

Residential Care for Me Weekly Update - January 11, 2019

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



"As part of Residential Care orientation, we have a Residential Care for Me session on the first day for all newly hired Residential Care Interdisciplinary team members. Within this session, we talk about the history of Residential Care for Me and why we're doing this as well as the three main principles of emotional connections matter most, residents direct each moment, and home is a feeling. We use the Wish Fulfilling Tree at the end of this session to show people an example of creating emotional connections. We ask new staff to find a partner and talk to their partners to find out three things that bring him/her peace, comfort and joy in his/her daily life. These things are then shared with the group and written down on a flower or leaf to be displayed on our tree. We have just started this, but on their evaluation, one RCA said that this session was the most beneficial session on day one. We will continue to add to this tree with every orientation to see how many leaves and flowers we can grow in 2019."

~Residential Care Educator Group

Kudos & Compliments

Highlights from the week

Holy Family Megamorphosis and Household Innovation: Against the backdrop of a beautiful new mural in the North Wing dining room, Megamorphosis officially started with the first of many pre-work activities on Friday. Residents and staff came together to talk about who we serve in our homes and how residents differ in the type of engagement that works best for them. Today was also the start of a new rotation for the care aides. Kudos to all of the care aides at HFH for continuing to provide exceptional care amongst all of the change at the home.



The Views at St. Joseph's Joins the Providence Family: The Views at St. Joseph's – a 117-bed seniors' care home in Comox, BC – has reached an agreement to become a part of the Providence family. To learn more about why this has happened please check out this article in

PHC News: <http://phcnews.ca/news/views-st-josephs-joins-providence-family>

To learn more about who the people who live and work at the Views are, please check out this fun 6 minute video on YouTube! (Please note no cat was hurt, or even offended in the making of this video!): <https://bit.ly/2Ciklo9>

Not-So-Undercover Boss: CEO Fiona Dalton spent some time last Thursday getting to know the staff and residents at Youville Residence. Fiona had the opportunity to shadow care aide Alice Muyko during her visit. Thanks to Alice for showing Fiona the ropes! We hear she really enjoyed her visit.

MSJ Megamorphosis - Mah Jong still going strong! Since Megamorphosis in November last year, staff, residents and family at MSJ have continued to redecorate the whole home together. In addition, one of the most spontaneous past times has become mah-jong, bringing staff and residents together to enjoy each others' company every day.



New Year's resolution: 30 days of mah jong!

Seats did not have a chance to cool down before the next group of mah-jong players sat down.

The newly decorated Quiet Room - how cozy!

It Takes a Village...

Your help is needed!

Come one, come all! Anyone who is interested in volunteering for Megamorphosis at HFH, please email shardern@providencehealth.bc.ca. We look forward to having lots of volunteers every day from March 4th to March 15th. Sign up for any time during the day, and for however long that works for you.

Working Group Members! Please share the information from the weekly update with your teams (at your home, within your discipline, etc.). Previous weekly updates can be found here: <http://www.providencehealthcare.org/health-services/seniors-services/residential-care-me/weekly-residential-care-me-update>

Inspiration

Stories to Learn From

"Yes I live with dementia. Let me help you understand": <https://t.co/xsUkxolanW>

Baby 'entertainers' deliver dose of cuteness to seniors' homes: <https://bit.ly/2Fh4Fux>

Stand if you can: researchers in New Brunswick heading into four nursing homes in January on a mission to get seniors on their feet. <https://bit.ly/2C9m0l1>

Free online course: Dementia Care - Staying Connected and Living Well - A course for carers, to help you stay connected to loved ones, manage stress at home and defuse difficult situations. <https://www.futurelearn.com/courses/dementia-care>

Important Dates

Jan. 15, 2019: 1400-1500

Holy Family
Megamorphosis Pre-Work:
What is a Household - *All residents, family and staff welcome!*

Holy Family North Dining Room

Jan. 17, 2019: 1400-1500

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

Holy Family North Dining Room

Jan. 17, 2019: 1400-1500

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

MSJ Main Dining Room