

Exploring Relational Caring as a Transformational Approach to Caring and Learning

Sherry L. Dupuis, Carrie McAiney,
Christine Jonas-Simpson, Kathy Hickman,
Mary Schulz, Gail Mitchell, Pia Kontos,
Julia Gray, Katia Engell,
and Partners from Extendicare



Session Objectives

By the end of this session, you will have:

- ▶ experienced some activities from the RCLS, building relational caring knowledge and skills
- ▶ compared relational caring principles to those of person-centred care
- ▶ discussed what needs to be in place to implement relational caring and the RCLS in LTC
- ▶ identified specific ways that you can adopt relational caring principles in your own practices.

Relational Caring is...

On your tables you will find a 'What is Relational Caring?' summary sheet.

Take a few minutes to read through the summary sheet.

As you do, underline what stands out to you.

When you are finished, share with others at your table what stands out for you about these ideas? What excites you? What concerns you?



Reflecting on the Key Principles of Relational Caring

We have placed posters reflecting the principles of relational caring in an envelope on your tables.

One at a time, remove each poster from the envelope.

Explore what each principle means to you by going around the table and sharing **images or words that come to mind when you think of this principle.**

Insert It Takes a
Community Here

Exploring Differences between PCC and Relational Caring

Use the handout on your tables “How relational caring builds on person-centred care’ and work with your tablemates to identify differences between PCC and relational caring and how relational caring might build on person-centred care.

Then work together to create two different theatrical tableaux (images using your bodies or short scenes) that reflect the differences you see between the two approaches.

Relational Caring Learning Series

Working Group Members

Extendicare (Long-Term Care Experts)

Don Campbell, Extendicare Oakview Place

Niklas Chandrabalan, Extendicare Bayview

Princess Cuffy, Extendicare Bayview

Janice Dunn, Extendicare

Josee Goulet Kack, Extendicare Assist

Kami Johnson, Extendicare Pinehaven (left team in Summer 2016)

Donna Lee, Extendicare Lakeside

Ronald Parent, Extendicare Oakview Place

Laura Smith-Baldi, Extendicare Bayview

Edna Tachahashi, Extendicare Bayview

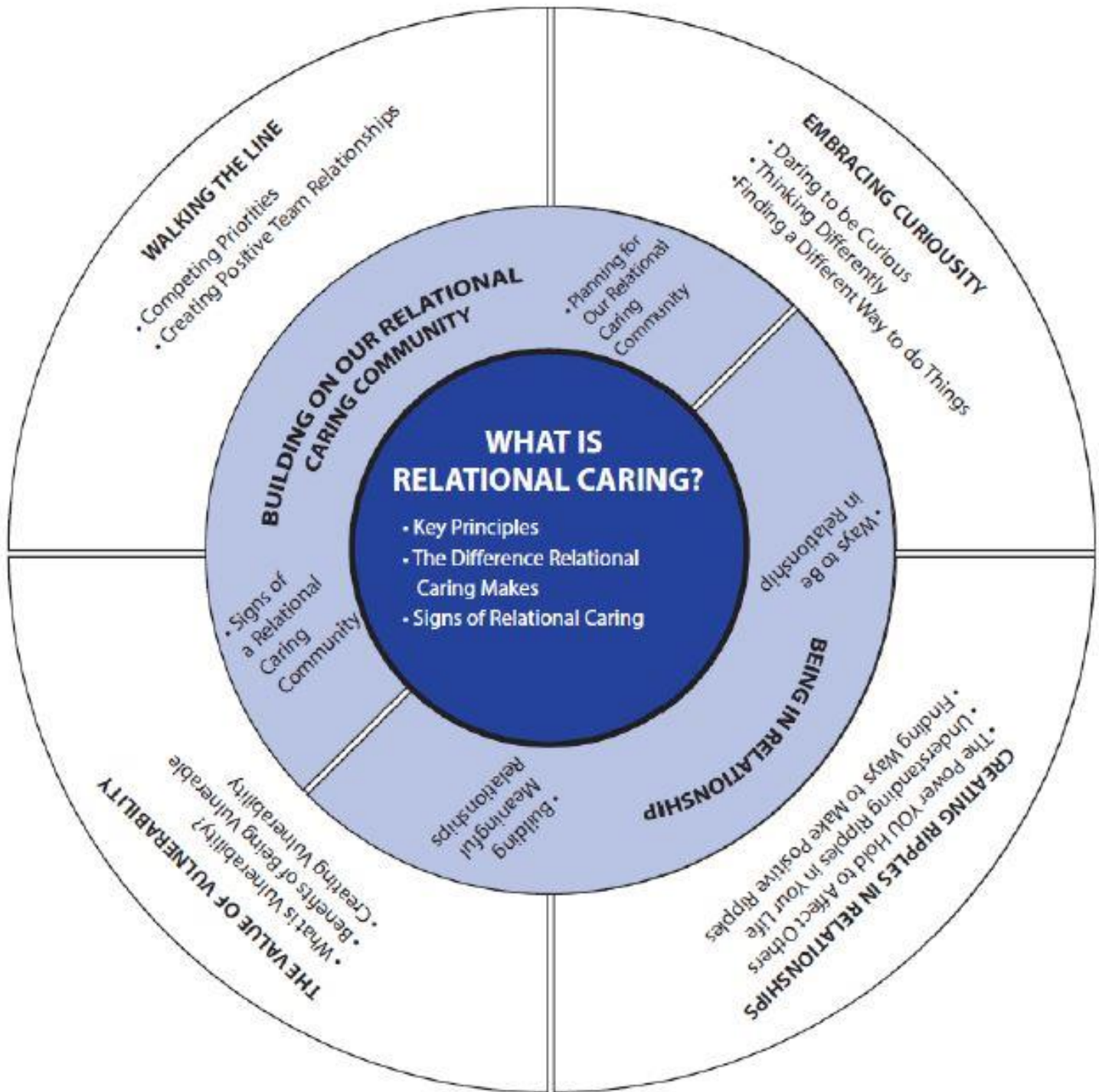
Valerie Tulloch, Extendicare Bayview

Donna White, Extendicare Oakview Place

Relational Caring Learning Series

Working Group Members

- Culture Change Experts from the PiDC Alliance (Sherry Dupuis, Carrie McAiney, Jill Mercier, Katia Engel)
- Adult and Dialogue Education experts (Kathy Hickman)
- Relational Caring Researchers and Experts (Drs. Julia Gray, Pia Kontos, Christine Jonas-Simpson, and Gail Mitchell)
- Dementia Care Experts from the Alzheimer Society of Canada (Mary Schulz)



Feedback on RCLS

“Enjoyed engaging with people in different roles.”

“Learned how to better support my team - interdependence.”

“It was an eye opener - after many years working with people living with dementia it was hard to imagine another way of approaching residents. But as it unfolded, it became obvious that there is another way.”

“Very enlightening. I enjoyed the focus on holistic health + interdependence, and also the importance of self reflection.”

“I like the different styles of learning.”

“Good learning and open dialogue. Sharing of ideas from different teams and experiences.”



A word cloud of feedback terms in various colors and orientations. The words include: Thought-provoking, Validating, Informative, Active, Refreshing, Rollercoaster, Engaging, Great, Eye-opener, Inspiring, Enlightening, Productive, Positive, Creative, Fun, Interesting, and AMAZING.

Identifying Challenges and Possibilities of Relational Caring in Practice

- ▶ What might be some of the challenges in implementing relational caring in your settings? In implementing the RCLS in your settings?
- ▶ What would be needed to support the successful implementation of relational caring in your settings? Of the RCLS in your setting?
- ▶ What is one thing you could do to adopt relational caring in your own practice/life?



Thank You and Questions!

PiDC

Partnerships
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Enhancing Dementia Care for Everyone



Sherry L. Dupuis, Ph.D.
sldupuis@uwaterloo.ca

Carrie McAiney, Ph.D.
mcaineyc@mcmaster.ca

Christine Jonas-Simpson, Ph.D.
jonasimp@york.ca

<http://www.uwaterloo.ca/pidc>



@pidcalliance

@crackeddementia



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