPLE BICYCLE

- ▶ Created by Professor John Swinton and Dr Harriet Mowat
- ▶ Copyright is with Aberdeen University
- ▶ The original project was funded by the UK Arts and Humanities Research Council
- ▶ Why 'Purple Bicycle'?

# WHAT IS THE PURPLE BICYCLE?

- ▶ It is a concept and tool aimed at assisting people with dementia to express their spiritual care needs
- ▶ It is a resource for everyone
- ▶ Should be seen as part of daily practice not an add on
- ▶ It is designed to support people with dementia but has wider applicability
- ▶ It provides a structured approach to enable the needs of people with dementia to be better realised

# THE PURPOSE

- ▶ The purpose is to build up a picture of spiritual lives
- ▶ It uses a series of questions followed by a six step approach
- ▶ It includes relatives and friends

# WHAT ARE THE STEPS?

1. Building the picture
2. Finding an attentive community
3. Gathering the stories
4. Reflecting on the stories
5. Making a spiritual plan
6. Reflecting, reviewing and revising

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