



## The Caring Spirit Approach to Eldercare

By Nancy Kriseman M.S.W.

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### **The Caring Spirit Approach to Eldercare** By Nancy Kriseman M.S.W.

The Caring Spirit consists of 14 training modules designed to help care staff build meaningful relationships with the elders with whom they work. The modules teach caregivers how to refocus their energies away from just providing physical care to providing emotional/spiritual care that comes more from the heart. The promised outcome is that residents will receive higher quality care, staff will feel a greater sense of fulfillment from their work, and facilities will enjoy higher staff retention. Each of the 14 chapters contains an introductory section that provides background to the concept covered in the chapter. Each of these is followed by a 2-hour teaching module for training the concept to front-line staff. The training modules include outlines of expectations, interactive activities, handouts, and other teaching tools. Two-thirds of the book is for training professionals and paraprofessionals in long-term care settings. In the final third of the book, the information is modified for working with family caregivers - the expectation being that the same trainer can successfully teach these principles to both types of caregivers.

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## **The Caring Spirit Approach to Eldercare** By Nancy Kriseman M.S.W. **Bibliography**

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### Editorial Review

#### Review

"This approach appeals to the spirit of those giving care while offering a fresh vision of what is possible in caring relationships. This book is a gift offering self care and self discovery for caregivers seeking inspiration and creative expression. The Caring Spirit approach should enhance the quality of lives, comfort and healing relationships in any setting." (Lisa P. Gwyther, MSW, Director, Family Support Program *Duke Center for the Study of Aging and Human Development, Duke University Medical Center* 2001-01-01)

"The emphasis on 'conscious caring' is a welcome addition to the literature on long-term care. This book helps administrators, staff, families, and residents understand how living and working in a long-term care facility can be a blessing to all." (Susan H. McFadden, Ph.D., Professor and Chair *Department of Psychology, University of Wisconsin Oshkosh* 2001-01-01)

"This programmatic book is a helpful contribution to the expanding literature for implementing spiritual values and concepts in long-term care facilities." (Melvin A. Kimble, Ph.D., Professor Emeritus of Pastoral Theology and Director *The Center for Aging, Religion and Spirituality Luther Seminary, St. Paul, MN* 2001-01-01)

"an excellent, insightful training guide for staying connected to our hearts and souls as we perform the sacred work of eldercare ... [the book] should be required reading for all managers in long-term care facilities" (*Interfaith Voice, National Interfaith Coalition on Aging* 2001-01-01)

"[Kriseman's] step-by-step training exercises to help caregivers become more insightful, soulful, sacred, connected, and spiritual are warm and inviting and will definitely feed the soul, as well as improve long-term care environments." (*Journal of Christian Nursing* 2001-01-01) --(*Journal of Christian Nursing* 2001-01-01)

"[The Caring Spirit s] understanding and presentation of spirituality is particularly sensitive... [the] lesson plans are simple and easy to follow [and] the exercises are interactive and enable participants to go deeper in their understandings and experience of caregiving ... The Caring Spirit will go a long way to providing a foundation for excellence in caregiving." (Donald Koepke, Director *Center for Spirituality and Ethics in Aging* 2001-01-01) --(Donald Koepke, Director *Center for Spirituality and Ethics in Aging* 2001-01-01)

"The Caring Spirit™ has helped me to see my purpose for why I do this work." "This training has helped me to see how important it is to be spiritual at work and with the residents." "It has taught me to be more care oriented instead of task oriented, to show more compassion." "[It] made me realize that you can make a difference in somebody's life everyday and not even know that you have done so. Even a smile can change people." (*Comments from staff trained in The Caring Spirit™* 2001-01-01) --(*Comments from staff trained in The Caring Spirit™* 2001-01-01)

#### About the Author

Nancy L. Kriseman, M.S.W., is a licensed geriatric social worker with more than 21 years of experience serving as a program developer, trainer, teacher, and counselor for elders and the staff who care for them. She is currently working as a private geriatric care consultant, assisting with program development and training needs for assisted living and nursing facilities and for home care agencies. She is also an adjunct professor at Kennesaw State University in Georgia and a board member of the Georgia Gerontology Association. She is a recognized national speaker and expert on aging concerns.

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#### **Anthony Chan:**

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