



SPIRITUAL CARE

SERIES

EPISODE 1: UNDERSTANDING THE AGEING JOURNEY COURSE NOTES

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Episode Topics

EPISODE 1: Understanding the Ageing Journey

EPISODE 2: Spirituality in Ageing

EPISODE 3: Good Communication

EPISODE 4: The Power of Storytelling

EPISODE 5: Dementia

EPISODE 6: A New Home and a New Way of Life

EPISODE 7: Loss, Grief, Death and Dying

EPISODE 8: Roles, Boundaries and Self-Care (BONUS EPISODE)



My notes on the Seasons of Life discussion with Sue and Melanie



Introduction to Ageing



QUALITIES THAT MAKE UP A GOOD SPIRITUAL CARER

1. Awareness of my personal spirituality or my own personal faith in God
2. Ability to be self-reflective and open to personal growth
3. Compassionate heart
4. Hold a strong, positive regard for older people – respect and value others
5. Willingness to listen, not talk
6. An openness to, and acceptance of others' beliefs and values



Your notes on *Introduction to Ageing* (video discussion):

1. Why do you think western cultures tend to push older people to the margins of society?

2. What is Ageism?

3. How do we have to adapt as a society if we are going to really care for older people?



My notes on the Introduction to Ageing discussion with Sue and Melanie



True / False Quiz



SELECT TRUE OR FALSE FOR EACH QUESTION

1. The 'Autumn' season is a time of earning and building relational connections
2. A spiritual carer has the ability to be self-reflective and open to personal growth.
3. To offer quality of life to older people, we should only give them respect and dignity, if we have time.
4. During the 'Winter' season, a major struggle for older people is their loss of choice and decision making.
5. Western cultures marginalise older people as it places a high value on their economic contribution.
6. Older people have a purpose as they bring wisdom and experience.
7. Ageism is a progressive loss of capability as we grow older.
8. The ageing process is a natural and progressive one that everyone has to go through.
9. An effective spiritual carer understands the importance of being aware of their personal spirituality or their own personal faith in God.



"Quiz Answers

1. False - This applies to Summer not autumn
2. True
3. False - We should always treat people with respect
4. True
5. True
6. True
7. False - Ageism is when people of a certain age group are thought to be inferior to people of other ages, and are unfairly or unjustly regarded, e.g. older people.
8. True - Ageing is a natural process that everyone goes through (except if you die young of course)
9. True"



Personal Reflection on Growing Older



Your notes on *Meaningful Ageing* (video discussion):

1. What are the delights of growing old from your perspective?
2. What are the limitations of growing old?
3. What has been your ageing journey so far?
4. What do you envisage for your own ageing journey? What are your fears and hopes?



Meaningful Ageing



Your notes on *Meaningful Ageing* (video discussion):

1. What is meaningful ageing?
2. How do we help people retain their sense of purpose and self-worth?
3. What practical things can we do to help people express and process their sadness?



My notes on the Meaningful Ageing discussion with Sue and Melanie



Seasons of Life

Seasons of Life is a concept of the stages of life that people experience.

SEASONS/STAGES OF LIFE

1. SPRING: THE SEASON OF LEARNING (PHYSICAL STAGE)

We enter this world and begin exploring and learning about our surroundings. Babies discover their hands; learn to grasp things and learn to crawl and walk. Positive role models are important. Our first 20 years are primarily focussed on learning and developing our identity. This is largely a physical time of growth — experiencing and learning through senses, e.g. touch, taste, hear, see, smell.

2. SUMMER: THE SEASON OF EARNING (MENTAL)

It is in this season that we begin to build a life. We may find our life partner, start a family, seek or buy a home and begin to accumulate possessions. In this season the focus is usually on us. This season may be a difficult one if a person remains single but would like a partner/family. As we build our careers we gain valuable experience to help us in work and life. Also known as mental development stage or career development stage.

3. AUTUMN: THE SEASON OF RETURNING (EMOTIONAL AND RELATIONAL)

At some point, most of us will begin to tire of the pace of our *earning season* or a significant life event will lead us to question: "Is there something more to life?" We may achieve our goals and make it to the top and, having climbed the ladder of success, we realise it was leaning against the wrong building. During this season relationships become more important and emotional development with it.

4. WINTER: THE SEASON OF REAPING (SPIRITUAL)

This is the season of reaping and/or loss. It is during this season, late in life, we have the opportunity to see the results of our efforts in the successes of others we've helped along the way or in the success of initiatives we helped to start. It is also the season of loss, where we can lose our life's partner, friends, family and our health. The Winter season can also give us an opportunity to continue to flourish spiritually.



Two Stories in Life



Your notes on *Two Stories in Life* (video discussion):

1. What is important about the biological story for a person who is ageing?

2. What is important about the spiritual story for a person who is ageing?





My notes on the Two Stories of Life discussion with Sue and Melanie