"The most familiar models of who we are—father and daughter, doctor and patient, "helper" and "helped"—often turn out to be major obstacles to the expression of our caring instincts: they limit the full measure of what we have to offer one another. But when we break through and meet in spirit behind our separateness, we experience profound moments of companionship. These in turn, give us access to deeper and deeper levels of generosity and loving kindness. True compassion arises out of unity."

_How Can I Help_, Ram Dass & Paul Gorman

_Spiritual Assessment_

1. Meaning and Joy
2. Tradition
3. Service
4. Renewal
5. Sorrow or Regret (past)
6. Concerns or worries (present)

"Spiritual care is like being invited into another person’s inner world: into the many rooms of their home. Crossing the threshold, what kind of guest will I be?"

_The Practice of Pastoral Care, a Postmodern Approach_, Carrie Dohring, PhD

_Case Examples -or- Looking for union over the Sacred Bridge_

**Eileen**  Regret and fulfillment.


**Patty**  Religious Tradition affirmed.

**Evelyn**  Concern/worry (agitation) soothed, self expression.

**Margie and George**  "I guess it’s all love."
Recommended Reading

**Dementia Beyond Drugs: Changing the Culture of Care**  G. Allen Power, MD

A practitioner of the Eden Alternative, Dr. Power advocates culture change in caring for individuals with dementia. He is a Board Certified internist and geriatrician, an Associate Professor of Medicine at University of Rochester, New York. He is the medical director of a SNF in New York, and his concepts are tried in the field. Especially good for understanding that all behavior is communication, whether vocal, or physical. He gives many examples of how to learn to communicate with people at this level. Evidence-based practice that uses communication rather than drugs to assist people with behaviors.

**Alzheimer's From the Inside Out**  Richard Taylor, PhD

Diagnosed at age 58, psychologist Richard Taylor shares a provocative and courageous account of his slow transformation and deterioration, and of the growing divide between his reality and the reality of others. He promotes what he terms 'humanizing dementia care', a transactional approach to care-giving that humanizes the giver and the receiver, both at the same time. His words are poignant, sometimes blunt, and occasionally reflective of the humour attached even to this unwanted and unpleasant human condition. He is engaged in creating purpose, joy, and love in his own life. And he seeks to convince his listeners, especially those living with cognitive disabilities, that the quality of any one life is determined from the inside out.

Also see RichardTaylorPhd.com for DVDs, link to his blog, other resources.

**Learning to Speak Alzheimers**  Robert N. Butler, MD

Practical and easy for caregivers and families to understand, this opens the way to meaningful and loving communication with people who have dementia.

**Contented Dementia**  Oliver James

Person-centered care, developed in Britain, to create a stress-free, stigma-free, contented experience of dementia, rather than the pitied, negative view most hold.

**Forget Memory**  Anne Davis Basting

An artist, teacher, and writer presents innovative programs that stimulate growth, humour and emotional connection. “A challenge to our...view of dementia as an unmitigated tragedy.”

Alzheimer’s Association  http://www.alz.org

National Institutes of Health/Alzheimer’s  http://www.nia.nih.gov/alzheimers/