Care Comfort and Connectedness: the power of pastoral presence

HammondCare

An independent Christian charity
What is pastoral presence?

Following the example of Jesus Christ:

Pastoral Care offers the gift of time and listening;

of being fully present to the person;

of being sensitive to the needs of people regardless of their faith position;

caring for the whole person- mind, body, soul and spirit;

journeying with people through the joys and sorrows of life;

offering God’s love in word and/ or deed, or simply just being there.
Pastoral Care is about finding and building relationships with residents, connecting at an emotional and spiritual level. This connection by its very nature improves quality of life and for some involves discussion of spiritual and faith based issues.

Building relationship is a mutual choice!

Pastoral Care relationships can be powerful when love and respect for the person is the highest priority.
Ensuring good communication with people who have dementia, helps in building relationships.

You can improve your relationships with people by committing to some simple rules about communication.

- **SLOW**: Slow down, remember that your world moves so much faster than the world of someone living with dementia.
- **SIMPLE**: Keep what you say simple one idea at a time, use short sentences.
- **SPECIFIC**: Talk about specific people, objects or events they may remember. Use names (John or Mary) instead of personal pronouns (He, she).
- **SHOW**: Use gestures, point to items, use visual examples such as photos, show choices, “would you like to sit here?” and then gesture toward the chair.
- **SMILE**: Facial expressions can be understood long after verbal language is lost. Send your message with a smile!
“Where there is empathy without personal knowledge, care will be aimless and unfocussed. Where there is personal knowledge without empathy, care will be detached and cold. But when empathy and personal knowledge are brought together miracles can happen.”

*Tom Kitwood (1997) Dementia reconsidered*
The focus of pastoral presence

“Some of the ways Pastoral Care can assist a person to be more of themselves include;

**Focusing on an older adult’s inner well being.** Means *intentionally finding joy* even though there is sadness, *finding hope* even though there may be despair, *finding love* even though there may be isolation & anger, *finding peace* even though there may be anxiety and *finding creativity* when so much of life may be boring.”

Our mission
Our passion is improving quality of life for people in need