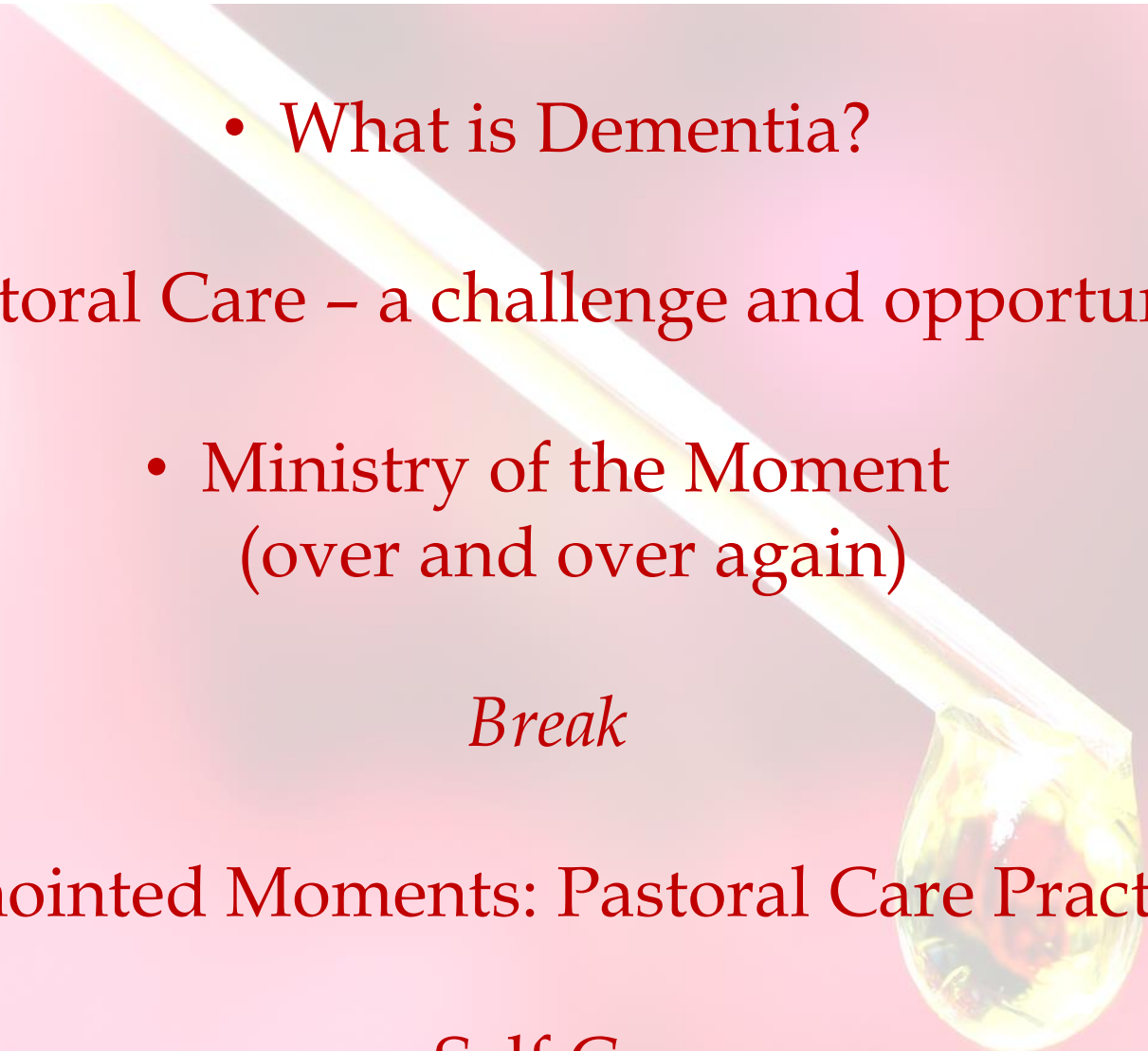




Anointed Moments

**Dementia friendly
Pastoral Care**

with Revd. Amy Houben
6 May 2017

- 
- What is Dementia?
  - Pastoral Care – a challenge and opportunity
    - Ministry of the Moment
(over and over again)

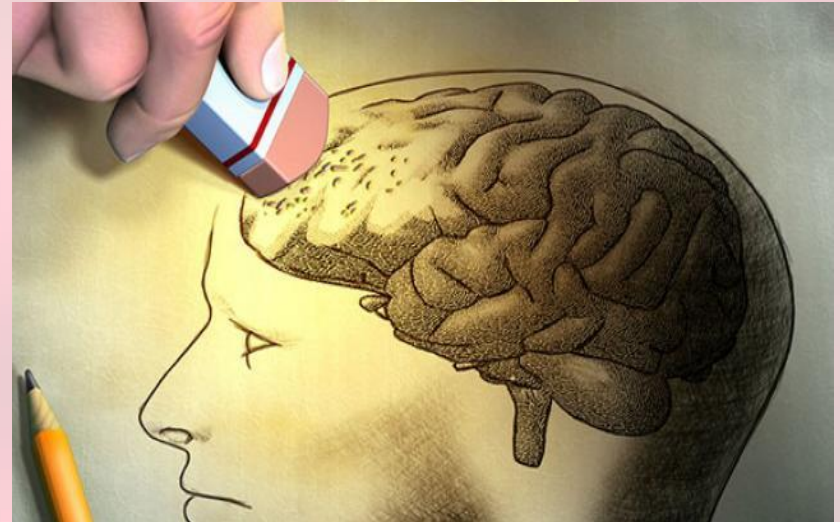
Break

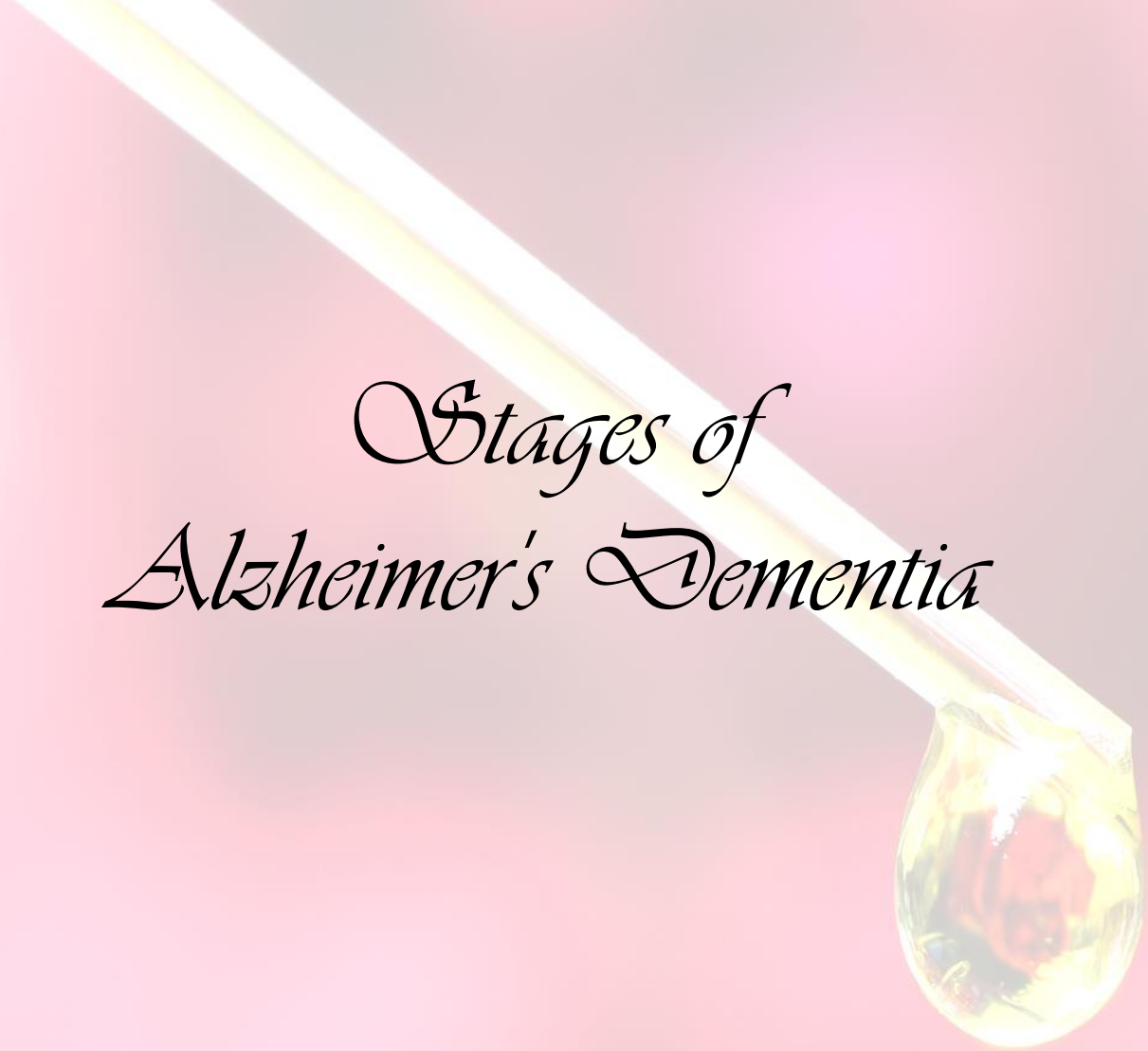
- Anointed Moments: Pastoral Care Practice
  - Self Care

What is Dementia?

- Dementia is not a disease or a mental illness but an umbrella term used to describe a group of conditions that affect how well our brains work. These conditions include Alzheimers (plaques and tangles), Vascular Dementia (strokes), Huntingdon's Disease, Parkinson's disease, Frontotemporal dementia, Chronic Alcoholism, and others.
- Dementia is caused by brain cells progressively dying over time, causing major changes to the brain structure and functioning. This leads to significant memory loss as well as other issues such as problems with speech, attention, problem solving, behaviour, personality, and emotions.
- Dementia can affect anyone, and as people get older the chances of developing dementia increase

- Dementia is progressive, which means that for most people the changes gradually spread through the brain and lead to the symptoms getting worse
- Dementia is different for everyone – what people experience, and how quickly they are affected is unique to them. What they can do, remember and understand may change from day to day
- 60,000 Kiwis are currently living with dementia and that number is expected to almost triple by 2050.
- There is no cure for dementia, though it can sometimes be slowed by medication and mental and physical activity.



A glass test tube is positioned diagonally from the top-left towards the bottom-right. A single, large, teardrop-shaped drop of yellow liquid is suspended from the tip of the tube. The background is a soft, out-of-focus gradient of pink and light purple.

Stages of Alzheimer's Dementia

Early

- Often able to conceal their decline
  - Denial
- They may not remember what happened yesterday or even half an hour ago
  - May forget the names of people
- Conversation becomes difficult to follow
- An awareness that this is not normal memory loss associated with ageing
- People can become quieter due to the confusion they feel, and at times their confusion can cause them to become angry and very often depressed.

Middle

- Memory loss worsens and words can come out in a jumble
- People can lose track of time and get lost walking around the block
- Things can be easily misplaced and can become suspicious of others as a result
- At this stage people can forget that they have developed dementia and are not as frightened of that
- Persons with dementia can ultimately no longer recognise faces altogether - this can be the most terrifying moment for families
  - People can also lose the ability to talk about their faith

Late

- Severe memory loss
  - Increased frailty
  - Weight loss
- People may lose the ability to speak and to walk



The Church's Challenge and Opportunity

How society understands *personhood*:

- Able to value and live one's life
- Develop one's potential; to be useful, productive, and successful
- To be known and liked/loved by others
- To have consciousness, intellect, self-awareness, cognition, reason, rationality
- To have memory, which makes everything else possible

Viewed from this perspective, developing dementia means to lose one's personhood

“Is cognition the only measure of our presence amongst you as spiritual beings? Certainly my capacity for accurate communication of thought is diminishing daily. It is difficult to find the words for the pictures in my head to communicate with you.

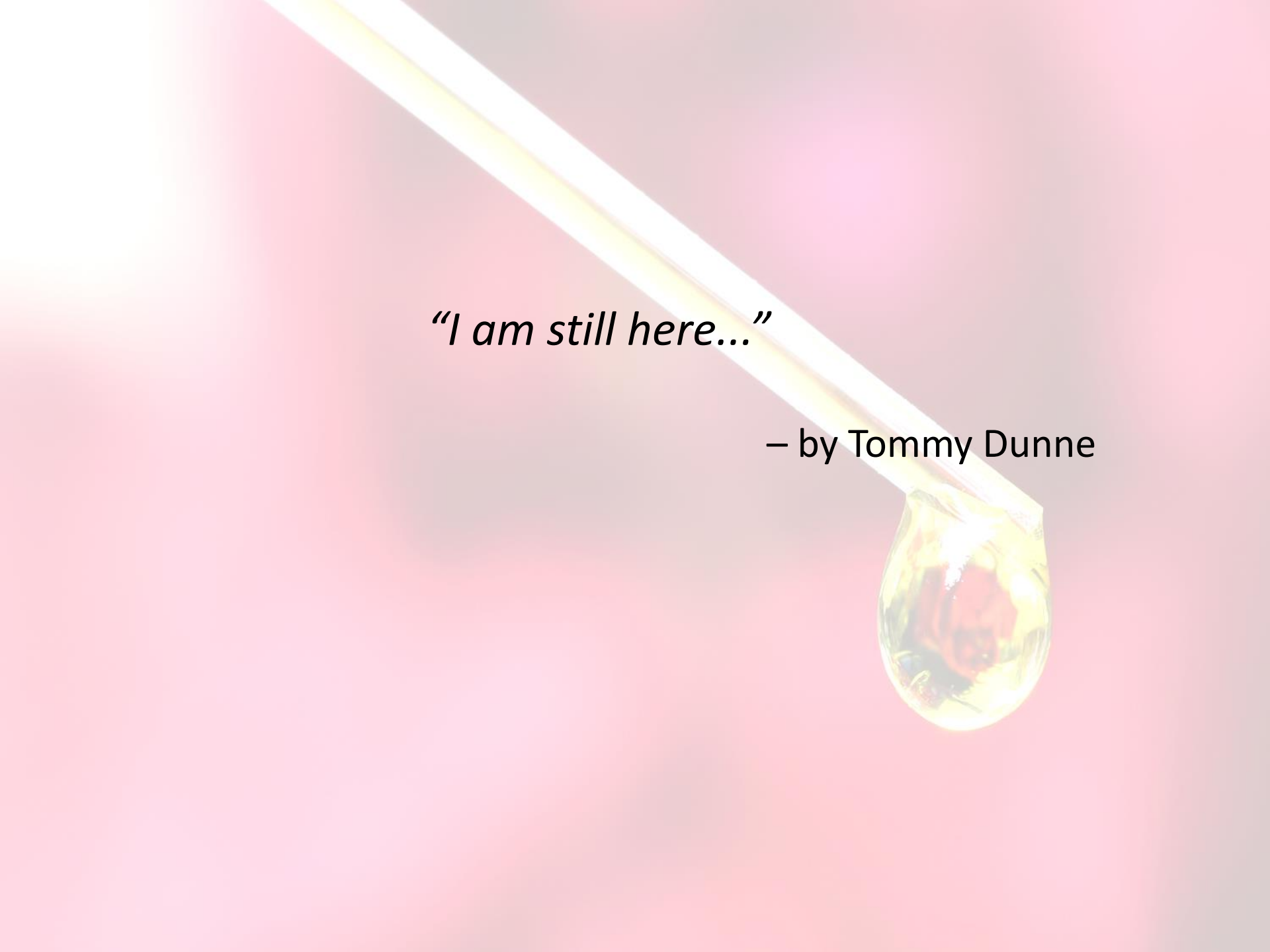
Does this mean my mind is absent? Even if these pictures may themselves fade, is my soul connected with this failing cognition? I

do not believe this is so. I might have difficulty feeling the presence of God, or being able to speak the words of prayer in my mind, but I can commune without words. As my cognition fades, my spirituality can flourish as an important source of identity. As I

lose an identity in the world around me, which is so anxious to define me by what I do and say, rather than who I am, I can seek my identity by simply being me, a person created in the image of God. My spiritual self is reflected in the divine and given meaning as a transcendent being.”

- Christine Bryden



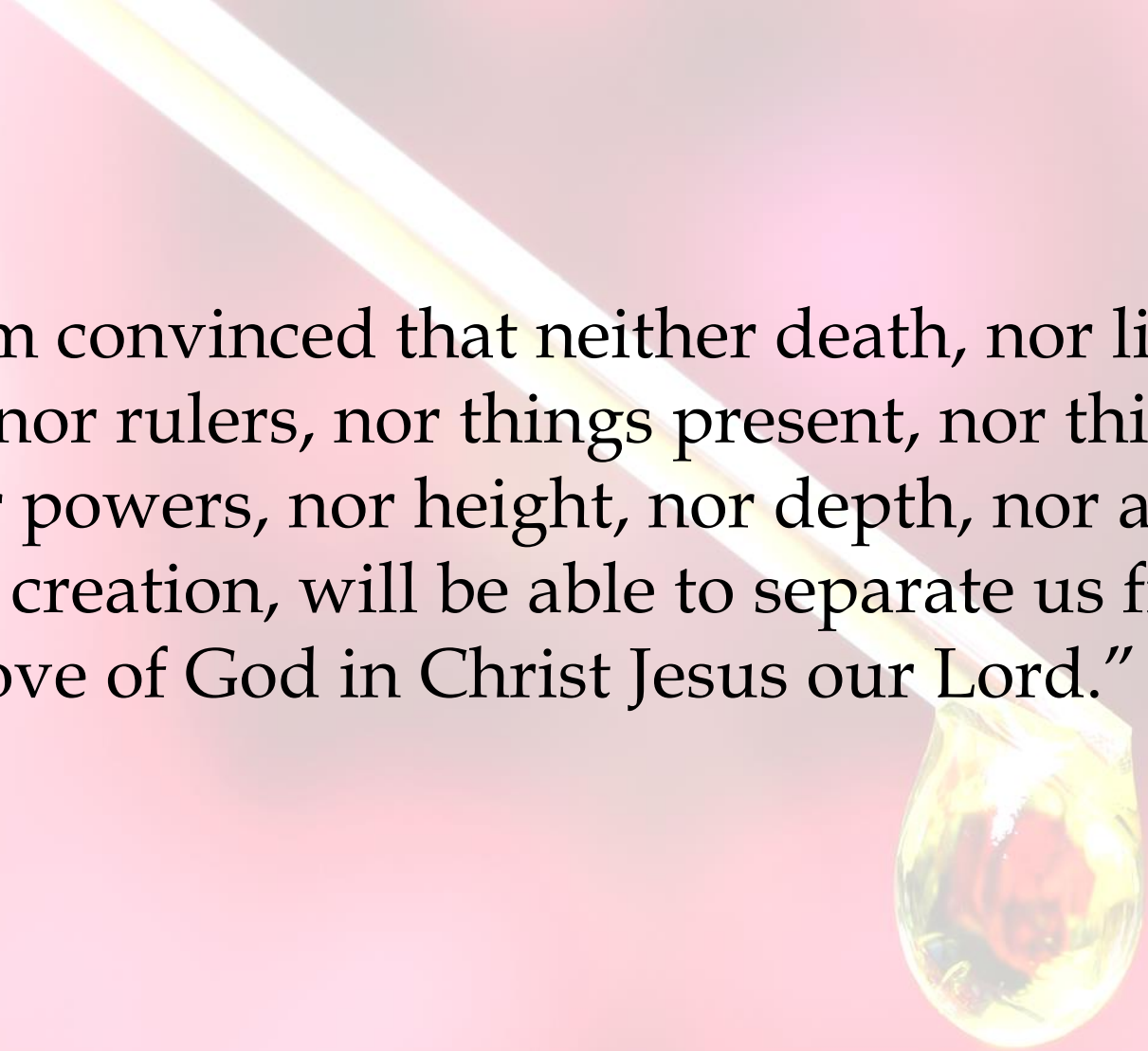
A glass tube, tilted diagonally from the top left towards the bottom right, is shown dripping a thick, yellow liquid. The liquid has formed a large, teardrop-shaped droplet at the end of the tube. The background is a soft, out-of-focus pink with some light rays emanating from the top left corner.

“I am still here...”

– by Tommy Dunne

Turn to the person or people next to you
and tell them who you are





“For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”

Romans 8:38-9

*All go to God in their distress,
Seek help and pray for bread and happiness,
Deliverance from pain, guilt and death.
All do, Christians and others.*

*All go to God in His distress,
Find him poor, reviled without shelter or bread,
Watch him tortured by sin, weakness, and death.
Christians stand by God in His agony.*

*God goes to all in their distress,
Satisfies body and soul with His bread,
Dies, crucified for all, Christians and others,
And both alike forgiving.*



from Voices in the Night: The Prison Poems of Dietrich Bonhoeffer

As a pastoral carer to someone living with dementia, you bring and gift our world a life-affirming counter-narrative of hope; a story that deeply honours and enhances the *personhood* of people who live with dementia, people who are forever held in the memories of God, at the end, and in the present moment.

Take time to ponder God's love for people who live with dementia

Drawing upon these thoughts and feelings, choose to either:

1. Compose a 'prayer of pastoral care with people living with dementia'

or

2. Draw an image, or a symbol, that for you shows God's love for people living with dementia

Ministry of the Moment
(over and over again)



The present moment becomes a sacrament
(an “outward and visible sign” of the work of the
Spirit) when we surrender it – and ourselves – to
God.

Be with them.



What about memory?



Anointed Moments
Pastoral Care Practice

A yellow liquid is dripping from a glass tube, forming a teardrop shape at the bottom. The background is a soft, pinkish-red gradient.

Re-membering

NOT

Dis-memboring

“My creation in the divine image is a soul capable of love, sacrifice, and hope, not as a perfect human being, in mind or body. I want you to relate to me in that way, seeing me as God sees me. I am confident that even if the continuing damage to my temporal lobe might diminish the intensity of my God-experience, there will be other ways in which I can maintain my relationship with God.”

- Christine Brydon



Changes in Communication

- There can be difficulty finding the right words
- Describing familiar objects is easier than calling them by name
- Familiar objects, rituals, words, and patterns are easier to comprehend
- A person can easily lose their train of thought
- A person may rely more on gestures than on speech
- There is increased need for space to think and respond
- Non-verbal and sensory communication can be easier to follow: facial expression, tone of voice, gestures, eye contact, posture, sight, sound, smell, and touch
- Feelings may be easier to express than thoughts
- Too many-questions-or-a-jumble-of-stimuli-can-be-distracting-and-aggravating

10 Dementia Communication Tips

1. Speak clearly and calmly
2. Approach the person from the front
3. Sit level with or below the person
4. Use short, simple sentences
5. Use labels when appropriate "Your red slippers."
6. Answer questions
7. Use visual cues and signs
8. Use touch to reassure
9. Don't argue
10. Listen



Listening



When Someone Deeply Listens To You

When someone deeply listens to you
it is like holding out a dented cup
you've had since childhood
and watching it fill up with
cold, fresh water.

When it balances on top of the brim,
you are understood.

When it overflows and touches your skin,
you are loved.

When someone deeply listens to you
the room where you stay
starts a new life
and the place where you wrote
your first poem
begins to glow in your mind's eye.
It is as if gold has been discovered!

When someone deeply listens to you
your bare-feet are on the earth
and a beloved land that seemed distant
is now at home within you.

- John Fox

Sight



“Joining in”



Laughter and Fun



Smell



Environment

The beauty of the trees,
the softness of the air,
the fragrance of the grass,
speaks to me.

The summit of the mountain,
the thunder of the sky,
the rhythm of the sea,
speaks to me.

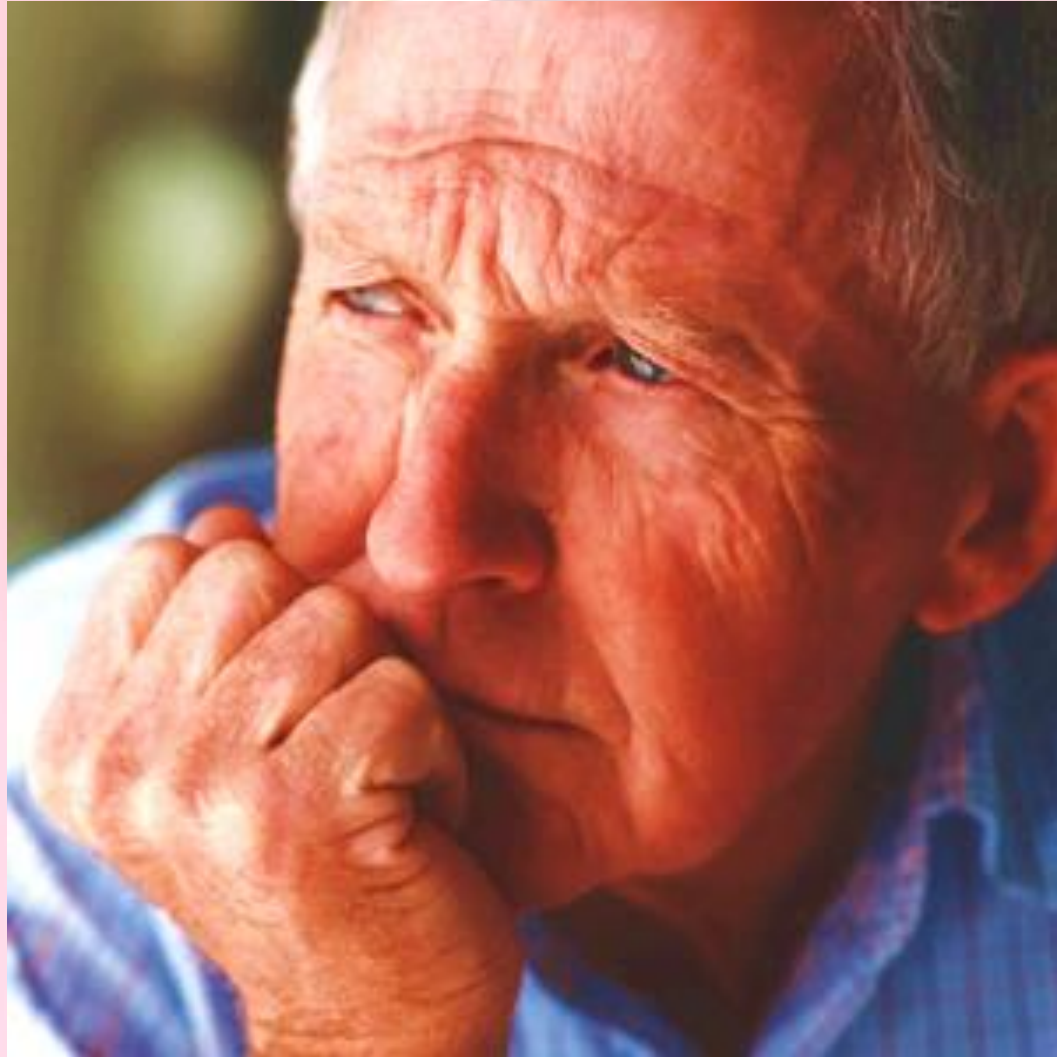
The faintness of the stars,
the freshness of the morning,
the dew drop on the flower,
speaks to me.

The strength of fire,
the taste of salmon,
the trail of the sun,
And the life that never goes away,
They speak to me.
And my heart soars



- Chief Dan George

Focus on Feelings and the Imagination



Poetry, Lyrics, Scripture

The Ode

They shall grow not old,
As we that are left grow old;
Age shall not weary them,
Nor the years condemn;
At the going down of the sun
And in the morning

WE WILL REMEMBER THEM.



Shared Activities



A man's friendships are one of
the best measures of his worth.
— Charles Darwin



Granny Smith Apples



Imported Red Grapes



Be strong! be good! be pure!
The right only shall endure,
All things else are but
false pretences.

D. S. Sowell
St. Andrews
25/12/34

Written by Poppy Pop
Lived & Recorded lived with Pop
by Pop & family at Bonfith



The only way to have a friend is to be one.
- Ralph Waldo Emerson



Think of me when you
are lonely
Save for me one little
spot. In the garden
of your memory.
Plant me one
for-get-me-not

Betty Hopkins
St. Andrews Girl Scout went to
school together

Betty Hopkins
Tamaru



Think of me on the river,
 Think of me on the lake,
 Think of me on your wedding
 And send me a piece of cake
 L. Cross
 J. J. H.

Here's to truefull life
 for lying life are bores
 But lying life are very sweet
 when lying next to yours



G.B.S. 29 Oct
 Gladous, Gladous Ruth? Stowell
 My Mum.
 mainly wrote.

Art



Familiar Music

Amazing Grace! How Sweet the Sound

375

Amazing Grace C. M.

American traditional melody

Arr. by Edwin O. Excell, 1851-1921

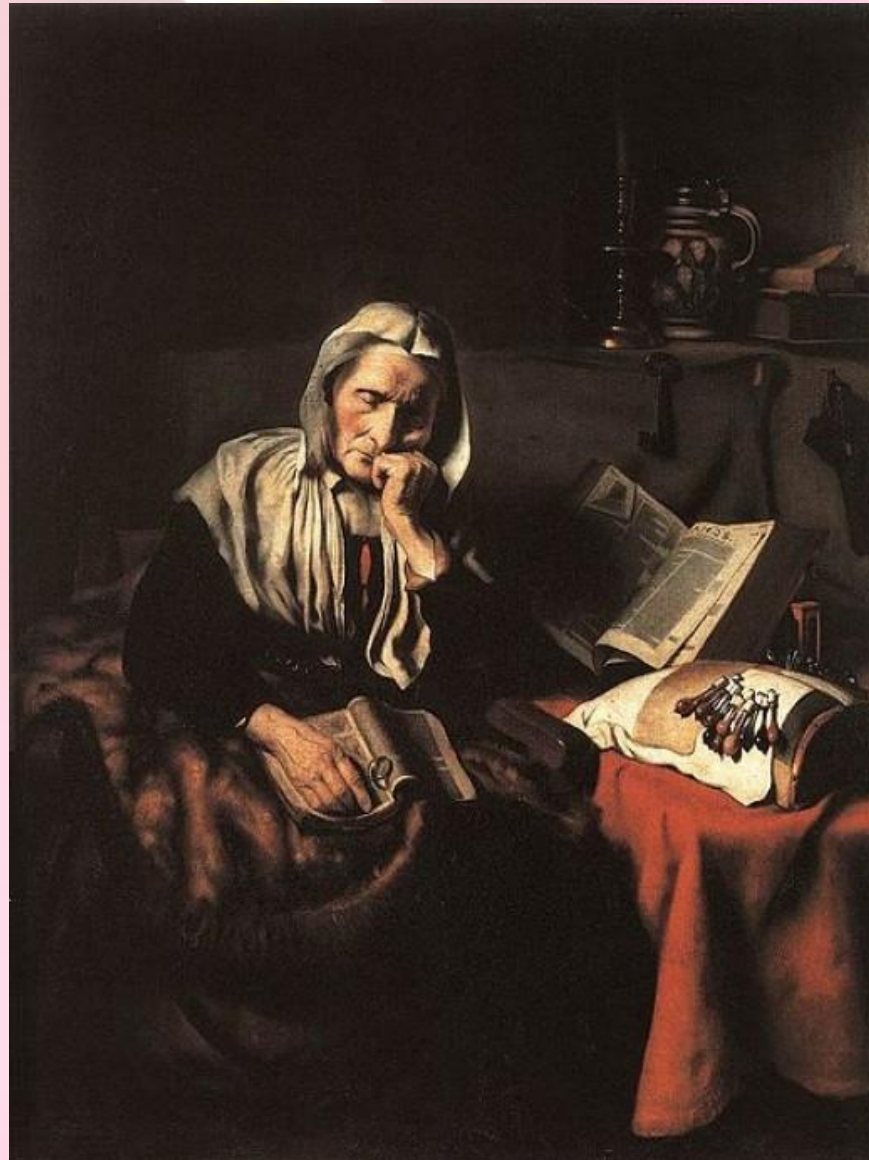
John Newton, 1725-1807, cento



1. A - maz - ing grace! How sweet the sound That saved a wretch like me!
2. 'Twas grace that taught my heart to fear, And grace my fears re - lieved;
3. Through man - y dan - gers, toils, and snares I have al - read - y come;
4. The Lord has prom - ised good to me; His word my hope se - cures;



Quiet



Touch

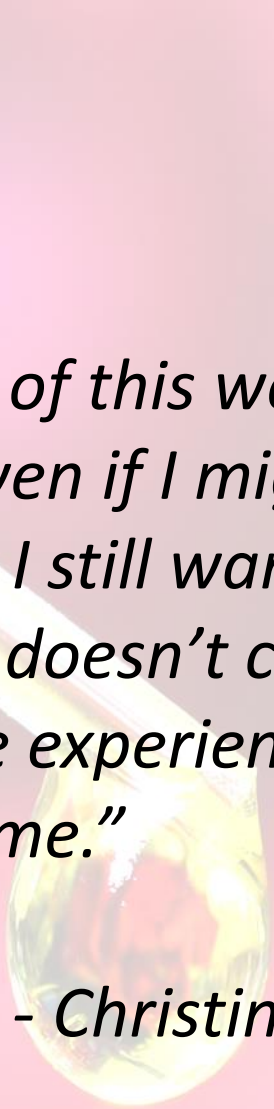


Prayer



"... the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will." (Romans 8:26-7)





“I want to carry on drinking in the beauty of this world, feel the love of my family and friends, and even if I might not remember these experiences for very long, I still want to have them. Surely remembering an experience doesn’t constitute the sole enjoyment of that moment!... The experience of the moment will be enough for me.”

- Christine Bowdon

"As I travel towards dissolution of my self, my relationship with God needs increasing support from you, my other body of Christ. The Holy Spirit connects us – our souls, our spirits – not our minds and brains...I will need you to be the Christ light for me, to affirm my identity and walk alongside me."

- Christian Brydon.



Self Care

Know your Good News

There is no 'fixing' anyone

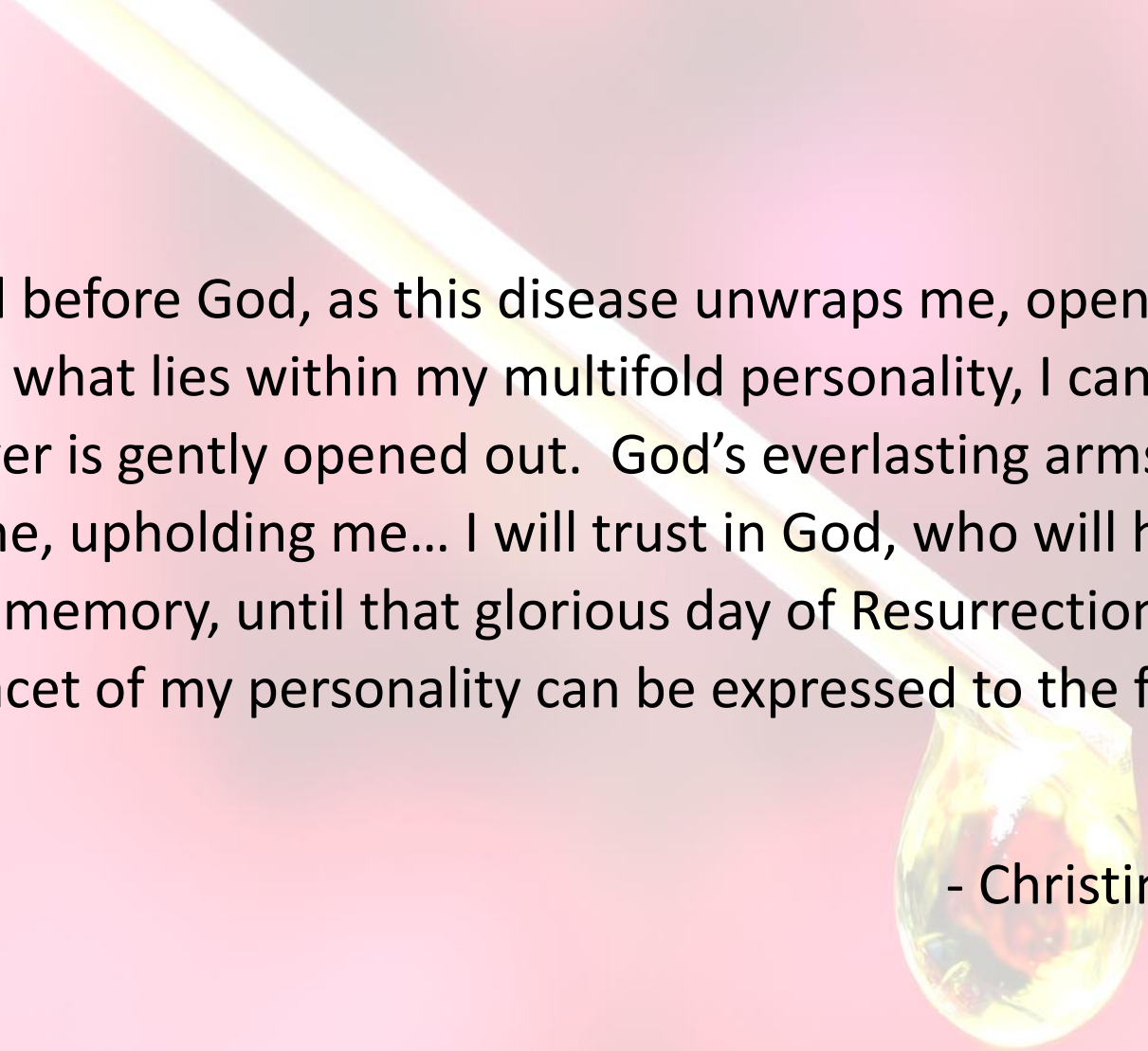
Being able to say 'no' sometimes

Peer support and prayer

Topping up the oil in our lamps

Just being *present* is enough

Don't be a lone-ranger



“As I unfold before God, as this disease unwraps me, opens up the treasures of what lies within my multifold personality, I can feel safe as each layer is gently opened out. God’s everlasting arms will be beneath me, upholding me... I will trust in God, who will hold me safe in his memory, until that glorious day of Resurrection, when each facet of my personality can be expressed to the full.”

- Christine Brydon



Thank you for being with me today