



<http://www.providencehealthcare.org/residentialcareforme>

#ResCare4Me

## Residential Care for Me Update – March 23, 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 stories from Megamorphosis, each week we will highlight a meaningful interaction that brings us one step closer to the vision.

*Tonight when my brother and I came in to Langara, the nursing students from Langara College were sitting around the piano in Aspen Dining room and one of the young men was playing the piano and the rest of the group was singing. There were several residents sitting with them, singing too. Suddenly an Elvis song came on and everyone was bopping, dancing and jigging. One resident was singing in his best Elvis tones and telling everyone how much he loved Elvis and how he loved to try to sing like him. He talked about the dances and concerts he attended when he was young and he was so happy and had a big smile on his face. This resident usually keeps to himself and is sleeping in his chair but last night he was really enjoying talking with the other people in the room about all his happy music and dancing memories. He also told us about how he liked to play the guitar. Our Aspen staff stopped to listen to him sing as they came through the dining room and they were singing, dancing and clapping their hands too. Staff from other floors had come up and down from other floors to sing and dance too. We were telling the RN students and the resident how "Elvis" has come to SVL to do concerts.....via Elvis impersonators of course. The resident said he hoped Elvis returns to SVL so he can "challenge him to a sing along!!! We all enjoyed this spontaneous COOL CAT night of singing and dancing!! Many thanks to the Langara College RN students and their Instructor and to our staff who created a spontaneous moment of fun that allowed us to get to know one of our residents better.*

~ Linda Fox, Family Member

### Kudos & Compliments

Accomplished this week

**Belting Out the Tunes:** Residents, family members and staff at Holy Family have been gathering every two weeks in a Town Hall format. Two weeks ago residents brought up the disappointment of long, boring and lonely evenings when nothing is planned or when an event is cancelled. After brainstorming ideas that they would like to try to do in the evenings when there are no events planned by the rehab team, the group decided to try “having a sing song”. Thanks to the efforts of the rehab team, volunteers and the RCAs, a test of evening Karaoke was a success. Special thanks to Mere (RCA) for volunteering to get the party started by singing two songs! The team plans to try for another Karaoke night. This week’s town hall

also ended with a spontaneous Karaoke dance party. What fun!

**Megamorphosis 2.0:** We had another amazing week preparing for our April Megamorphosis at Youville. The theme this week was “home is a feeling” and we spent the week gathering ideas from residents about how to decorate the home. Residents voted on colours and décor ideas, with nature coming up as a big favourite. Some residents even got the chance to design a new look for their room door. On Thursday, the Brock Fahrni Artworks group also came to create an art project with the residents that can be used to decorate their rooms.



**In the media:** More media presence for our team (Residential Care and Palliative Care)!

- Traditional Chinese soup a hit with residents of Mount Saint Joseph’s:  
<http://www.vancourier.com/living/traditional-chinese-soup-a-hit-with-residents-of-mount-saint-joseph-s-1.23209219>
- Discovering the benefits of music therapy:  
<https://globalnews.ca/video/4098474/discovering-the-benefits-of-music-therapy-in-b-c-hospitals>

## It Takes a Village...

Your help is needed!

**Megamorphosis Volunteers:** Anyone wanting to experience Megamorphosis and would be willing to help out during Youville’s 2 week Megamorphosis April 9-20<sup>th</sup> can sign up with Sonia.

**Collecting Meaningful Moments:** Let’s keep sharing our great work to help inspire each other! **ANYONE**- please send me meaningful moments that you create or witness. Just send a quick email to [shardern@providencehealth.bc.ca](mailto:shardern@providencehealth.bc.ca) with your story.

## Inspiration!

**Working with lesbian, gay, bisexual and transgender people: older people and residential care: Roger's story:** <https://www.scie.org.uk/lgbtqi/video-stories/older-people-residential-care>

**An article on caring for our caregivers (thanks Kathleen):** [https://www.huffingtonpost.ca/gail-elliott/compassion-fatigue-caregiving\\_a\\_23389637/](https://www.huffingtonpost.ca/gail-elliott/compassion-fatigue-caregiving_a_23389637/)

## Important Dates

March 26-30, 2018	<i>Megamorphosis Pre-Work @ Youville: Residents Direct Each Moment</i>	Youville
April 5, 2018	<i>AI Power Culture Change Workshop</i>	Van Dusen Gardens
April 9-20	<i>Megamorphosis at Youville</i>	Youville