



Assessing Spiritual Needs

Spiritual distress and emergence-y

What is spirituality?

“Spirituality is an aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred.”

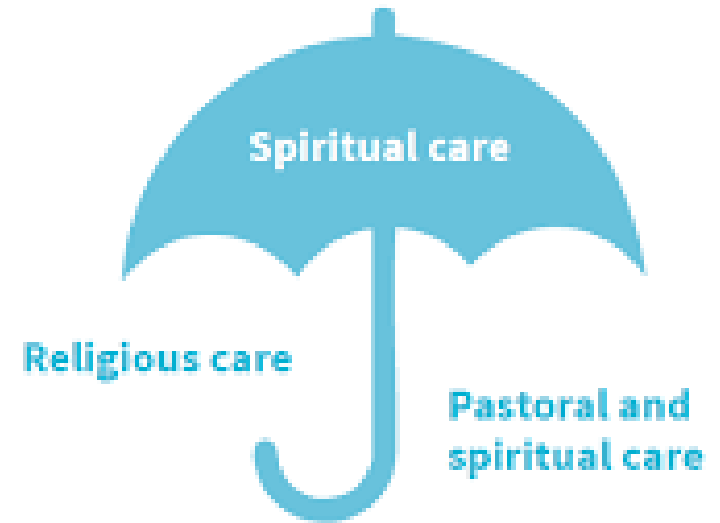
Definition offered by Holly Nelson-Becker, developed out of the work of the Consensus Conference on “Improving the Quality of Spiritual Care as a Dimension of Palliative Care”. Pasadena Ca. USA 2009.



Spirituality is a life journey with awareness.
Being religious is a path we may or may not
choose, but being spiritual is what we are.
We spend much of our lives unwrapping
that awareness.

A deeper understanding of the
interconnectedness of all things makes all of
life a celebration of growth.

Joy Cowley



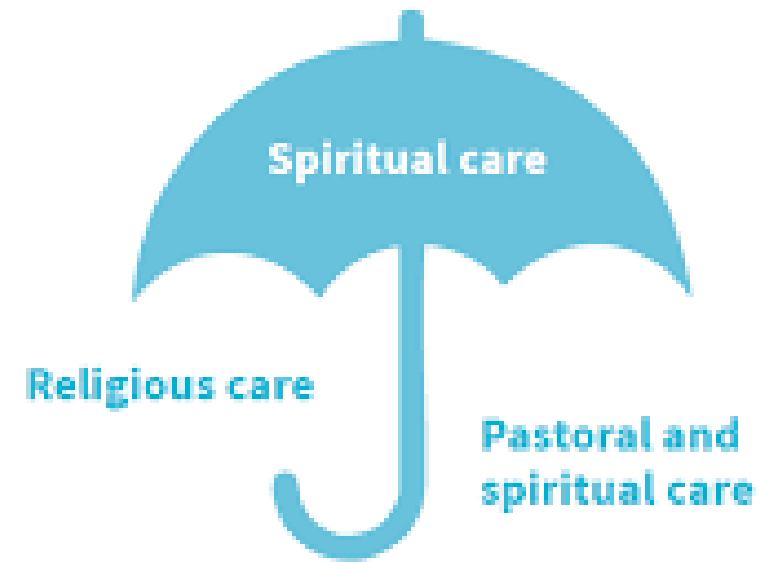
Distinctions between Religious and Spiritual Care

The distinctions between religious and spiritual care can be defined as:

- Spiritual care might be said to be the umbrella term of which religious care is a part. It is the intention of religious care to meet spiritual need.
- Religious care is given in the context of shared religious beliefs, values, liturgies and lifestyle of a faith community.
- Spiritual care is not necessarily religious. Religious care should always be spiritual.

From the Australian National Guidelines for Spiritual Care in Aged Care, page 8

Spiritual Care is the umbrella



What are spiritual needs?

- Love (community, connection)
- Faith (worldview)
- Hope (vision)
- Virtue (ethics)
- Beauty (renewal)

These needs are present whether the individual recognises them or not.”

Bartel, M: “What is Spiritual? What is Spiritual Suffering?” The Journal of Pastoral Care & Counselling, Fall 2004, Vol 56 No 3 pp. 187-201

Reflect privately on this:

What are the sources of community, connection, worldview, vision, ethics and renewal for you?

LeeCare Spiritual Needs Questions

Spiritual needs

What is important in life for you?

Characters remaining 3000 / 3000

What spiritual needs do you have?

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Religion/belief:



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Religious needs

Minister/church you wish to be in contact with

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Religious celebrations you wish to continue

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Wishes regarding service participation

Characters remaining 3000 / 3000

How can staff make life in this Aged Care Service as fulfilling as possible?

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Proposed new questions:

Trial Spiritual Assessment Questions for RN to ask on admission to residential care, (supplemented by Chaplaincy and Counselling service after referral as required):

What is important in your life?

We recognise that the months and weeks that have brought you to this day have involved significant change and perhaps loss. We here at the Selwyn Foundation want to offer you the best support through this transition.

What are the sources of hope, meaning, comfort, strength, peace, love and connection in your life? Are there some of these things that we can support you to do?

What are the personal experiences that add meaning to your life? Are there some of these things that we can support you to do?

Proposed new questions contd.

Question	Very often	Often	Sometimes	I Don't know
How often do you think about your beliefs or what gives your life meaning?				
How often do your beliefs sustain you in difficult times such as times of loss, illness, concerns regarding the future?				
What part does organised religion play in your life?				
Would you like to attend the in-house worship service at ...time and ...place?				
Would you like us to contact a faith community leader for you?				

Spiritual Growth or Emergence-y

Reflect privately on this:

Have I ever had a time when a life experience has changed my worldview?

Have I personally travelled through a time of spiritual emergence-y?