

Thin Edge of Dignity

Film and Discussion

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Pronouns: they / them / their

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Thin Edge of Dignity// Welcome and Overview



Thin Edge of Dignity// Overview

- General Housekeeping
- Group Agreements
- Person Centered Care Philosophy
- Background on film
- View Thin Edge of Dignity
- Small & Large Group Discussion



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Thin Edge of Dignity// General Housekeeping

- Silence Cell phones
- Move around!
- Share your knowledge
- Brain Dump exercise



My background and hopes for learning



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Learning Agreements



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Thin Edge of Dignity// Learning Agreements

- All are here to learn. All questions are welcomed!
- Step up / Step back (also known as: Share the Mic)
- Move to the edge of your comfort zone. Despite discomfort, remain open and in a mindset for learning.
- Confidentiality. What's shared stays here; what's learned leaves here.
- Respect one another's learning by limiting side conversations
- What else??



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- Person-centered care is a philosophy and practice that always puts the person first.
- Uniqueness of each person is respected and honored.
- Consider the whole person, including their interests, abilities, goals, preferences and needs into providing care.



Person centered care asks that you

- Better understand your residents as unique individuals.
- Discover what is important to residents
- Learn preferences, values, past interests, future goals, dreams, desires and what brings someone joy.



Thin Edge of Dignity// Film Overview

This film explores the experiences of Dr. Richard Weinman while living in an assisted living facility. Dr. Weinman is a retired broadcaster and Oregon State University professor who has a unique gift as a powerful communicator.

In this film he shares his message and experience in assisted living with poetic eloquence. These are strictly his thoughts, feelings and experiences and we are sharing them with you for the purposes of promoting awareness and education.



Thin Edge of Dignity// Film Overview

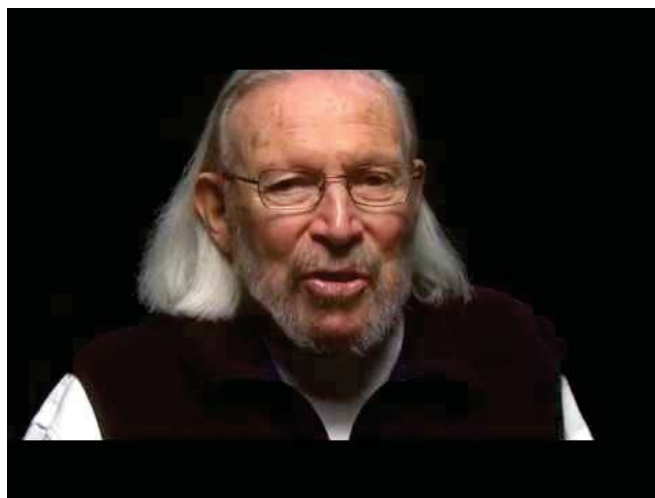
When viewing this video, we hope you will pay close attention and think about the care you provide and about what types of person-centered practices you might put into place to support the people you work with.



There is a small portion of the film which may be triggering for people who have experienced trauma related to war and genocide. Please take care of yourself while watching.



Thin Edge of Dignity// Film



Let's break into groups!



Thin Edge of Dignity// Introductions

- Name
- Gender Pronoun (example: she/her, he/ him, they/them)
- Where do you currently work and how long have you been working in this field?
- One word to describe what person centered care means to you



In your small groups share...

- What are your general reactions to what you just saw?
- What is your biggest take away?



Small Group Discussions

- Each group will discuss one question
- Each group will then have opportunity to share their question and their thoughts with the larger group



Group A

Dr. Weinman had an active life before his accident, which left him debilitated to the point where his children felt he could not live at home alone. When admitted to the assisted living facility (ALF), staff began to refer to Dr. Weinman as “108”, his room number, and when addressing him they referred to him as Richard, even though he prefers to be called Dick. He had to compromise “who” he is in order to live at this facility where he can get the daily assistance needed to live his life.

- *How do you think this is affecting him, his morale, his self-image and how he interacts with the providers?*
- *What would you do differently to empower and support him in feeling welcomed in the home.*



Group B

We witness Dick describe simple things he wanted honored which would make him feel more in control of his life; like placing his eye glasses outward and drinking glass near the edge of table.

- *How do these simple things help him maintain his physical and emotional independence and reduce his reliance on others to meet his needs?*
- *How would you ensure all your caregivers know about his preferences and honor them?*

INDEPENDENCE



Group C

Consider the Activities of Daily Living (ADLs) that Dick requires assistance with. He talked about his showering experiences and how it makes him feel vulnerable and uncomfortable. He also talked about going to the bathroom and how it can be a degrading experience when you cannot do it yourself or you have to sit on the toilet until someone comes to help you up.

- *How does hearing him talk about this make you feel?*
- *What are ways you have helped people feel more comfortable when providing personal care?*



Group D

Dr. Weinman was always actively engaged in life, prior to his accident he had volunteered at schools, lectured, and enjoyed visiting with friends. He still enjoys going out with friends, but feels stressed because the ALF is on a strict time schedule, which he refers to as the “Synchronization of Time.” He worries that when he goes out with friends or volunteers that the bus will not pick him up in time, or that when he returns staff will not have time to get him ready for the evening meal. He also wonders if he should go out in the evening, because he may not make it back in time for his shower, since showers seem to take place only in the evenings.



Group D

- *Tell us some of the barriers to supporting Dick's community involvement?*
- *Thinking creatively how might you work through the barriers to honor his schedule and still meet the needs of the home?*



Group E

Dr. Weinman mentioned that for someone who had a rich, active and social life like himself, activities in the ALF are not enjoyable or meaningful. Research tells us that boredom, lack of spontaneity and meaningless activities can diminish the human spirit.

- *What are some meaningful activities you offer in your home?*
- *How have you supported someone with severe cognitive challenges to remain engaged in life and activities?*



Small groups

Reflect on the word you chose to describe person centered care in the beginning of this training.

- Would you still use this word?
- Is there a new word or idea that emerged?

