

MEETING GROUND THEATRE COMPANY
& NOTTINGHAM LAKESIDE ARTS
PRESENT

inside out of mind

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WELCOME TO THE WARD WITH NO NAME



WORKBOOK

Self-care for direct care workers in
dementia services

CONTENTS



Each of the four sessions in this workbook is designed to help you meet a set of learning objectives. These are specified at the start of each section. By completing the sessions and achieving these objectives, participants will become more skilled in self-care.

The sessions that follow are:

1. Identifying our own feelings, beliefs, or attitudes that may affect caring relationships.
2. Identifying ways that direct care workers and managers can help to reduce stress and prevent burnout
3. Using our emotions at work
4. End of life care, death and afterwards

The urls for the resources are given below:

Introduction GRACE - I take these voices home

<http://vimeo.com/76874305>

password = IOOM



Session 1 BRENDA Handmaiden

<http://vimeo.com/76875191>

password = IOOM



Sessions 2 & 3 KEITH and YOUTH - The ward with no name

<http://vimeo.com/74279235>

Password = IOOM



Session 4 GRACE - When someone dies

<http://vimeo.com/74280876>

Password = IOOM



INTRODUCTION



Why focus on self-care and self-compassion?

Self-care is a competency that underpins all of our caring activities. Without skills in self-care, it is difficult to provide dementia care well. We can easily come to feel negative about the work or the about the people with whom we work.

Many people find it easier to learn facts and figures than to develop the kind of self-awareness that is needed for effective self-care.

Reflective practice

Reflective practice is a means by which direct care staff can develop a greater self-awareness about the nature and impact of their work, an awareness that creates opportunities for professional and personal growth and development.

Maximum benefits from reflection are said to occur when the reflection happens within a team, in interaction with others; when those involved value the personal and intellectual growth of themselves and others; and when they have had time to engage in slow, non-assumptive thinking. This process is called 'reflection'.

This module includes a reflective practice workbook for you to read and guide you in your day to day care-giving.

Reflecting on dementia care

[Watch Grace: I take these voices home.](#)

(Password IOOM)



What does self-care mean in practice?

The Michigan Dementia Coalition's open access workbook '[Knowledge and Skills Needed for Dementia Care](#)' is written for direct care workers; that is, anyone who provides hands-on dementia care. It is freely available and contains lots of useful information about dementia. We recommend that you read this workbook as a preparation for doing this module.



[Read workbook online](#)

Self-care competence means understanding how we use our emotions in working with people. We look at the theme of 'self-care' in greater depth in these learning materials.

In relation to direct care workers in dementia care, being skilled in self-care means that you are able to be self-aware and emotionally alert, as well as able to act appropriately to promote self-care.

Being self-aware means identifying your own feelings, beliefs, or attitudes that may affect your caring relationships. It means finding ways to prevent and cope with your own stress and burnout and knowing how employers can assist this. A health care organisation that does not care for its employees will not provide good care for patients.

Like many health and social care jobs, a feature of dementia care is the emotional impact, both in day to day caring activities and in dealing with the end of life. This resource helps to reflect on how dementia care engages the emotions at work, and at dealing with a patient's death and afterwards from the viewpoint of direct care workers.