

FINDING PURPOSE, MEANING & FEELING VALUED

Mark Silver

Social Worker & Co-coordinator
SWINBURNE UNIVERSITY
Wellbeing Clinic For Older Adults

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Welcome to Country

We acknowledge the Dhudhuroa of the Yorta Yorta Nation, the traditional custodians of the lands on which we strive, the peoples of the rivers and the hills of the Goulburn Murray region who walked these lands for generations. We pay our respects to the elders of the past, and the speakers of the first words, who lived in harmony with this country.

We acknowledge the elders of the present, who seek to regain their culture, and to teach the elders of the future their law, their history and their language.

We pay our respects to them and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

We honour their spirit – and the memory, culture, art and science of the world's oldest living culture through 60,000 years.

Comparing Life Stages

- <https://www.youtube.com/watch?v=xWJq1SvgWQ0>
- Person vs Problem
- What Matters to you vs What's the matter
- Reduction of multi-story to one story - "How an I help you dear"

New approaches to Care

The Green House model & Eden Model

- https://www.youtube.com/watch?v=tt-dnA03V_o
- <https://www.youtube.com/watch?v=FQG1ginQ27c>
- ▢ <http://www.edenalt.org/>

Dementia Village in Holland - Hogewey,

- ▢ <https://www.youtube.com/watch?v=MW8SP-ZGVCM>
- ▢ <https://www.youtube.com/watch?v=LwiOBlyWpko>

Adult placement schemes– Shared lives plus

- ▢ <http://www.sharedlivesplus.org.uk/>

Music and Dementia

- ▢ <http://www.youtube.com/watch?v=fyZQf0p73QM>

Montessori Approaches

- ▢ <http://www.youtube.com/watch?v=WkJc2Rk6IgA>
- ▢ <https://www.youtube.com/watch?v=Bt78IxxhaaGI&nohtml5=False>

UN DECADE OF OLDER ADULTS

UN DECADE OF OLDER ADULTS PARTICIPATORY VIDEOS

- Introduction to Participatory Video Process
<https://insightshare.org/videos/>
- Older Adult Videos around the world
https://www.youtube.com/playlist?list=PLUtvla4Yp5ykl91ZGocx69_LC6XSN89T3

Finding Purpose, Valued role & Meaning

- Valued Activity
 - “Despair is suffering without meaning” – Victor Frankl*
 - LOGOTHERAPY: <https://victorfranklamerica.com>*
- Maintaining a sense of Self & Self-Efficacy
- Retaining Personhood
- Identity building
- Creativity & contribution to society
- Expression and receiving Love -Intimacy & Sexuality
- Feeling like a “nobody” as opposed to being a “somebody”
- Spiritual needs
- Establishing Trust
- Maintaining Dignity & Integrity
- Reflection on End of Life Issues
- Building Vertical & Horizontal Connections
 - **Vertical** - With past values and identity
 - **Horizontal** – between people

Understanding the Context

- Holocaust Survivor's love of music

<http://www.youtube.com/watch?v=8oxO3M6rAPw>

- Validation work of Naomi Fels:

<https://www.youtube.com/watch?v=zavT-zb9bK8>

The Holocaust Experience

- ▣ Holocaust survivors appreciating beauty, life, love
- ▣ Despite horrors survival depended on luck (faith?) and goodness of people, attitudes, maintaining human values.
- ▣ Holding onto hope
- ▣ Needing to tell their story
 - As a tribute to those that died - keeping their memory alive.
 - As a tribute to those that helped them
 - Role in not letting it happen again.
 - Having someone to bear witness to their account

Spirituality is more than Religion

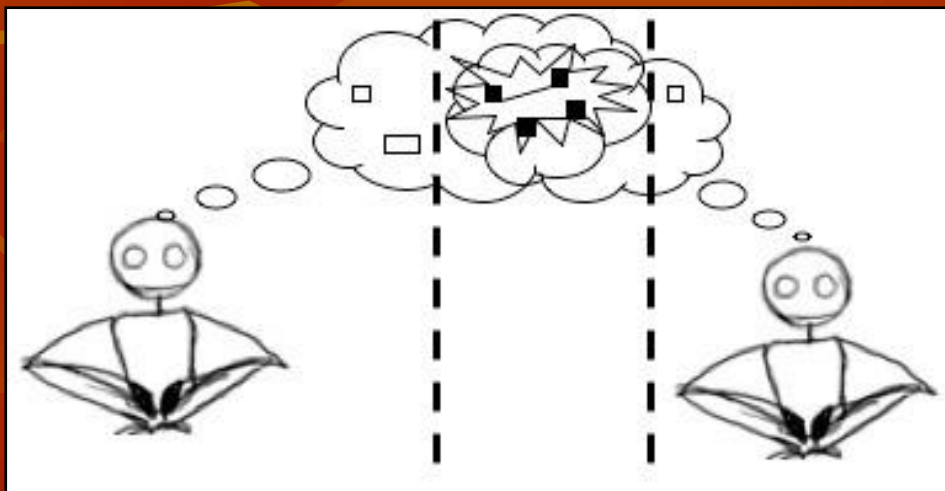
- Meaningful ageing:
<https://meaningfulageing.org.au>
- Videos on Aged Care Standards & Spirituality :
<https://meaningfulageing.org.au/product/short-animations-aged-care-quality-standards-spiritual-care/>
- Creative Meaning in Dementia - Timeslips project: <https://www.timeslips.org>

The Counselling Relationship

I-Thou relationship vs I-It (Martin Buber)

Share a sense of unity, caring, respect, commitment, and responsibility.

Both are changed by the experience



The Sacred Space

- A unique interaction between 2 human beings each being prepared to be changed by meeting together
- Purposeful co-conversation focused on issues faced by “client”
- Non-judgmental exploration of thoughts, feelings and sensations
- Trust & openness
- Honouring, respect, dignity & integrity
- Authenticity
- Growing, learning, developing, adapting to change

STORYWORK

“Storywork is learning, celebrating, healing & remembering

Joe Lambert Director of Storycenter (storycenter.org)

- Powerful & empowering
- Making emotional connections
- Link together around value & meaning & identity

The Power of Stories

Stories can be powerful and empowering. Through them people can link together with others and with the things that they value and give meaning to.

“Stories move in circles. They don’t move in straight lines. So it helps if you listen in circles. There are stories inside stories and stories between stories, and finding your way through them is as easy and as hard as finding your way home. And part of the finding is getting lost. And when you’re lost, you start to look around and listen.”

—Corey Fischer, Albert Greenberg, and Naomi Newman
(excerpt from Preface of “Digital Storytelling Cookbook” by Joe Lambert)
<http://www.storycenter.org/cookbook.pdf>

THE NATURE OF STORYTELLING

- Re-storying the way people interpret their lives
- Linking life events with stories & discovering the driving values that lie behind them
- Externalising issues so that they can be managed more effectively
- Duality of experience - for every story of trauma there is a story of survival that is often unrecognized
- Bearing witness & richly acknowledging experiences

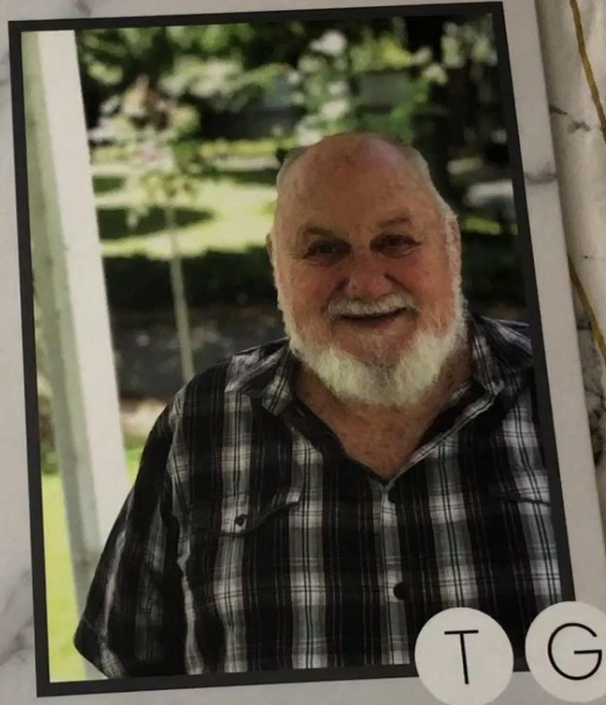
The Importance of Stories

- Trauma
- Sexual abuse
- Health and Chronic Illness
- Disability
- Palliative care & life-threatening illnesses
- Disenfranchised grief
- Socially Isolated
- Aged Care
- Youth
- Migrants
- Mental Health issues
- Violence, war settings including Genocide
- Post traumatic stress Disorder eg with veterans
- Bushfire victims

Storybooks

Terry's Travails

The life story of
Terry Gray



DIGITAL STORIES

CAPTURING PERSONHOOD & ESSENCE

- Margaret's Story:

<https://vimeo.com/163485550/67987705dd>

Moving to a new awareness of self

“We have an inner life story whose continuity is our lives. Each of us constructs and lives a narrative that is us and our identity. To be ourselves we must possess or re-possess ourselves. We must recollect the inner drama, that narrative of ourselves. We need such a continuous inner narrative to maintain our identity and our sense of self”

Oliver Sacks in

**Person-Centred Counselling for People with
Dementia: Making Sense of Self By Danuta
Lipinska**

A Narrative Therapy Approach

“Self narratives of older adults often include themes of loss and devaluation. These negative perceptions arise from personal experiences, such as widowhood or health impairments, and also the socially constructed images of older adults as dependent and unproductive. Narrative therapy provides a meaning-making strategy that can be used to assist older clients in altering their life stories. Within narrative therapy, older adults collaborate with the therapist to deconstruct their current narrative and construct an alternate one that has greater meaning for the client.”

Nancy P. Kropf & Cindy Tandy

Clinical Gerontologist V18 no4, 1998

pp 3-16

Principles

- ▣ Duality of Experience – the story of survival
- ▣ “Thicken” the Multi-story
- ▣ Bearing Witness
- ▣ Connection with the wider world
 - – “Catharsis” – beyond the self – “Ubuntu”
- ▣ A Safe Place to Stand
- ▣ The Person is not the problem
- ▣ Living with Mr P
- ▣ The Absent but implicit
- ▣ Definitional Ceremonies
- ▣ Therapeutic letters
- ▣ Ground Hog Day Therapy
- ▣ Going Fishing
- ▣ The stuck turntable needle

The Whatever it Takes Theory

- Uno Therapy
- Recipe Book
- Walking in the garden
- Entering the world outside
- Reminiscence about anything: object, photo, past, present
- Cycling without Age: <https://cyclingwithoutage.org>
- Coffee therapy
- Knitting therapy
- Gardening
- Music, reading, books, poetry
- Art
- Intergenerational programs

“Engaging to develop trust”

The Swinburne Wellbeing Clinic for Older Adults

- Counselling:

<https://vimeo.com/209147841/2eea5d110d>

- Group Programs:

<https://vimeo.com/209147370/7873312ac7>

Case Study from MHPN

- Mental Health issues long standing
- Why is she not walking??
- Parkinson's:
 - Medication interactions: see:
https://www.fightparkinsons.org.au/images/site/publications/Medications_to_be_used_with_Caution_brochure_March_2015.pdf
 - Pseudo-hallucinations
 - Depression often present (due to low dopamine levels)
See: <https://www.fightparkinsons.org.au/parkinsons-and-you/anxiety-depression-and-emotional-changes/>
- Other medical factors:
 - Thyroid, Delirium, UTI
 - Post-operative affects eg anaesthetic
 - Neuropsych?? Declining cognition ???
 - Kidney issues
- Psycho-social issues - Has she had any counselling???
- Family involvement & Support

REFERENCES & RESOURCES:

- *Group Approach to Narrative Therapy: A Review of the Literature* Ralph G. Menard
Kathy D. Robinson Donna E. Lane W. David
Lane Mercer University:
<https://egrove.olemiss.edu/cgi/viewcontent.cgi?article=1003&context=jcrp>

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- Using Reminiscence with People with Dementia in Sub-Acute & Acute Care

https://medicine.unimelb.edu.au/data/assets/pdf_file/0020/2471312/Using-remembrance-with-people-with-dementia-in-acute-and-subacute-care-manual.pdf

- The Dulwich Centre: <https://dulwichcentre.com.au>

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- Report on Dementia
 - [https://www.aihw.gov.au/reports/dementia/dementia-in-
aus/contents/about](https://www.aihw.gov.au/reports/dementia/dementia-in-
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 - E-mental health resource guide:
 - <https://www.emhprac.org.au>
 - Denise Tanner (2011): Identity, selfhood and dementia: messages for social work, European Journal of Social Work, DOI:10.1080/13691457.2011.611795
- link to this article: <http://dx.doi.org/10.1080/13691457.2011.611795>

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- The International Journal of Narrative Therapy and Community Work
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Narrative Therapy And Its Usefulness With The Geriatric Population
<http://www.lacounseling.org/images/lca/LCA%20presentation%20rd%20tr.pdf>
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