

Residential Care for Me Weekly Update - December 7, 2018

Residential Care for Me started as an innovation and improvement project to understand the residential care experience for residents, family and staff. Building on the insights gathered from months of observations, interviews, focus groups and surveys, we are now in the next phase of "**Megamorphosis.**" This phase aims to rapidly test ideas from residents, family and staff to build on the great care that staff currently provide. Building on qualities such as **compassion** and **empathy**, we strive to make sure that **emotional connections matter most, residents direct each moment** and that **home is not just a place, it is a feeling.**

Meaningful Moments

Inspired by the great work that is done every day at our homes, each week we highlight a meaningful interaction that brings us one step closer to the vision

A great example of deciphering the meaning behind behaviour, and respecting residents' emotional needs and personal space - concepts covered in the Gentle Persuasive Approach training and that is congruent with the Megamorphosis principle of Residents Direct Each Moment:

"I was at the alcove when I saw a new staff member struggling to get a resident to walk. The resident's face was turning red but the staff member continued to push him to walk. His face turned more red and his hands started shaking. He was shaking his head from side to side. I knew the new staff member had good intentions to mobilize the resident. I signalled the staff member to come to me. When she came near me, I told her that it does not seem like he wants to walk right now and that she could try later or maybe another day - that we need to respect the resident's wishes. As soon as the staff member left, the resident stopped shaking. It appeared that he was relieved right away."

~ Cecille Resurreccion, RCA, Brock Fahrni

Kudos & Compliments

Highlights from the week



Children and Seniors get in the Christmas Spirit at Youville: On Wednesday, a group of 27 children from the Montessori school located at Youville Residence spent the morning enjoying Christmas festivities with the residents of Youville and participants of the Adult Day Program. The group sang Christmas carols, created Christmas decorations and had hot chocolate together. You can read more about it here: <https://bit.ly/2G64sM7>

In the news: Jo-Ann Tait was on the CTV morning show this week to talk about the use of the Montessori approach in our care homes. You can watch the interview here: <https://bit.ly/2BYfYVg>

Light Up Langara: Staff, residents and families celebrated the start of the Christmas season with the annual Light Up Langara event on Thursday night. Pictures and more details will be coming in an upcoming update.

Key Messages from the Working Group Meeting: The Residential Care for Me Working Group met for the first time since the group's immersion into Megamorphosis last month. Here are the key messages:

- **Megamorphosis:** Much of the meeting was spent reflecting on what Megamorphosis meant to everyone, the impact that it has had, and what other homes might be able to take back to their homes. The next Megamorphosis will start in January at Holy Family in the North Wing. This next iteration will be one step closer to prototyping the new household model planned for St. Vincent's Heather, with the North Wing being separated into two distinct households.
- **CST:** The CST Project Board is working on defining the scope for PHC, Vancouver and Richmond owned and operated homes, with a decision anticipated for next week.

Inspiration

Stories to Learn From

Customized doors help people with dementia in Revelstoke: <https://bit.ly/2G7udf3>

Dusk-to-dawn therapy for dementia: A unique program in New York called ElderServe at Night: <https://www.nytimes.com/2009/06/14/nyregion/14cover.html?hp>

It Takes a Village...

Your help is needed!

Let's get the word out! Please print and post the PDF version of this document for residents, staff and family who may not have access to this email. Anyone who wants to receive an email version can sign up with Sonia at shardern@providencehealth.bc.ca.

Important Dates

Dec. 13, 2018: 1400-1500

Holy Family Household Meeting - *All residents, family and staff welcome!*

HFH North Wing dining room

Dec. 20, 2018: 1400-1500

MSJ Micromorphosis Meeting - *All residents, family and staff welcome!*

MSJ Main Dining room

Dec. 25, 2018

Merry Christmas!