



Home for Us Weekly Update - January 24, 2020

Home for Us started as an innovation and improvement project to understand the experience of residents, families, 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, families, 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 Good Hair Day

A good hair day is so much more than just looking good. It's linked to confidence, health, and feeling in control - a real psychological impact!

When Darlene moved in with us, she had amazing hair and when her roots began to show through, it was clear that she wanted something done. It was difficult for Darlene to get out to the salon so the team brought the salon to her!

Our care team at Mount St. Joseph was more than happy to provide salon services to Darlene which transformed her hair to a beautiful auburn color. Seeing everyone beam at each other, embracing the moment, and making it a social event was a definite highlight.

The staff at MSJ can add hairdressing to their resumes as this will be a regular commitment to Darlene.

-Carrie Willekes, Resident Care Manager, MSJ

Kudos and Compliments

Recognizing Compassion

Thank You Liz Sekulic



Kudos and thanks to Liz Sekulic for her leadership during the recent Megamorphosis in Stanley Park at Holy Family. Clearly the staff she supports respect her immensely which is essential as she nudges people each day towards a social model of care, which is not easy in a very institutional building and system. One of her insights she shared during the Megamorphosis was that having something meaningful to get up for is so important for people who otherwise may stay in bed all day.

Liz and Jo-Ann rocking the grey turtle neck!

It Takes A Village

Your help is needed!

Collecting Meaningful Moments: Let's keep sharing our great work to help inspire each other!

Please send me meaningful moments that you create or witness. Just send a quick email to cconvery@providencehealth.bc.ca with your story.

Inspiration

Stories to Learn From

Re:Generation Project at Honoria Conway

Last summer, seven university friends (including the daughter of the Honoria Conway community pharmacist) created an initiative called *Re:generation* that strives to bridge intergenerational gaps by learning about the lives of seniors. It is a multimedia project that has produced a book and a series of short videos after interviewing the people living at Honoria Conway. The students appreciated the opportunity to get to know people from an older generation and the seniors were proud to share their stories and provide encouragement to the younger people.

To see the initial written and video installments go to:

Facebook page: <https://www.facebook.com/Regeneration-1023197327885773/>

Youtube: <https://www.youtube.com/channel/UC-fXmZWt-TapKoBeapO3hAA>

Staying Up to Date

For the Best Possible Care

Keep Moving to Boost Thinking Ability

In November of 2018, the United States came out with their 2nd edition of physical activity guidelines (https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf).

Similar to our own Canadian guidelines, there were some very noteworthy updates. First, every little bit of physical activity counts and breaking up sedentary behaviour is important. Second, physical activity not only helps reduce the risk of many health conditions but there is now strong evidence that it improves sleep and mood, reduces anxiety, lowers the risk of falls, improves the ability to remember, reason, problem-solve, think (even when you already have dementia) and reduces the risk of developing dementia. As well, physical activity can be social and FUN!!!!!!

So whether you are a resident, family member or staff here's a little poem for you courtesy of our resident poet Jo Moorhen (PT site lead at St Paul's Hospital and an advocate for senior's care).

*And so another year has passed,
Did you get movin'? Did it last?
Did you go dancing, laugh and sing?
Did you get up and do your thing?
Remember that it's not too late
To just get moving, Now's the date
Don't wait to go, just do it now
Oh no you say, I don't know how
But there's a PT always near
They'll help you out, So have no fear
They'll teach you what you need to know
So move, have fun, Ho, Ho, Ho, Ho*

-Niamh Gilfeather-Baily, Clinical Specialist Geriatrics. Resident PT at Langara. Sadly not a poet

Important Dates

February 7, 2020

Home for Us Working Group

8:00am to 10:00 am

Youville, 6th Floor

March 27, 2020

Geriatric Services Conference

8:30am to 4:30pm

Vancouver Convention Centre