



## Residential Care for Me Weekly Update - December 21, 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

*"There is a resident MSJ who spends all day in her room, sitting by her bed. Though we have asked her in the past whether she wants to get out and participate in some activities, the answer has always been no. Even during Megamorphosis, with all of the activity and leaders around to engage residents, this resident never left her room. One day, in the spirit of Megamorphosis, I decided to just try." I started to push her wheelchair slowly out of the room, while watching her reaction to make sure she was not upset. There was a music activity in the main dining room so I positioned her chair so that she could take part. Again, I observed her for awhile to check her reaction. Eventually, she started to tap her hands to the beat of the music and that is when I knew that she was enjoying the activity. We kept checking back. After about an hour, she started to make motions to go back to her room, so we took her back. It felt like a big accomplishment - getting this resident out of her room - but it made me start to wonder how much of her staying in her room was because of us (the staff) assuming after a few "no"s that she didn't want to leave her room. Today's experience was eye opening and I will continue to keep trying."*

~ Nisha, RCA , Mount St. Joseph Residence

### Kudos & Compliments

Highlights from the week



**Out and About:** Jo-Ann joined the Canada-China Wood Trade Delegation in Beijing, China last week to inspire the shift from institutional care to a social model of care through redesigning the traditional care home. Chinese and Canadian provincial and federal delegates were inspired to learn more and Jo-Ann had opportunities to visit tier one and tier two hospitals as well as care homes for seniors. We are glad that she returned safe and sound during this tense political climate.

**Holy Family Innovation:** Staff at Holy Family Residence had some guests on Tuesday as the Megamorphosis team spent the day helping out and getting to know staff, residents

and the flow of the day. Jo-Ann, Heather and Robena lent a helping hand to care aides first thing in the morning, participated in the Christmas tea party for neighbourhoods 5 and 6, and ended the day with a great discussion with the team about what is to come in January.

**Christmas in the Air at MSJ:** The air was festive at MSJ Residence on Friday as they had their annual neighbourhood decorating contest judging. Staff and managers from other parts of MSJ were the judges and were impressed with what they saw! Orchid and Chrysanthemum neighbourhoods tied for the first prize but there were prizes for everyone! Santa and the London Drugs team also came to hand out stockings filled with gifts to the residents. It was a fun day for all!

**In the News:** Here is another article about the wonderful partnership between Youville Residence and the Montessori school co-located at the home. <https://bccatholic.ca/content/children-deck-the-halls-for-seniors-with-dementia>

## Inspiration

Stories to Learn From

**Dementia Dog Project:** "Pilot programmes in Scotland and Australia are demonstrating this model brings joy, companionship and practical help to both immediate family and their network." <http://dementiadog.org>

**Students become biographers to capture history of local seniors:** <https://bit.ly/2GPYHTd>

## 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](mailto:shardern@providencehealth.bc.ca).

## Important Dates

**Dec. 25, 2018**

Merry Christmas!

**Jan. 3, 2018: 1400-1500**

Holy Family  
Megamorphosis Pre-Work -  
*All residents, family and  
staff welcome!*

*Holy Family North Dining  
room*

**Jan. 4, 2018: 0800-1000**

Residential Care for Me  
Working Group Meeting  
*Holy Family Education  
Room*