

# In Remembrance of me...

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## *Supporting the Spiritual Needs of People with Dementia and their Carers*

**Rev. Dr. Keith Albans**

**Director of Chaplaincy & Spirituality**





# Three Questions

- 1. How Old is Old?**
- 2. Whose lifetime ambition is it to become old?**
- 3. Whose lifetime ambition is it to live in a care home?**

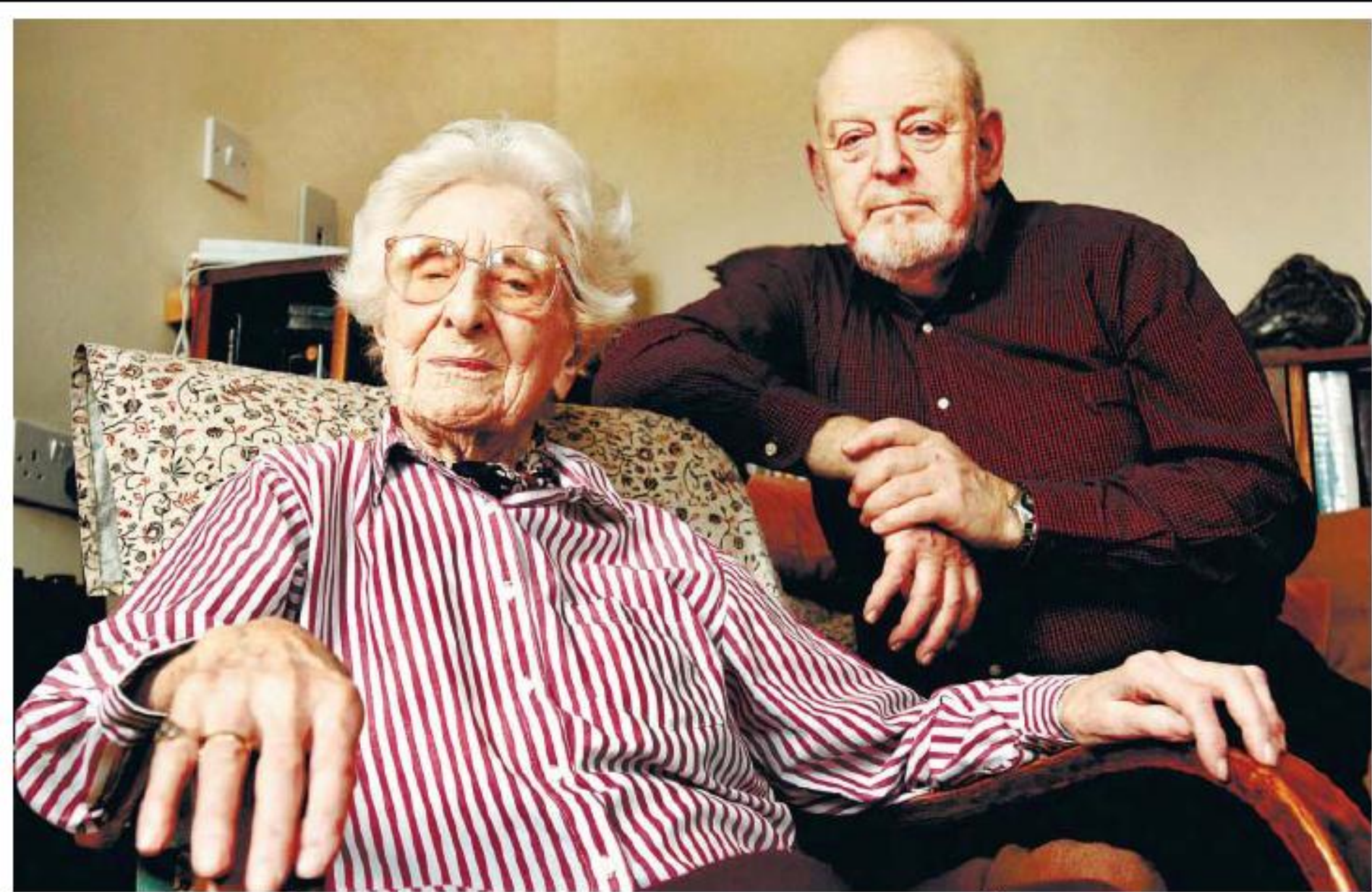




# Three Issues

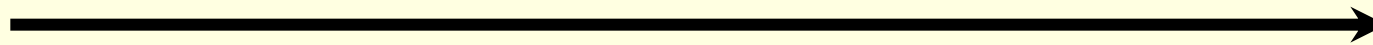
## 1. Old is getting older.





**My child, the pensioner**

<b>First Stage</b>	<b>Second Stage</b>	<b>Third Stage</b>
Socialisation	Householding	Dependence
Dependence	Generativity	Relinquishing



around 65 years

## **Assumed Life Stages c 1950**

First Stage	Second Stage	Third Stage	Fourth Stage
Socialisation	Householding	?????	Dependence
Dependence	Generativity		Relinquishing

around 78 years

## Assumed Life Stages c 2000

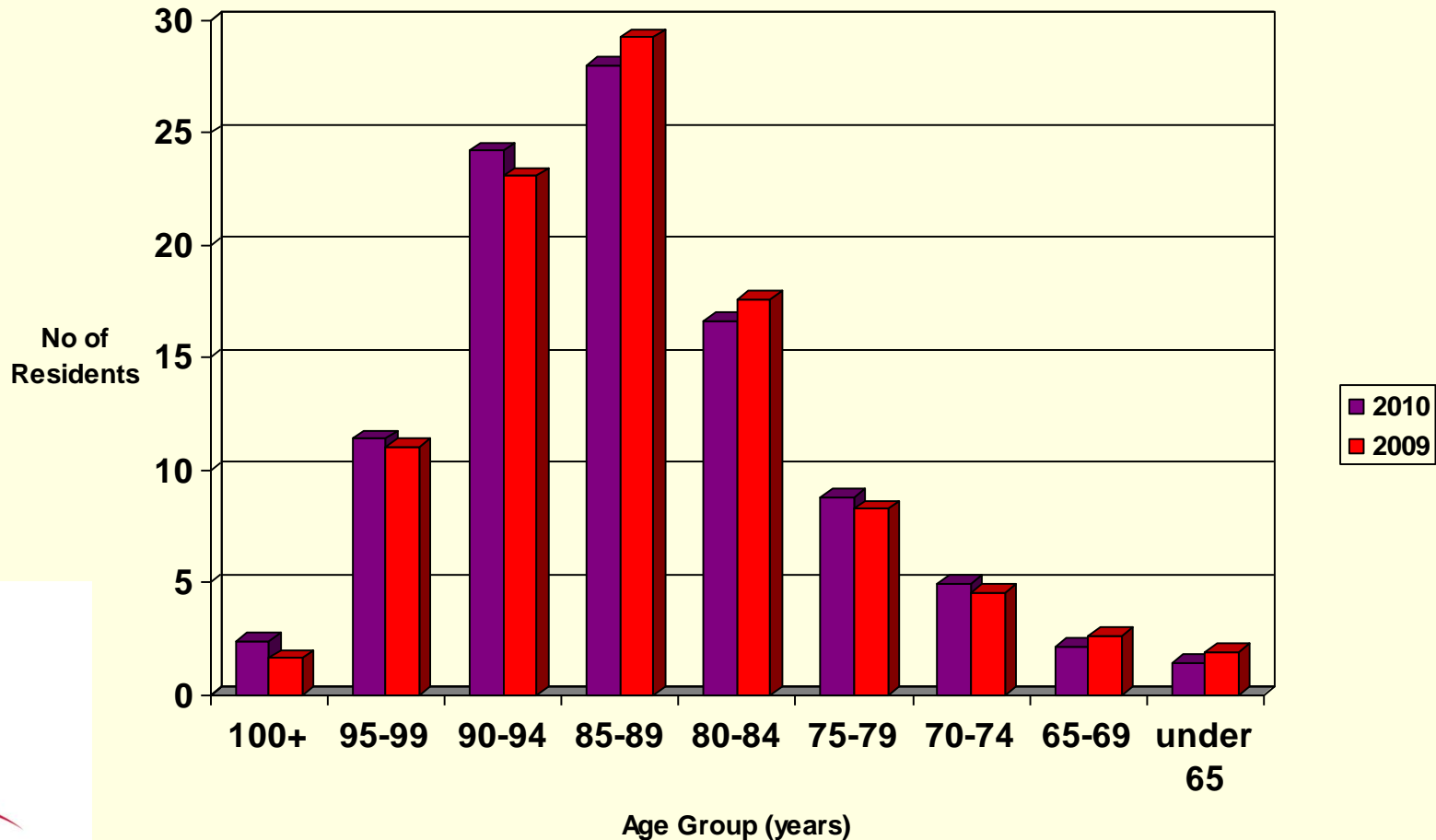


## Three Issues

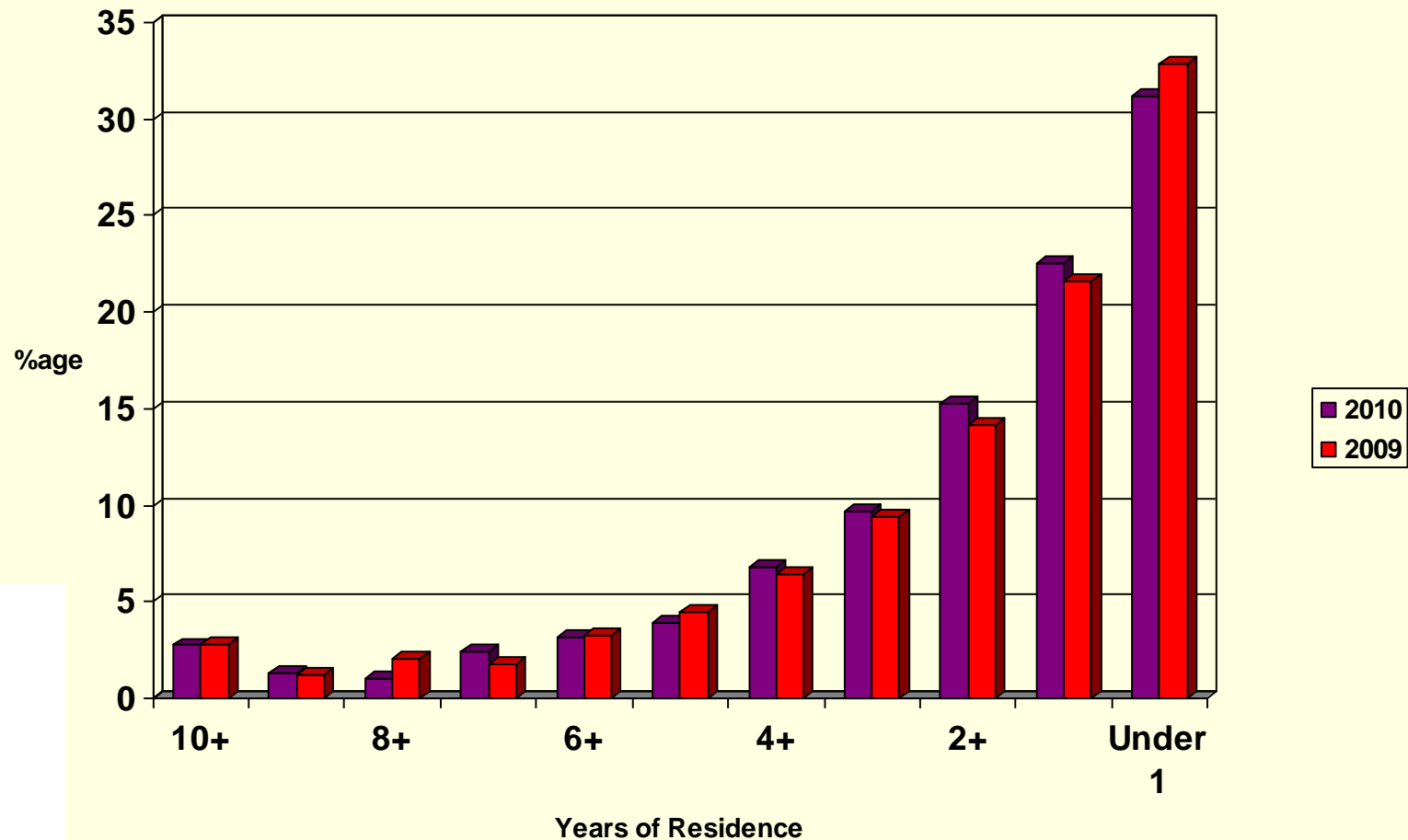
- 1. Old is getting older.**
- 2. Care Homes have the challenge of supporting the oldest old.**



# Age Spread of Residents in MHA Care Homes 2009/2010



# Average Residency in MHA Care Homes 2009/2010





## Three Issues

- 1. Old is getting older.**
- 2. Care Homes have the challenge of supporting the oldest old.**
- 3. Ageing affects our sense of what it is to be human.**





**BEWARE!**  
Elderly pickpockets

# Psalm 137

**By the rivers of Babylon —there we sat down and there we wept when we remembered Zion. On the willows there we hung up our harps. For there our captors asked us for songs, and our tormentors asked for mirth, saying, ‘Sing us one of the songs of Zion!’ How could we sing the Lord’s song in a foreign land?**





# DEMENTIA

**“I think, therefore I am” - *Descartes***

**“I feel and relate, therefore I am –  
*Stephen Post***



**“How can the person who has seen a meaning in life also see a meaning in old age, which seems to him to be a diminution, an amputation, a stifling of life?”**

*Paul Tournier*





**There is a need to explore ways of affirmation and acceptance of the person, simply because they are created in the image of God, not because of what they can contribute to society or even to their neighbour. Part of this affirmation arises from the recognition of spiritual needs of the individual.**



# **SPIRITUALITY**

**Means not just one compartment of life, but the deepest dimension of all life. The spiritual is the ultimate ground of all our questions, hopes, fears and loves. It concerns our struggles with loss; questions of self-worth, and fear of reaching out to make new friendships.**

*Kathleen Fischer*  
*Winter Grace: Spirituality & Aging*

# YES or NO

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- Most old people get dementia
  - No – 1 in 5 over 80
- The brain is permanently damaged in most dementias
  - Yes – memory, personality, behaviour, perception and some functional activities

# YES or NO

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- People with dementia usually have poor short term memory
  - Yes – one of first and main symptoms
- People with dementia often have a good memory for the past
  - Yes – one of the last areas to be affected

# YES or NO

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- People with dementia often have the same needs as babies
  - No – adults with a whole lifetime of experience
- People with dementia gradually lose their ability to communicate
  - No – communication involves far more than words



# Dementia Statistics

**There are currently 700,000 people in the UK with dementia, of whom approximately 570,000 live in England. Dementia costs the UK economy £17 billion a year and, in the next 30 years, the number of people with dementia in the UK will double to 1.4 million, with the costs trebling to over £50 billion a year.**



# **Living well with dementia: A National Dementia Strategy**

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**Published February 2009**

**Promote access to services that is the same for everyone with a need**

**Three broad themes:**

- raising awareness and understanding;**
- early diagnosis and support;**
- living well with dementia.**



# Dementia Quality Outcomes

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**I was diagnosed early**

**I can enjoy life, I feel part of a community  
and I'm inspired to give something back**

**I am treated with dignity and respect**

**I know what I can do to help myself and  
who else can help me**



# Dementia Quality Outcomes

**I understand, so I make good decisions and provide for future decision making Those around me and looking after me are well supported**

**I get the treatment and support which are best for my dementia, and my life I am confident my end of life wishes will be respected**

**I can expect a good death**



# Oliver Sacks (1996)

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**A who has a what.**

**Will the what swamp the who?**

**Will the who emerge through the what?**

**Or will the two combine in a way that embraces and transcends the condition?**



# Debbie Everett (Chaplain)

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**For those of us who are cognitively intact, time is like a stream of water in which we float with the current. For someone with Alzheimer's, time is frozen into individual snowflakes, which touch the skin and melt.**



# Anonymous

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**“Is there a moment between birth and death when one becomes more important than the other?”**

*(Posed by person living with dementia to John Killick)*



# Christine Bryden

**The unique essence of ‘me’ is at my centre, and this is what will remain with me at the end. I will be perhaps more truly ‘me’ than I have ever been.**

*‘Who will I be when I die?’*



# Anon

**'As I travel towards the dissolution of myself, my personality, my very essence, my relationship with God needs increasing support from you... Don't abandon me... for the Holy Spirit connects us, it links our souls, our spirits, not our minds and brains.'**



# Well being

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- **Physically**
- **Emotionally**
- **Spiritually**

**A PERSON NOT A PROBLEM**



# Person Centred Approach

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- **Relate as one human being to another**
- **Do to others as we wish to be treated ourselves**



# Transforming People's Lives

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- **Ill-being**
- **Isolation**
- **Despair**
- **Sadness**
- **Boredom**
- **Anxiety**



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# Transforming People's Lives

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- *Well-being*
- *Love*
- **Despair**
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# Transforming People's Lives

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# Transforming People's Lives

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- *Well-being*
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- *Hope*
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# Transforming People's Lives

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- *Well-being*
- *Love*
- *Hope*
- *Joy*
- **Boredom**
- **Anxiety**



# Transforming People's Lives

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- **Anxiety**



# Transforming People's Lives

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# Transforming People's Lives

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- *Well-being*
- *Love*
- *Hope*
- *Joy*
- *Creativity*
- *Peace*



# Pastoral Challenge of Dementia

**“People with dementia and their carers often receive few visitors because there is a mistaken belief that visiting is not worthwhile - and because visitors do not know what to say or do.”**

**“People with dementia are unable to cope with the usual style of visit. Rather than listening, the visitor needs to take the initiative. The challenge is to communicate in ways appropriate to the person’s diminishing abilities.”**



BEING WITH GOD

A Bible and prayer guide  
for people with dementia



# WORDS OF HOPE



'For any Christian who has sat alongside a person with dementia ... this collection of resources will be a great gift...'

Dr Rowan Williams, Archbishop of Canterbury

Includes  
complimentary  
CD of specially  
compiled hymns  
and songs

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# WORDS OF PEACE



'For any Christian who has sat alongside a person with dementia ... this collection of resources will be a great gift...'

Dr Rowan Williams, Archbishop of Canterbury

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# WORDS OF FAITH



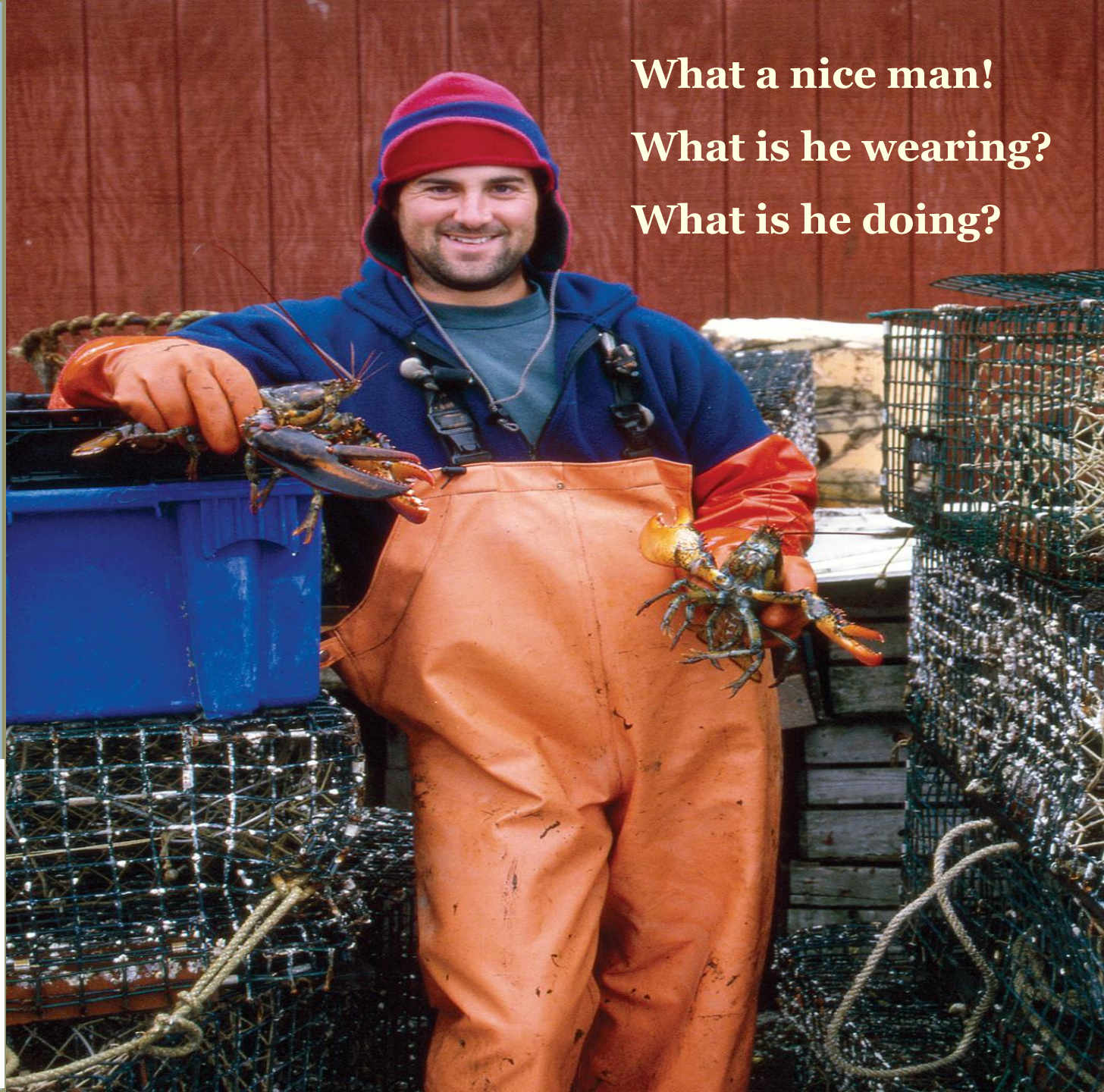
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“Of all the things you wear, your expression is the most important”

What a nice man!  
What is he wearing?  
What is he doing?



A woman with short grey hair and glasses is sitting in a pink armchair, knitting. She is wearing a leopard-print cardigan over a blue top. A large lion is lying on its side on a grey carpet in the foreground. The room has light blue walls, a chandelier, a framed picture of a lion, a framed picture of a landscape, a lamp, and a television on a side table.

**There's a lion in the living room  
He's gone by morning light  
But every afternoon  
He walks right in  
And stays all night**



Another charcoal fire was burning on the shore, like the one in the courtyard of the high priest's house.

And breakfast turned into a Eucharist.



**Sometimes I picture myself as a candle.  
I used to be a candle about eight feet tall –  
burning bright.  
Now every day I lose a little bit of me.  
Someday the candle will be very small,  
But the flame will be just as bright.**

***Barb Noon***

