

# Spiritual Care

## Benefits of Spiritual Care



Spiritual and religious care services can validate a need for meaning, purpose and hope in difficult circumstances, such as the COVID-19 pandemic. These needs are especially important when residents are going through periods of loss and adjustment (e.g. loss of ability, health, independence, and family or friends), when spiritual and religious care services can offer an additional resource to strengthen coping abilities.



## Supporting Spiritual Care Engagement



- Residents can enjoy spiritual and religious care support through music, conversation, and scripture, on their own or in physically distanced small groups. It may also be helpful to refer residents to a Chaplain or Religious & Spiritual Care Coordinator for counselling and visitation, particularly at end of life.
- Aim to assist the resident within their own faith traditions by temporarily placing your own religious convictions aside
- Understand the resident's preferences (e.g., favourite hymn or song, scripture) and incorporate them into conversation and activities
- Consider accompanying the resident in practicing their faith traditions through prayer, sutra, chanting, poetry, reading, meditation, and discussion
- Sit with the resident and be a friendly and supportive presence - do more listening than speaking
- Name the emotions you hear the resident expressing and then ask a follow-up question:
  - *"I hear a lot of fear in your words. Can you tell me where that's coming from?"*
  - *"You sound very worried. Can you share with me what's going on?"*



## Creative Spiritual Care Ideas

- **Canadian Bible Society - MegaVoice:** <https://biblescanada.com/nkjv-megavoice-elder-care-digital-audio-bible>
- Small digital device with earphones for personal use. The MegaVoice audio bible is easy to use for residents who do not read or have vision loss. It includes full text of the Bible and additional content, such as scripture readings and instrumental hymns.
- **iOS and Google Play Applications on iPad or tablet:** Applications on handheld devices that include various faith groups' sacred texts, hymns, audiobooks, video reflections and sermons.
- **Scriptures:** Create a printed file folder of scriptures, which can be left in the resident's room to refer to as needed.
- **Room decorating:** Consider printing symbols or pictures that are relevant to the resident's spiritual and religious care needs and post them in the resident's room as a means of providing comfort through a decorated, home-like space. This also provides opportunity for discussion and reminiscence.

