

5 - SPIRIT & ASPIRATION

The person

Activity:

Name:

Date:

*Is this activity beneficial to this person? Answer questions only if they are relevant.
Mark with a tick for YES, cross for NO*

√ X

PERSON WITH DEMENTIA

Character & personality Would you say the person with dementia is a spiritual person?

Were they spiritual in the past?

Are there people with whom they have a spiritual connection?

Do they hold or express beliefs about life and death?

Is the person interested in coming to terms with death?

Does the person seek intimacy with God or a higher power?

Do they talk about God or a higher power?

Do they ever talk about the meaning of life?

Do they feel they have a sense of meaning or purpose in life?

Is the person concerned for others, especially for younger people?

Are they involved in an intergenerational program?

Does the person search for hope or meaning in daily life?

Do they use religion or prayer as a coping mechanism?

Have spiritual factors become more important to them?

Are they able to adapt or adjust spiritually to life changes?

Does the person see transcending disability as a spiritual task?

Do they read the Bible, the Koran or other religious texts?

Interests & activities Do certain places in the world have spiritual meaning for them?

Do gardens or nature have spiritual meaning for them?

Do certain places in their home have spiritual meaning for them?

Do they have an altar or a shrine in their private space?

Are there objects they possess which have spiritual meaning?

Have they kept the ashes of a loved one in an urn in their home?

Do they have icons, pictures, holy water or other religious objects?

Do they pray, chant or say the rosary?

Do they practice private activities such as prayer or meditation?

Do they practice prayer circles or Bible study?

Do they hold or express religious beliefs?

Were they raised in a certain religion?

Do they still carry on religious practices?

Do they attend religious services?

Are they learning something new or taking classes?

Does the person maintain a role in local community?

Groups Do they feel they are part of a faith community?

Were they part of a faith community in the past?

<i>Media</i>	Do they read spiritual pamphlets or magazines?	
	Do they listen to religious services on the radio?	
	Do they watch religious services or preachers on television?	
Privacy, choice & control	Can the person have time to themselves in a private space?	
	Can they spend time in private with people of their own choosing?	
	Can the person control the use of a room for a period of time?	
	Can the person have control of a room for regular spiritual use?	
	Can a minister speak to the person in a private space other than a bedroom?	
Psychological & emotional	Are they free from stress or anxiety?	
	Are they not suffering from depression?	
	Are they free from boredom?	
Physical & medical	Is the person able to stay awake, aware and engaged?	
	Are they physically comfortable?	
	Are they free from pain?	
	Are medications regularly reviewed to insure they are not over-prescribed?	
Accessibility & mobility	Is their balance adequate to move about a room or go outside?	
	If they have equilibrium problems have their ears been checked?	
	Is physical support available to assist with their balance?	
	Can the person access dance, movement or exercise classes?	
Sensory		
<i>Sight</i>	Can they make out facial features of a person sitting nearby?	
	Can they easily see objects on a table in front of them?	
	Can they read printed materials such as a book they are holding?	
	If not can large print or audio versions be provided for them?	
	If they require glasses can these be provided?	
	If they use glasses, are these on and clean?	
<i>Hearing</i>	Can they hear normal levels of conversation across a room?	
	Is their hearing adequate to hear another person within arm's length?	
	If they use a hearing aid, is it clean and properly adjusted?	
	Do they use sign language or read lips?	
	If so, can they be seated where they can see lips and faces clearly?	
	Can support for sensory impairment be provided if necessary?	
Cognitive &	Does the person enjoy thinking about the meaning of life?	

intuitive		
	Do they wonder about why they are here?	
	<i>How well supported is the person by other people? Answer questions only if they are relevant. Mark with a tick for YES, cross for NO</i>	
CARE, SUPPORT & CULTURE		
Caregivers	Do caregivers provide opportunities for spiritual activities?	
	Do caregivers read to the person from a religious text?	
	Are carols and hymns sung regularly, not just at Christmas?	
	Do caregivers see spiritual support as a part of caregiving?	
	Can the person attend services or meetings of their chosen faith?	
	Can transport be provided to services and places if necessary?	
	Are services brought to the person if they cannot go to one?	
	Is meditation or guided imagery being taught or offered?	
	Are relaxation, gentle movement and breathing exercises available?	
	Do caregivers support and facilitate prayer or meditation?	
	Do caregivers support and facilitate prayer circles or Bible study?	
	Can meditation be incorporated into existing patterns of daily life?	
	Do caregivers facilitate spending time in nature and gardens?	
Friends & family	Do they have any friends or family living nearby?	
	Do relatives or friends visit?	
	Does the person have any other regular visitors?	
	Do visitors share any spiritual interests with the person?	
	Do grandchildren play a role in their life?	
	Are there young people in their life?	
	Are visits long enough for meaningful social interaction?	
Community	Does a local faith community maintain links with the person?	
	Do clergy or others come to minister to the person?	
	Do volunteers participate spiritually in their life?	
	Can the person be linked to spiritual support in the community?	
Culture	Is the person near others of a similar culture or belief system?	
	Are they with people who hold similar world views and opinions?	
	Is the value of prayer or meditation recognised?	
	Is the person's choice of traditional dress/appearance respected?	
Care home	Are spiritual needs written into the person's care plan?	
	Does the care plan include participation in faith activities?	
	Do staff members have enough private time with the person?	
	Do caregivers talk to the person about their beliefs?	
	Are caregivers aware of personal preferences regarding death?	
	Are caregivers trained to support and facilitate a 'good death'?	
	Do caregivers take a person to church/synagogue/mosque/etc?	
	Does a vicar/priest/imam/rabbi/cleric/etc visit the person at home?	

Do caregivers recognise the value of prayer or meditation?	
Is there specific music to support the person's spiritual life?	
Total potential <i>person</i> barriers to spiritual or aspirational activity	

5 - SPIRIT & ASPIRATION	
5.1 Meditation, contemplation, prayer alone or with another	
The place	
<i>Does the place support this activity? Answer questions only if they are relevant. Mark with a tick for YES, cross for NO</i>	
SPACE PROVISION	
Is there a quiet indoor place for one or two people to sit undisturbed?	√ X
Is there a room appropriate for prayer or meditation, like a chapel or a garden room?	
If desired is there space appropriate for a shrine or altar?	
Is there a contemplative outdoor area such as a sensory garden?	
PERSONALISATION & PRIVACY	
Is there a quiet space where one or two people could go for spiritual pursuit?	
Is the place conducive to meditation or quiet reflection?	
Can the place be made private?	
Can it be accessed and used routinely according to a person's daily needs?	
Can an individual use the space on their own?	
From the place, is there a view to plants or landscape?	
Are there focal points to draw the eye and rest the mind?	
Are there plants and sunlight in the space?	
Is it possible to have music in the space?	
Is there music available for guided imagery?	
Is there an area of privacy and seclusion in the garden?	
Is it possible for the person to be undisturbed there?	
Is there somewhere to sit in the sun?	
Are there plants with interesting sensory qualities such as textures and smells?	
Is there water in the garden?	
ACCESSIBILITY & MOBILITY	
Is the space accessible for wheelchair users?	
Is there level access from inside to outside secluded area?	
BUILDING INTERIOR	
Furniture	Is there a choice of seating?
	Is seating offered that is upright, slightly formal with good body support?
	Is relaxing, comfortable seating or a place to lie down also available?
Supplies	Is there a focal point for prayer and meditation such as an icon, picture, symbol or shrine?
	Is there space for placement and arrangement of articles such as books, incense and images?
	Are there any guided meditation or guided imagery audio tapes available?

Storage	Is there storage for religious texts, hymnbooks, audio tapes etc?	
COMFORT, SUPPORT FOR THE SENSES		
Acoustics		
<i>Acoustic isolation</i>	Is there acoustical privacy from adjacent rooms (walls not so thin you can hear conversation and noises through them)?	
Heating & ventilation	Is the air in the room fresh and not stuffy? Can the temperature be adjusted locally?	
Total potential <i>place</i> barriers to mediation, contemplation, prayer alone or with another		

5 - SPIRIT & ASPIRATION		
5.2 Religious or spiritual practice in a group		
The place		
<i>Does the place support this activity? Answer questions only if they are relevant. Mark with a tick for YES, cross for NO</i>		
		√ X
SPACE PROVISION		
	Is there a space for a group of people to take part in a religious service or meeting	
	Is there a room appropriate for prayer or meditation, like a chapel or a garden room?	
	If desired is there space appropriate for a shrine or altar?	
	Is there space for an organ, piano or other appropriate instrument?	
	If intended for use by a particular faith, is it laid out according to standards & requirements?	
	If the faith has meaningful spatial orientations, is the space laid out and aligned accordingly?	
	Is it set up for religious services to take place?	
	For faiths requiring the use of prayer mats, is there the appropriate floor space available?	
	Is the correct orientation for mats possible in the space?	
PERSONALISATION & PRIVACY		
	Is it possible to have music in the space?	
	Is there sacred music available?	
ACCESSIBILITY & MOBILITY		
	Is the space accessible for wheelchair users?	
	Can wheelchairs be integrated into the seating arrangements?	
	Is there a toilet within easy reach?	
	Can it be accessed and used routinely according to a person's daily needs?	
COGNITIVE SUPPORT		
	Is this a dedicated space where the furnishings, room contents and imagery reflect its purpose?	
BUILDING INTERIOR		
Furniture	Is there a choice of seating?	
	Is seating offered that is upright, slightly formal with good body support?	
	Is there seating for a group of worshippers?	
	Is there a choice of seating at an appropriate distance from the person leading the service?	
Supplies	Is there a focal point for meditation such as a picture or symbol?	
	Is there space for placement and arrangement of articles such as books, incense and images?	
	Is there an organ, piano or other appropriate instrument?	

	Are there any guided meditation or guided imagery audio tapes available?	
Storage	Is there storage for books, service sheets, music etc?	
COMFORT, SUPPORT FOR THE SENSES		
Acoustics		
<i>Acoustic isolation</i>	Is there acoustical privacy from adjacent rooms (walls not so thin you can hear conversation and noises through them)?	
Heating & ventilation	Is the air in the room fresh and not stuffy?	
	Can the temperature be adjusted locally?	
SERVICES AND SYSTEMS		
	Is there an induction loop system installed?	
Total potential <i>place</i> barriers to religious or spiritual practice in a group		