




Filling the Day with Meaning

Rod Harwood, MDiv, MA, QMHP-C , Greater Oregon Behavioral Inc.



2020 Forum on Aging in Rural Oregon

- Audio  and video  are muted for all participants.
- By selecting  the Q & A and Chat features will populate to your right. Please ask questions using the Q&A featured and use the chat function for everything else.
- Our moderator will read questions to the speakers at the end.
- Presentation slides will be posted at: <https://www.ohsu.edu/oregon-office-of-rural-health/forum-aging-rural-oregon>, and recordings will be posted shortly after the session.

Oregon's Older Adult Behavioral Health Initiative (OABHI)

- Why:** Older adults and persons with disabilities face unique barriers to having their needs met.
- What:** We are here to help improve the quality of life and systems of care for older adults and people with disabilities.
- Who:** 24 specialists that work throughout Oregon's 36 counties serving older adults in gaining better access to necessary behavioral health services.
- How:** Specialist conduct community education, workforce development trainings and complex consultations. We help engage and encourage collaboration with other agencies to improve outcomes for older adults.

For more info visit:

gobhi.org/programs/oabhi & oregonbhi.org



BUILDING PARTNERSHIPS FOR
OLDER ADULT BEHAVIORAL HEALTH

Filling the Day with Meaning

A silhouette of a person walking away from the camera on a sandy beach towards the ocean. The sky is a warm, hazy orange and yellow, suggesting a sunset or sunrise. The person's shadow is cast on the sand in front of them.

Description: This training explores how factors such as spiritual wellness, personality style, health and usual daily routine have a role in building and maintaining meaning, relationship and hope for older adults in the midst of Covid-19.

Objectives

- Understand how changes imposed by the epidemic impact spiritual, emotional and physical health
 - Learn how to use the Spiritual Health Assessment to understand the basic needs of the human spirit
 - Build a framework for providing a person centered balance of activities that fill the day with meaning for each older adult
-

Challenges to Older Adults Wellbeing

Caregiving

Care Coordination

Brain Health

Engagement and Purpose

Financial Wellness

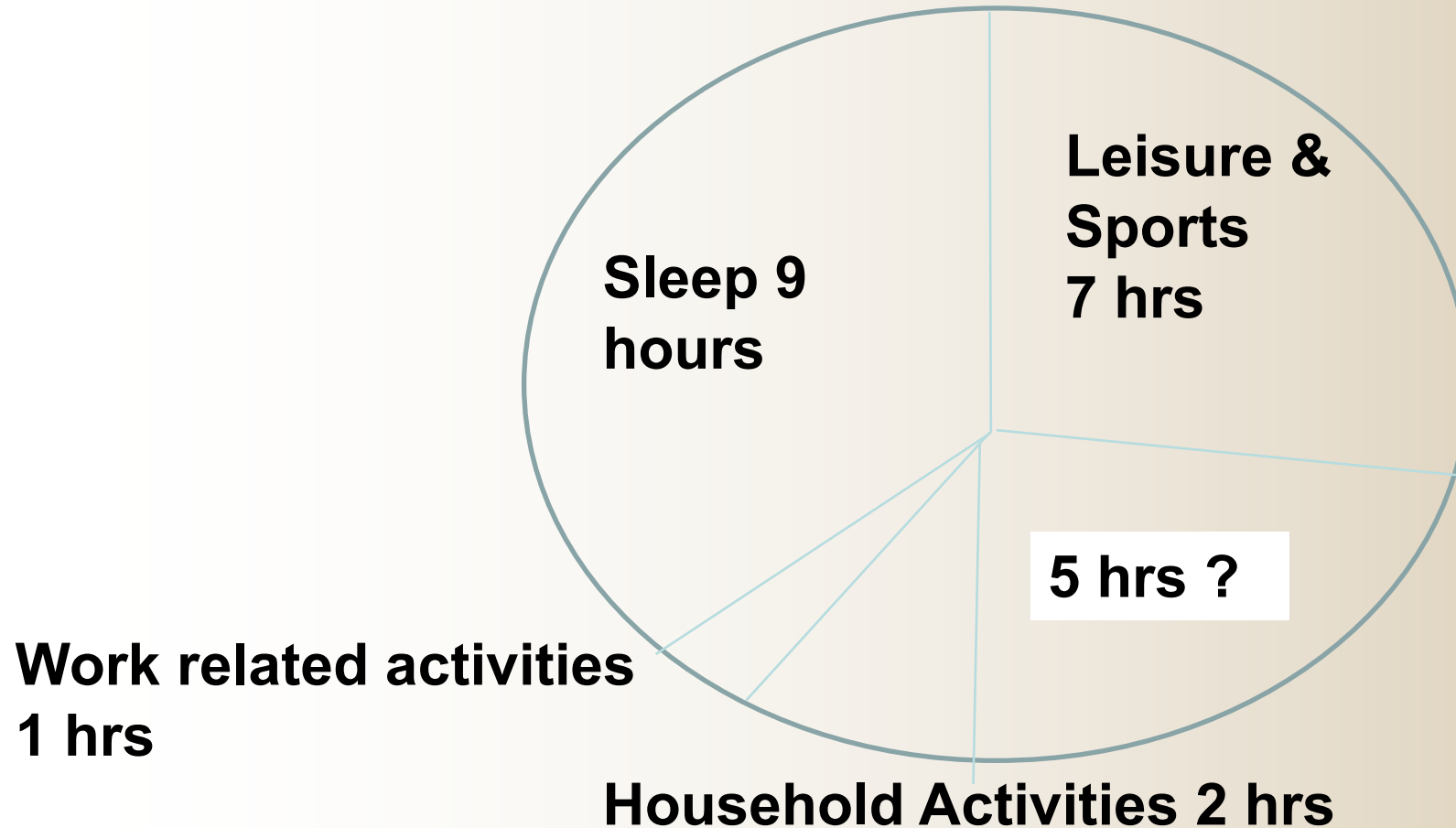
End of Life

Transportation

Mobility and Movement

Daily Living and Lifestyle

Time Use – Typical Older Adult 24 Day



NOTE: Data include all days of the week and are averages for 2011-15.

SOURCE: Bureau of Labor Statistics, American Time Use Survey

Living in a Pandemic

Challenges in a quarantine



How to Manage the Psychological Effects of Quarantine, *Psychology Today*, Mark Banschick M.D., March 20, 2020

Psychology Today

Impact of Quarantine

- They found a high prevalence of psychological distress symptoms.
- 29% post-traumatic stress
- 31% depression
- Participants in this study described a sense of isolation and were particularly affected by the lack of social and physical contact with family members.

Normal Functions of Primitive Brain



The Primitive Brain takes care of the autonomic body functions

– The Heart

If it notices you are more active, it gets more active.

If you slow down, it slows down.

- Notices you are getting low on fuel

Signals that you are hungry or thirsty

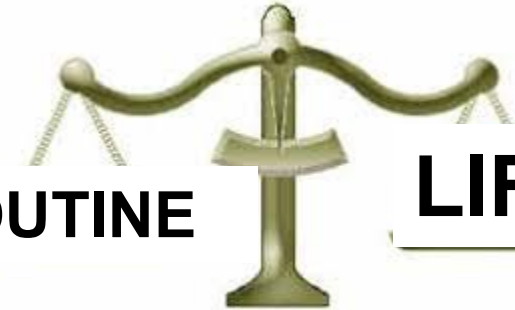
- Movement from space to space signals (cues) certain activities

Primitive Brain

Rhythm

ROUTINE

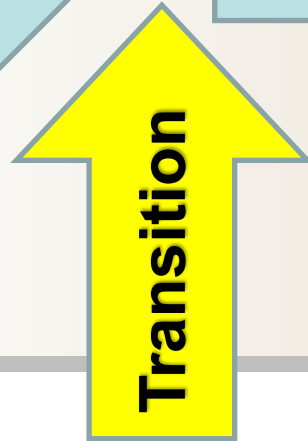
LIFE



Routine

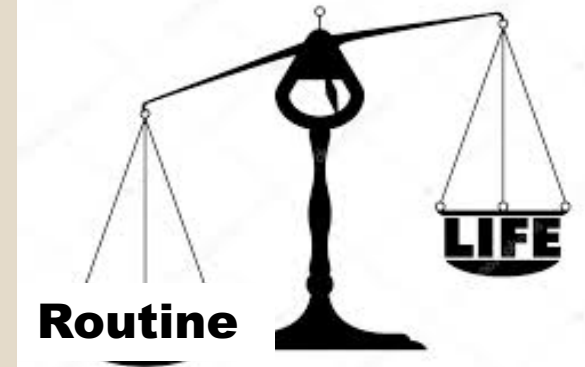
Routine

Transition



Experiencing a Loss of Daily Routine

Primitive Brain is having a hard time



- **Disruption of routine throwing it off balance**
- **Forcing it to work harder**

Signs of Older Adults not coping well

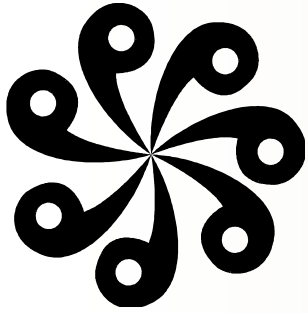


- **Changes in routine**
 - Isolation (Hide) and lack of interest in socializing
 - Hyper socialization (seek) – demand greater attention
- **Losing track of dates and times**
- **Memory and cognition problems**
- **Going through prescriptions more quickly**

Time Use – A Balance of Meaningful Activities

24 hr. Day





A HEALTHY OLDER ADULT

- **Physical — Medical = PAIN FREE**
- **Emotional — Social = SUPPORTIVE**
- **Spiritual — 'Anamcara' = PEACEFUL**

Religion & Spirituality

**Religion is the
container in
which the life of
the spirit grows**



Basic Needs of the Human Spirit

Healing through Self Awareness



Healing through Self Awareness

**“I set before you today
life and prosperity,
death and destruction ...**

“Choose Life!”





Sacred Art of Living

Center for Spiritual Formation

Richard & Mary Groves

Sacred Art of Living Center was established in 1996 by Richard and Mary Groves in Bend, Oregon, as a first-of-its-kind non-profit educational institute providing workshops and professional development focused on whole person caregiving.



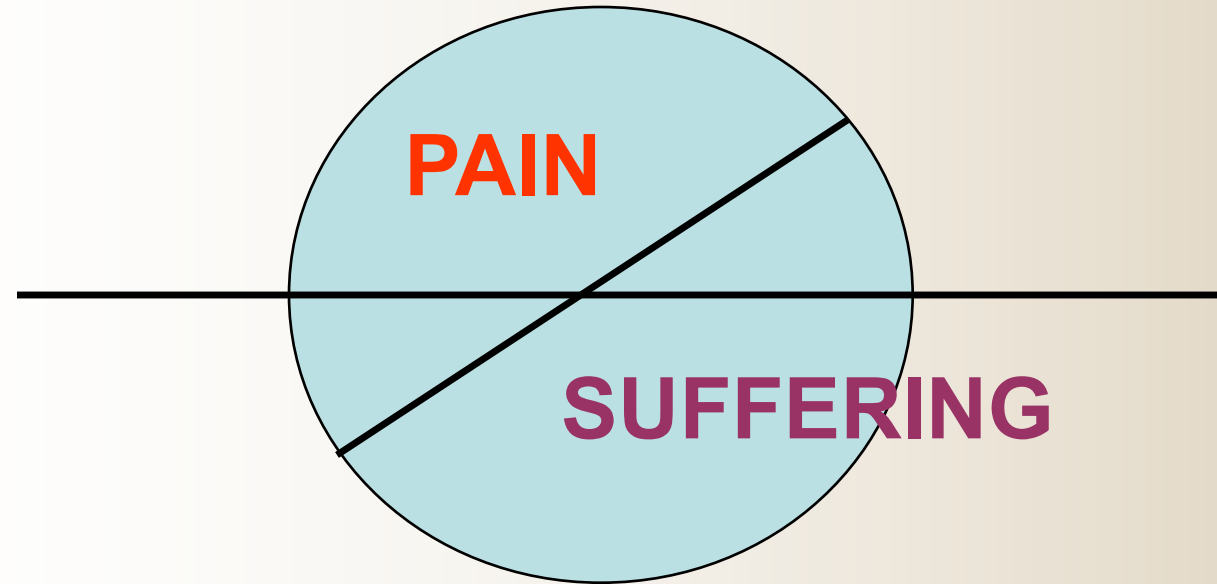
sacredartofliving.org

soulandscience.org



MEDICAL MODEL

Responsive to interventions of the medical model



Unresponsive to interventions of the medical model

SUFFERING

Suffering occurs when we assign meaning to the experience of physical or emotional pain... OR

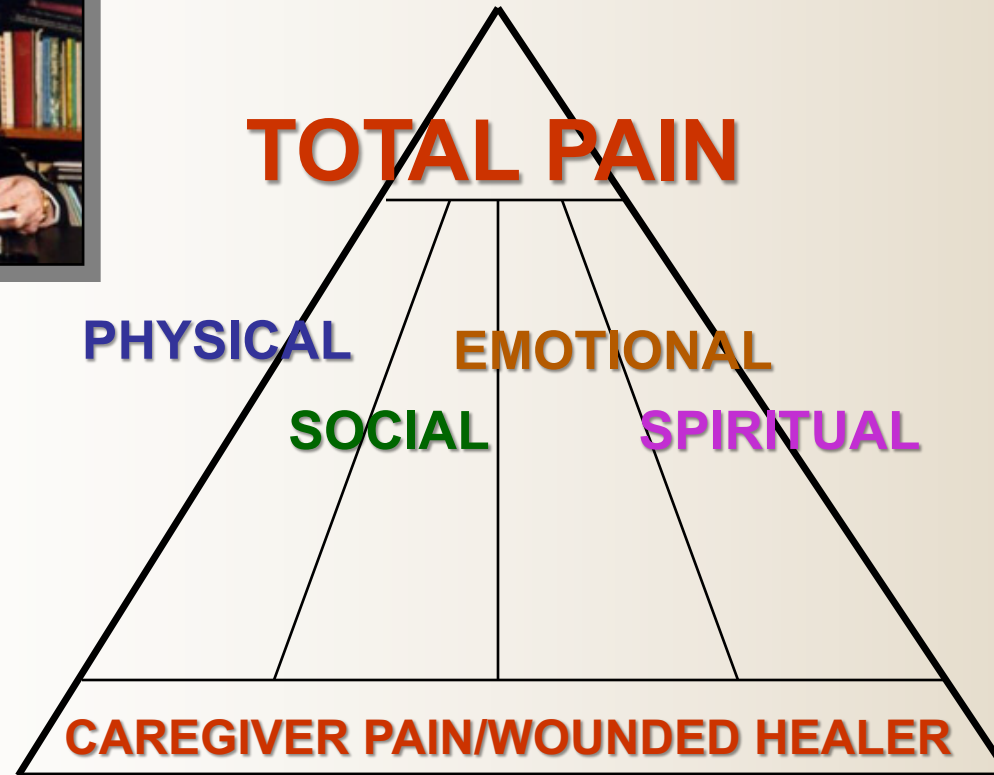


When we generate physical or emotional pain from our thoughts or stories.

Challenges for older adults in Pandemic that contribute to suffering

- **Having to wait**
- **Lacking purpose**
- **Feeling overwhelmed**
- **Feeling abandoned**
- **Finding no joy in the day**





WE ARE THE MEDICINE

Total Pain

Clinical Care Research

1. LISTENING TO PATIENT NARRATIVE

*“The pain seemed to go away **just by talking.**”*

2. ACKNOWLEDGING A PSYCHO- SPIRITUAL RELATIONSHIP TO PHYSICAL PAIN

3. ACHIEVING A ‘MIDDLE WAY’ BETWEEN TOO MUCH AND TOO LITTLE TREATMENT

*“Constant pain needs constant control... By providing a more human understanding of the context of a patient’s distress, the **voluntary use of analgesics always decreases.***



Wisdom Insight

**PAIN WHICH IS NOT
TRANSFORMED
IS ALWAYS TRANSMITTED**

Richard Rohr, OFM



Carl Jung

Wisdom Insight

If you get rid of the
PAIN
before you answer its
question, you get rid of
SELF*
along with it.

***Self = Psyche = Soul**

Wisdom from our Ancestors

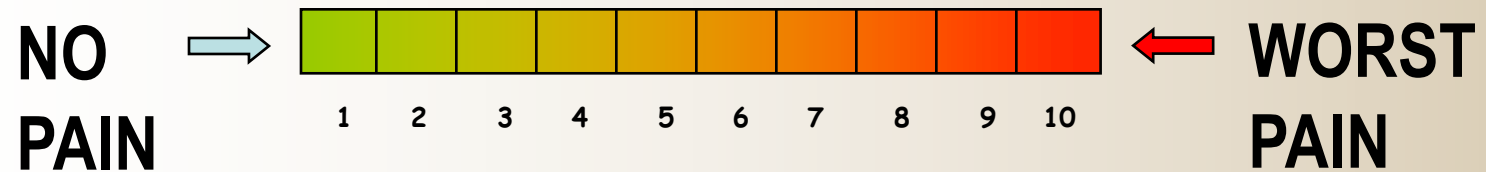
**IT IS NECESSARY FIRST TO
DIAGNOSE SPIRITUAL PAIN
BEFORE ATTEMPTING TO
RESPOND TO IT**

Monastic Books of the Dying



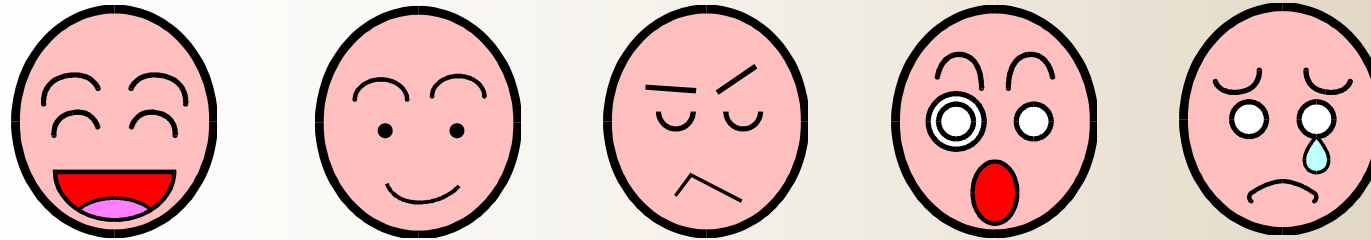
PHYSICAL PAIN SCALE

VISUAL ANALOG SCALE



EMOTIONAL PAIN SCALE

HAPPY FACE - SAD FACE



SPIRITUAL PAIN SCALE

HOW ARE YOU *WITHIN* YOURSELF?

COMPLETELY
PEACEFUL

GENERAL
WELL-BEING

EXTREME
ANXIETY

1

2

3

4

5



***“A person’s spirit will sustain
them in sickness, but a crushed
spirit will bring on death.”***



Proverbs 18:14

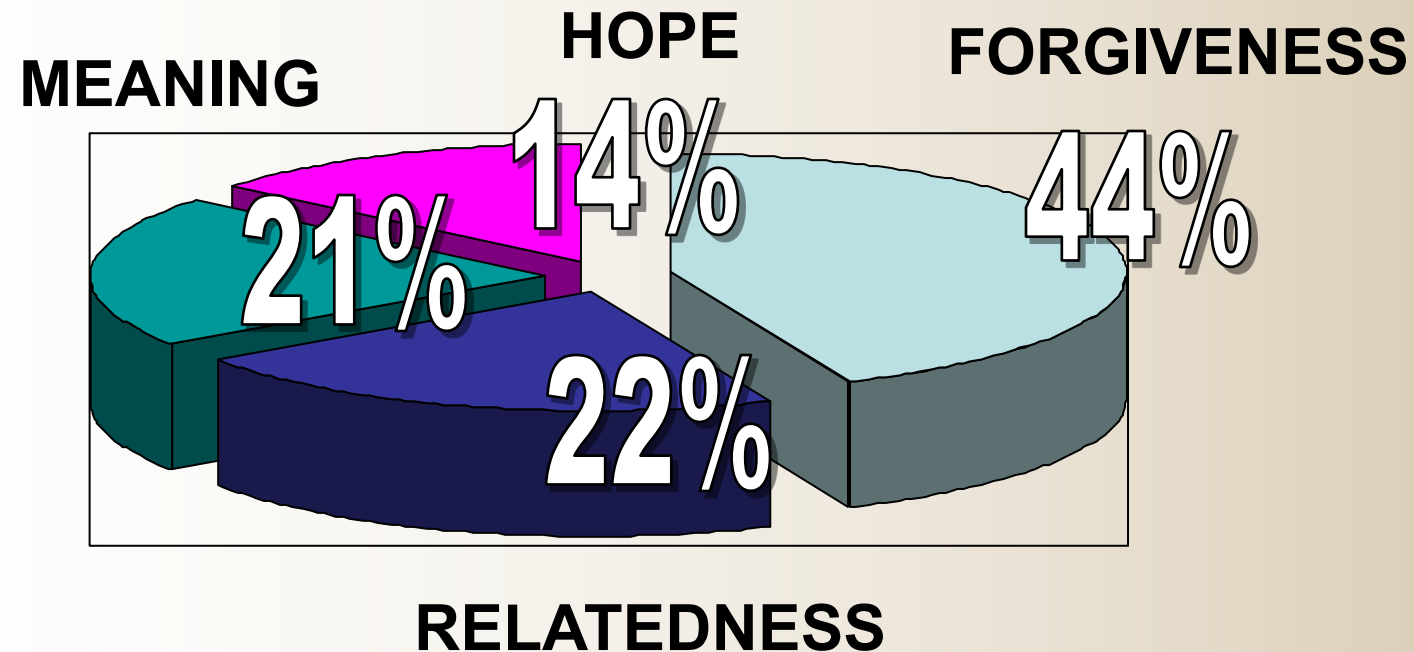
Filling our days with Meaning

The basic need of the Human Spirit

The Four Dimensions of Spiritual Health

- To find meaning in each day
 - To experience forgiveness
 - To have connection to what is most important to you
 - To have hope in tomorrow
-

PATTERNS OF SPIRITUAL PAIN



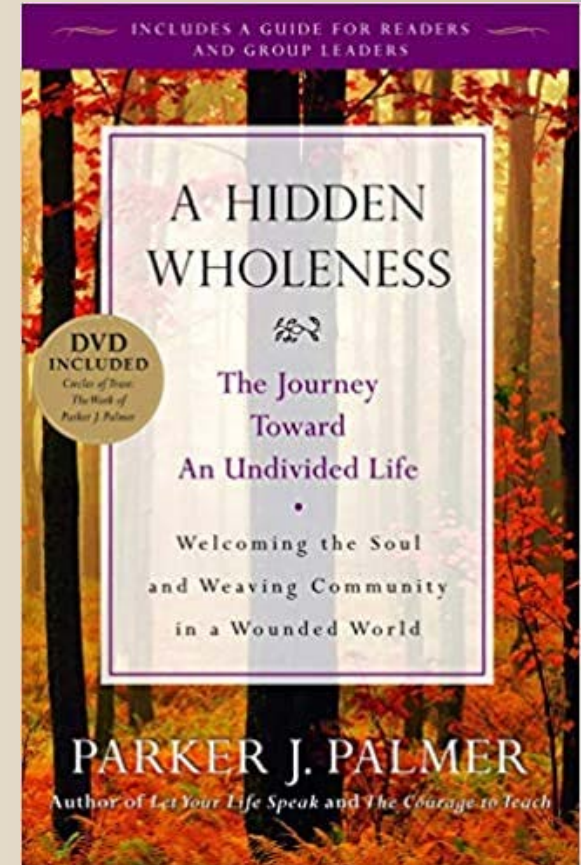
**BASED ON SELF EVALUATION OF PATIENTS
DURING PASTORAL CARE VISIT**

Statistics Based on 500 patient database SALC/RFG

Judgement vs Compassion



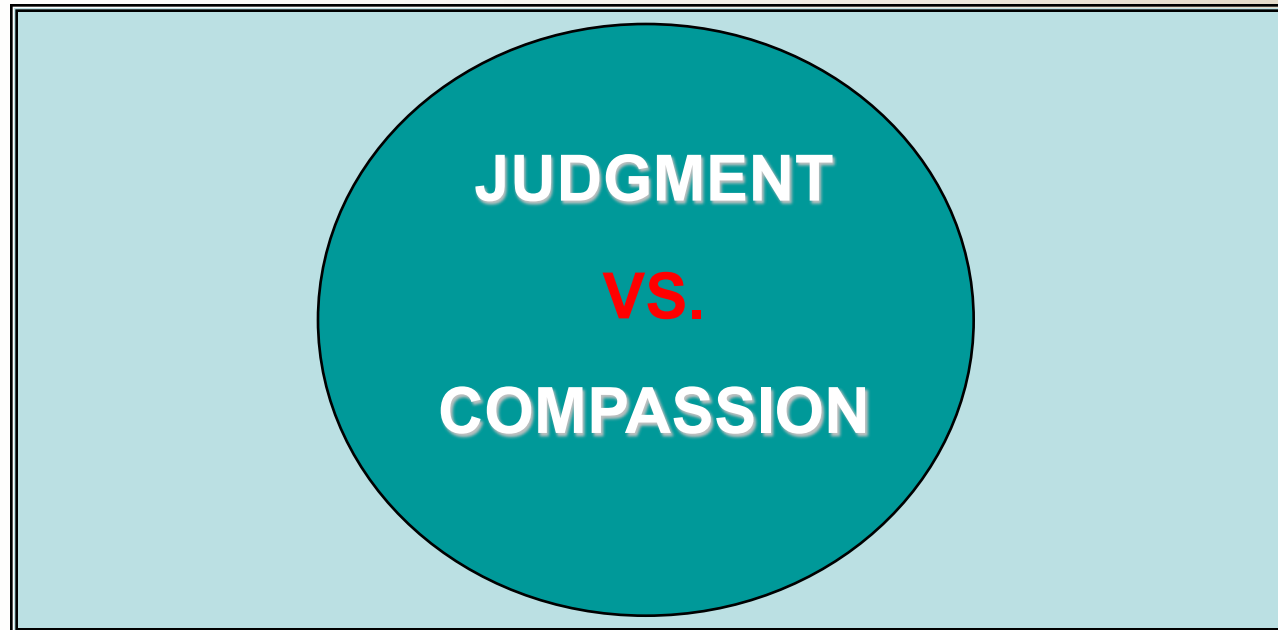
“The **soul is like a wild animal**—tough, resilient, savvy, self-sufficient and yet exceedingly shy. If we want to see a **wild animal**, the last thing we should do is to go crashing through the woods, shouting for the creature to come out.



FOUR QUALITIES OF SPIRITUAL PAIN

MEANING

RELATEDNESS



HOPE

FORGIVENESS

Wisdom from our Ancestors

**THE ONLY CURE FOR
SPIRITUAL SUFFERING IS
TO LEAN INTO THE PAIN**

Celtic Books of Living & Dying



PREScriptive PRACTICES



SPIRITUAL — MEDICAL SCIENCE

SPIRITUAL HEALTH ASSESSMENT

Healing through Self Awareness



Based on "Healing the Four Dimensions of Spiritual Pain" in the classical Sacred Art of Living & Dying tradition

NAME/CARE RECEIVER _____

CARE GIVER [optional] _____

DATE _____ TIME _____

LOCATION _____

INSTRUCTIONS

- Quiet yourself and take a moment for reflection.
- Circle the deepest truth that describes "How you are within yourself" today.
- Use the optional questions as a guide for insight.
- Record and compare your answers at regular intervals in order to discover patterns of spiritual health or distress.
- Trust that awareness is the first step towards healing. Instead of trying to fix spiritual pain, it only needs to be listened to and received.

MEANING

1
Life is filled with
purpose and meaning

2

3
I feel generally
motivated

4

5
Life has become
meaningless

What is giving me life and energy right now? _____
Who or what keeps me from being fully alive? _____

FORGIVENESS

1
I feel a deep sense
of reconciliation
towards myself and
others

2

3
There are no outstanding
issues that are calling for
forgiveness in my life

4

5
I feel a strong sense
of un-forgiveness
towards myself
and/or another

Who or what do I need to forgive? _____
From whom do I need to seek forgiveness? _____

RELATEDNESS

1
I feel a strong sense of
connection with the
persons and things that
matter most to me

2

3
Most important areas
of my life seem
balanced

4

5
I feel seriously alienated
from someone/thing that
is important to me

Who or what means the most to me? _____
Who or what do I fear losing? _____

HOPE

1
I feel hope-filled
and optimistic

2

3
I generally trust what
the future holds for me

4

5
I am experiencing
deep depression
and hopelessness

What dreams keep me alive? _____
Why might I feel depressed or hopeless? _____

How are you within today?

MEANING

1

Life is filled with
purpose and meaning

2

Life is good
I know what
I want to accomplish

3

I feel generally
motivated

4

I lack energy
to accomplish

5

Life has become
meaningless

What is giving me life and energy right now?

Who or what keeps me from being fully alive?



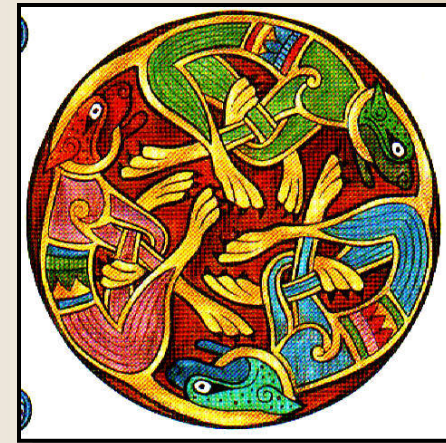
MEANING PAIN



WHY AM I HERE?

***Meaningfulness
Makes Us Well***

***Meaninglessness
Makes Us Sick***



“Why am I here?”

The question that is asked when meaning is lost.



- **Lacking purpose**
- **Feeling overwhelmed**
- **Finding no joy in the day**

Why do some people want to die?

- Feel that I am a burden to my family
- Feel that everyone will be better off without me



Cultural Barriers to finding Meaning



- **SPEED**
- **BUSYNESS**
- **INFORMATION OVERLOAD**



What is really important?

Opportunity to reflect

Finding new purpose – loss gives space for something new –

Discover the role of Being a mentor - my father leading us on how to face death



SPIRITUAL GEOGRAPHYING

- **Life Review**
- **Joys and Suffering**
- **Weekly Option**



OUR MISSION

Bringing meaning and purpose into the lives of elders
✦ through creative engagement

WHO WE ARE

Founded by MacArthur Fellow Anne Basting, we are an international network of artists and caregivers committed to bringing joy to late life.

WHAT WE DO

As our bodies and minds change with age, people ask - "How can I connect with my mom? My clients? My neighbor?" TimeSlips says try imagination... ✦

<https://timeslips.org/>

Ask a Beautiful Question



What is the most beautiful sound in the world?

Make up a story



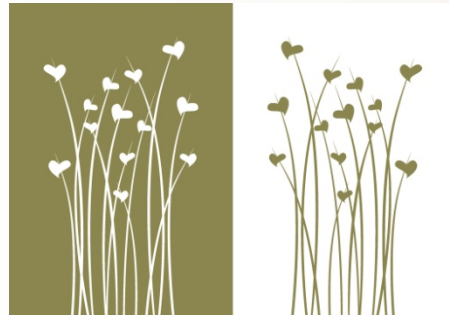
RESPONDING TO MEANING PAIN



JOURNALING



STORY TELLING



LOGO THERAPY



SPIRITUAL GEOGRAPHYING

FORGIVENESS PAIN



WHAT DO I NEED
TO LET GO OF?

FORGIVENESS THERAPY



“Any attempt to access the human capacity for forgiveness **is guaranteed** to enhance the immune system... thereby enhancing a person’s state of body-mind-spirit balance.”

Joan Borysenko PhD

“Seventy Times Seven”

How are you within today?

FORGIVENESS

1

I feel a deep sense
of reconciliation
towards myself and
others

2

3

There are no outstanding
issues that are calling for
forgiveness in my life

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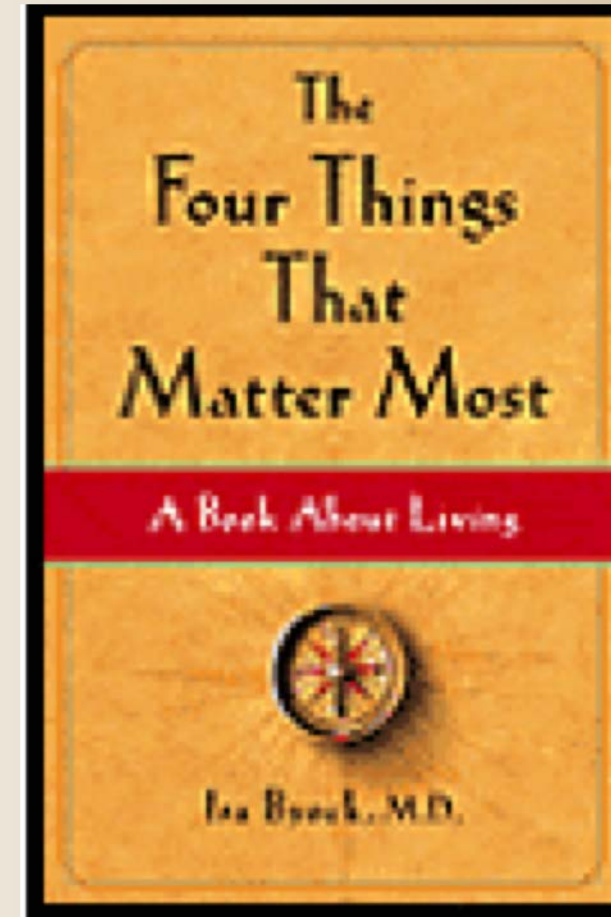
Who or what do I need to forgive? _____

From whom do I need to seek forgiveness? _____

The 4 Things That Matter Most



Dr. Ira Byock, M.D. is an American physician, author, and advocate for palliative care. He is founder and chief medical officer of the Providence St. Joseph Health Institute for Human Caring in Torrance, California.



The Dying are our teachers about living

“An Elder is one who is closer to the edge of the scared circle of life than you.”



1. “Please forgive me...”



2. “I forgive you...”

UNIVERSAL LAW OF FORGIVENESS



***“Forgive us our faults...
as we forgive those who hurt us.”***

The Lord’s Prayer

Wisdom from our Ancestors

COMMUNITY

We are not
wounded
alone **nor do**
we heal
alone...

Monastic Books of
Dying
11th century



*“Caveat quisquis solo
vult vivere...”*

RESPONDING TO FORGIVENESS PAIN



LIFE REVIEW



BREATH WORK



12-STEP EXERCISES



MEDITATION

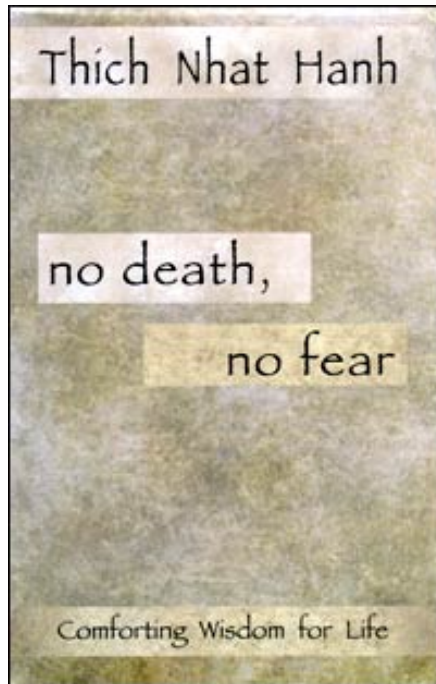


RELATEDNESS PAIN



WHAT AM I COMMITTED TO
IN LIFE AND DEATH?

RELATEDNESS THERAPY



Spiritually it is who or what we are in relationship to that which creates a sense of harmony and belonging.

When core relationships, either with persons or things are out of balance, the emotional and physical bodies inevitably become dis-eased.

Thich Nhat Hanh

Thwarted Belongingness

Our need to belong to valued groups and relationships is so powerful that, **if frustrated or thwarted, serious negative health consequences follow – including suicide.**

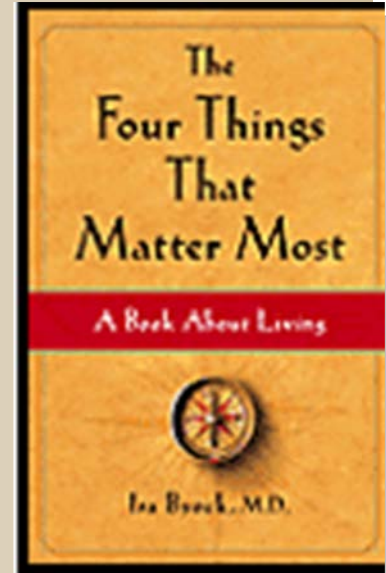


The importance of Connection

3. “I love you...”

*“What keeps us alive, what allows us to endure?
I think it is the hope of loving, or being loved.”*

Meister Eckhart
Love Poems from God



How are you within today?

RELATEDNESS

1

I feel a strong sense of connection with the persons and things that matter most to me

2

3

Most important areas of my life seem balanced

4

5

I feel seriously alienated from someone/thing that is important to me

Who or what means the most to me? _____

Who or what do I fear losing? _____

Connection



Challenges to Connection

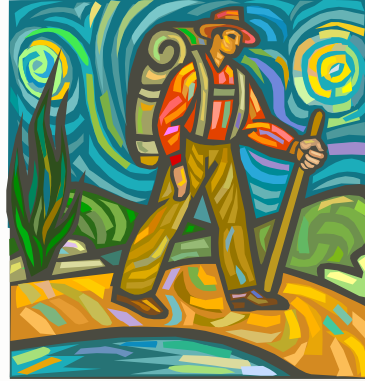
- Loss of **relationship** with those you love
 - Loss of **identity** and **role**
 - Loss of **routine** and **familiar activities**
 - Loss of connection → leads to **experiences of grief**
-

Grief and Mourning

Renew your resources for living



RESPONDING TO RELATEDNESS PAIN



NATURE QUEST



RELIGIOUS RITUAL



THERAPEUTIC TOUCH



HEALING ARTS

HOPE PAIN



WHAT DOES THE
FUTURE HOLD FOR ME?

How are you within today?

HOPE

1

I feel hope-filled
and optimistic

2

3

I generally trust what
the future holds for me

4

5

I am experiencing
deep depression
and hopelessness

What dreams keep me alive? _____

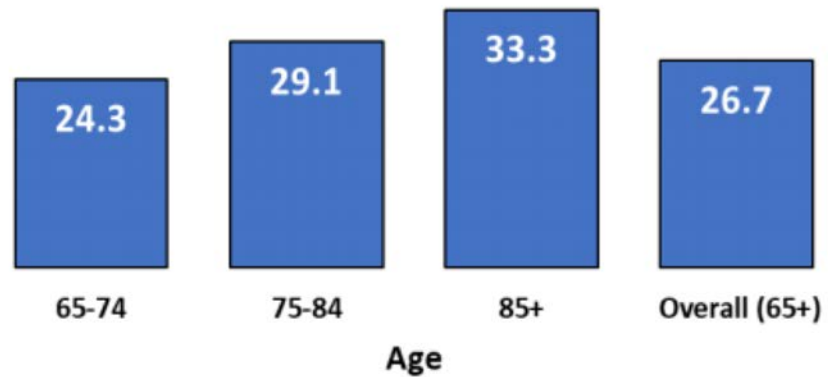
Why might I feel depressed or hopeless? _____

Hopelessness...

is the terminal illness of spiritual pain.

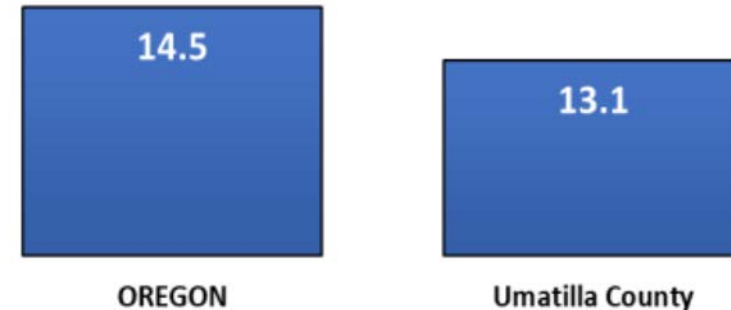


Older adult suicide rates in Oregon by age (per 100,000)



CDC Wonder 2018

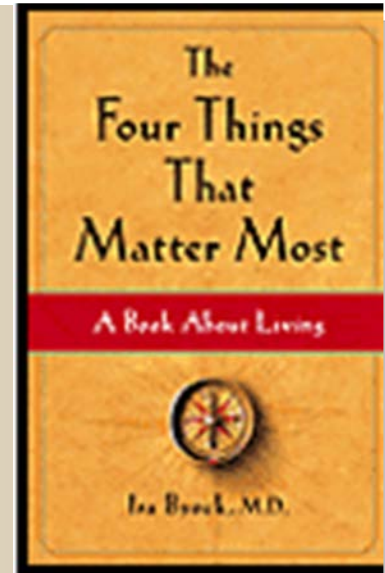
Percent (%) Depression Prevalence Age 65+



CMS Chronic Conditions 2017

4. Thank you...

The importance of showing appreciation



“There is more hunger for love and appreciation in this world than for bread.”

Mother Theresa

The important practice of gratitude

Reframing the Darkness



**“If the only prayer you say in your whole life is
‘thank you,’ that would suffice.”**

Meister Eckhart, a fourteenth-century Christian theologian and mystic

Modeh Ani

“I give thanks”

Observant Jews recite upon waking while still in bed.

"I give thanks before You	מוֹדֵה אֲנִי לִפְנֶיךָ
eternal and living King	מֶלֶךְ חַי וְקַיִם
who returns my soul within <u>me</u>	שֶׁהַחַיּוּת בִּי נִשְׁמָתִי
with mercy.	בְּחַמְלָה
Great is Your faithfulness."	רַבָּה אֲמוּנָתְךָ

RESPONDING TO HOPELESSNESS PAIN



MUSIC THERAPY



VIGIL PRACTICES



Expressing GRATITUDE



JOURNALING

Impact of Meaningful Activities on Older Adults' Wellbeing

- Improved cognitive functioning
- Improved mood
- Improved life quality
- Reduced agitation or irritability
- Improved person-centered care
- Improved the general health
- Reduced antipsychotics & psychotropic needs
- Created a more positive living environment

Meaningful Activity for Long-Term Care Residents With Dementia: A Comparison of Activities and Raters *The Gerontologist*, Volume 57, Issue 3, 1 June 2017

Our job as caregivers

Providing the right support
and the right care, we can
help them fill their day with
meaning

Questions?

Thank you for participating

A silhouette of a person standing on a sandy beach, looking out at the ocean. The person is wearing a t-shirt and shorts. The ocean has gentle waves, and the sky is a pale, hazy blue.

Contact Information

- Rod Harwood, M.Div, MA, QMHP-C , Greater Oregon Behavioral Health rharwood@gobhi.org

Resources

- Sacred Art of Living Center, sacredartofliving.org
- Soul and Science-lessons for caregiver, soulandscience.org
- Positive Approach to Care, teepashow.org
- The Four Things that Matter Most, Ira Byock, M.D.
- Oregon Behavioral Health Initiative, oregonbhi.org
- TimeSlips - timeslips.org
- Pioneer Network – pioneernetwork.net
- Positive Approach to Care – TeepaSnow.com

1 hr. Virtual Trainings available for you

supporting those living with dementia

- Filling the Day with Meaning
- Introduction to GEMS
- 10 Ways to De-escalate a Crisis
- Normal Aging vs. Not Normal Aging
- Challenging Behaviors (Coming Soon)
- Dementia 101 (Coming Soon)
- Connecting Through Music (Coming Soon)
- Brain Changes (Coming Soon)



Sacred Pathways for the Spiritual Restoration

- **Naturalist** – connecting in nature
- **Ascetic** – being drawn to spiritual disciplines (ie. fasting, solitude)
- **Traditionalist**- loves historical liturgies
- **Activist**- comes alive spiritually in a great cause
- **Caregiver** – meets God in serving
- **Sensate** – senses the divine through five senses
- **Enthusiast** – loves to grow through connection in group activities
- **Contemplative** – is drawn to solitary reflection and prayer
- **Intellectual** – loves the divine by learning, studying sacred scriptures

(Sacred Pathways by Gary Thomas)

DOMINANT FORGIVENESS ISSUES

	ISSUE PRESENTING	ISSUE REPORTED TO BE RESOLVED	APPARENT LACK OF RESOLUTION
WITH SELF	66%	50%	16%
WITH OTHERS+	17%	15%	2%
WITH GOD	6%	1%	5%
MULTI- LEVEL	11%	3%	8%

+ PERSONS STILL ALIVE: 94%, PERSONS DECEASED: 6%