

FEBRUARY 2020 NEWSLETTER



FAITH IN OLDER PEOPLE

is a small voluntary organisation which aims to enhance the quality of life and well-being of older people by working with those providing practical, pastoral or spiritual care.

FORTHCOMING EVENTS

FOR YOUR 2020 DIARY

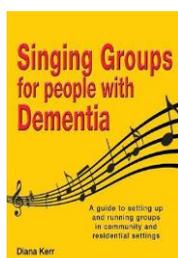
The Malcolm Goldsmith Lecture 2020 to be given by Dr Donald Macaskill, CEO Scottish Care: *Human Rights and Spirituality*

Thursday 7th May 2020 (at 5.00pm)

Venue: Edinburgh Grosvenor Hotel, Grosvenor Street, Edinburgh

Cost: £15.00 including post-lecture reception

THE POWER OF MUSIC FOR PEOPLE WITH DEMENTIA AND THEIR CARERS



Creating singing groups for people with dementia. A workshop led by Diana Kerr, Dementia Consultant, Author and Singing Group Leader
Friday 29 May 2020. Registration from 10.30am.

Venue: Dumfries Baptist Church Centre, Gillbrae Road, Dumfries

Cost: £40.00 (includes coffee and lunch)

ARTICLES

Care homes and the care needs of frail older people

During the 1990s, the NHS closed the many long-stay 'geriatric' wards and gave the monies to social services in order for them to fund the care of frail older people in more 'homely' settings i.e. local residential and nursing homes. In early 2000, residential and nursing homes became known as care homes – care homes with or without on-site nursing. There are now three times the number of care home beds compared to NHS 'acute' hospital beds. In Scotland, there are around 850 care homes for frail older people (the majority of which are independent of health/social care) providing in the region of 33,000 beds.

Over the years, an increasing number of residents have wanted to stay in their care home 'til the end' with people who know them well and where surroundings are familiar. Twenty-two percent of the UK population now die in a care home. Care homes are fast becoming the de facto hospice, and in many ways, resemble patients during the four years when I worked at St Christopher's Hospice, London (1978-1982). Then, it was not unusual to have patients on my ward for many months – indeed those with a diagnosis of motor neurone disease were often there for 2+ years and provided a certain stability for the staff against those patients who died over a number of weeks/months from cancer. However, hospices have changed considerably over the 50 years since the movement first started and now the average length of stay is around 12 days with a good percentage of patients being admitted for symptom control and then being discharged to receive support at home.

The one difference between a care home and a hospice is that residents in care homes are there for an average of 15 months. Frail older people have a less predictable dying trajectory than dying from cancer in mid-life – in fact, there are many differences but there is not the space in this BLOG to go into them all. One I do want to discuss is the dying trajectory. We have found that around 8% of care home residents died from a terminal condition such as cancer or Parkinson's disease; with a reasonably predictable downward trajectory. The rest were quite difficult to predict: 57% of residents had a slow 'up and down' dwindling trajectory, 10% had a sudden unexpected death (like dying in their sleep during the night), and, 25% died as a result of an 'acute' episode which was not anticipated and they died within a matter of days. So very different from the reasonably predictable downward trajectory of cancer.

The day-to-day work in care homes is hard – staff often work 12-hour shifts despite this being shown to increase sickness and reduce quality of care. However, it is cheaper for care home organisations to pay staff a 12-shift. The majority of staff in care homes have little healthcare training but are now being asked to care for some of the frailest of our society. Frail older people in care homes have an average of four co-morbidities that include dementia or cognitive impairment. No longer do frail older people admit themselves to a care home for companionship. It is my belief, that if care homes are becoming the de facto hospice, then a greater palliative care organisational structure alongside greater health service input is required.

Jo Hockley
January 2020

Jo works at the University of Edinburgh on the Primary Palliative care Research Group as a Senior Research Fellow and has been on the Board of Faith in Older People for 4 years

Mental Health in Later Life

There is a strong focus on the mental health issues affecting young people, and rightfully so, but there is insufficient attention given to mental health in later life. Voluntary Health Scotland (VHS) convened a roundtable on two occasions in 2019 as Health in Mind, FiOP and other organisations had identified that those over the age of 60 often ‘fell off the cliff’ as access to mental health services changed at this point in some areas. Those who attended the roundtables represented a range of public and voluntary sector organisations with a keen interest in mental well-being and we will continue to examine the issues and to make representation to Government, health boards and other agencies stressing the importance of this issue.

VHS engaged Knowledge Services to undertake a literature review from which the following key messages were identified:

- Depression in older people is under-diagnosed and under-treated
- There are several diagnostic assessment tools available for use with elderly patients
- Evidence shows that older people are less likely to be referred to specialist services compared with younger people

- Patients aged 60 and over are identified as being less likely to seek medical help for their mental health as well as being less likely to receive adequate treatment if they do, in comparison to younger adults
- There is limited evidence on the treatment of older people’s mental health beyond dementia and depression suggesting that further research in this area is required

This literature review stated “One of the main findings of the research was that while depression is more common in old age than dementia, it remains under-diagnosed and under-treated. Patients aged 60 and over were identified as less likely to seek medical help for their mental health as well as being less likely to receive adequate treatment if they do, compared to younger adults”. Our belief is that there is an assumption that we should accept feeling sad and depressed as we grow older as we contend with loss and bereavement more frequently. The depression often gets masked by other conditions including dementia. It also appeared that there were significant differences in the way different health boards managed the transition from adult care to old age care in relation to mental health matters.

FiOP has identified mental health as a key issue in its

workplan for the year. Faith communities wish to be inclusive of those who have disabilities or problems and mental health needs to be considered. The importance of having a focus on mental health within churches has been recognised by the Church of England which has produced a helpful resource ‘Mental Health – The inclusive church resource’ (2014) which includes the theology of mental health by Jean Vanier and John Swinton. It emphasises the critical role that churches (faith communities) can play in welcoming and sustaining those experiencing mental health problems.

If one in four of us is experiencing mental health issues, then there is much to do, and we need to provide support with confidence. We need to be aware of who might need support in our congregation and to understand the nature of mental health problems. Therefore FiOP is developing an emphasis on the issue and will be organising awareness raising and workshops in the coming months to address these issues. **FiOP needs you to tell us what you would find helpful for workshops or resources and to give me examples of how you are supporting older people with mental health problems as well as dementia.**

Contact: Maureen O’Neill,
Director:
email: director@fiop.org.uk

End of Life Matters

This has been a key theme over the past two years and our partnership with the Church of Scotland Guild resulted in a conference at the end of 2019. There is still much to do, and we are aware that it is important that we consider the importance of ensuring that appropriate end of life care is provided for different faiths and traditions.

FiOP held a workshop a couple of years ago in conjunction with the Woolf Institute in Cambridge to consider the needs of Jewish and Muslim Communities. Since then the Institute has drawn together a handbook on caring for Jewish, Christian and Muslim patients 'Diversity in End of Life Care (published by the Woolf Institute in November 2019). FiOP and the Woolf Institute will be facilitating a workshop for the health service chaplains on this issue and we hope to offer a seminar or conference on an interfaith basis later in the year. We also want to ensure that other faith traditions are included in discussions on the important issue of end of life care.

OTHER FORTHCOMING EVENTS & INFORMATION

Loneliness and Isolation - FiOP continues to work on this important issue and to highlight responses from Government and from agencies in relation to the solutions they have implemented to alleviate the experience of loneliness and isolation. The UK Government has just published its Annual Report.

<https://www.gov.uk/government/publications/loneliness-annual-report-the-first-year/loneliness-annual-report-january-2020--2>

Interfaith Scotland

The following are courses offered by Interfaith Scotland (www.interfaithscotland.org)

13th February

Interfaith Scotland Training: Three mottos to Guide our Approach to Equality, Diversity and Inclusion

Venue: Interfaith Scotland Dialogue Centre

Time: 1pm – 4.30pm

[Book on Eventbrite here](#)

10th March

Interfaith Scotland Training: Interpreting Culture – Improving Cross-cultural Communication

Venue: Interfaith Scotland

Time: 1 – 4.30pm

[Book on Eventbrite here](#)

16th March

Women & Leadership with Professor Susan Madsen

Venue: Interfaith Scotland

Time: 10.30am – 1.30pm. Free event for women only. Register with frances@interfaithscotland.org

WE ALL HAVE A ROLE TO PLAY IN CREATING COMPASSIONATE COMMUNITIES

Written by **Mark Hazelwood**, Chief Executive, Scottish Partnership for Palliative Care

Published: **02/12/2019**

Mark gives an introduction to the development of compassionate communities in Scotland.

[Read the full story on our website](#) (SPPC website)



PLANNING FOR END OF LIFE:

LET ME TELL YOU WHAT I WANT SO I CAN GET ON WITH THE BUSINESS OF LIVING

COMMUNITY WORKSHOP

SATURDAY 22 FEBRUARY 9AM TO 1PM

ERIC LIDDELL CENTRE, 5 MORNINGSIDE ROAD, EDINBURGH EH10 4DP

Workshop on planning for the end of life. £50.00 - there are **free** places for unwaged. Student, retired or working part time cost is £25.00. Book on <https://eol-doula.uk/> or email secretary@eol-doula.uk. If you have any questions please call 07887 840663.

New Health and Sport Committee inquiry: Call for views - Social Care

The Health and Sport Committee is undertaking an inquiry into social care and the future delivery of social care in Scotland. They are seeking views from people with lived experience of receiving adult social care or being a carer for someone receiving care. The call will close on 20 February 2020.



Volunteer Scotland analysed the 2016 Scottish Household Survey to explore the relationship between volunteering and a range of social indicators. Volunteering underpins many activities within congregations with a high level of input from older members of the church.

Highlights report

This document provides a high-level overview of the key findings from the Scottish Household Survey Volunteering Cross-Sectional analysis, 2016. The key statistical findings are presented as easy to understand, user-friendly infographics for

each of the eight themes analysed. The report also covers the following themes:

- Caring Responsibilities
- Community Engagement and Citizenship
- Culture
- Health and Wellbeing
- Household Characteristics
- Internet, Marital Status and Health Board
- Neighbourhood Characteristics
- Sport

To read the report go to:

[https://www.volunteerscotland.net/for-organisations/research-and-evaluation/publications/scottish-household-survey-cross-sectional-analysis/?utm_medium=email&utm](https://www.volunteerscotland.net/for-organisations/research-and-evaluation/publications/scottish-household-survey-cross-sectional-analysis/?utm_medium=email&utm_source=volunteerscotland)

ALZHEIMER'S SCOTLAND



Fair Dementia Care

Currently in Scotland, people with advanced dementia are not getting access to appropriate health care. It is time to make Fair Dementia Care in Scotland a reality and your voice matters.

[Support our campaign](#)

Dementia Friends

The Dementia Friends programme is a great way to gain a better understanding of dementia. The interactive session can be completed either online or in a face-to-face group setting.



[Find out more](#)

Arts, Culture, Health & Wellbeing Scotland Keeping the Conversation going:

What role does arts & culture play in addressing loneliness and social isolation?

10.30-15.00, Tuesday 31st March 2020,
Perth Museum and Art Gallery, Perth

Join us in **keeping the conversation going** regarding the value of arts and culture to our health and wellbeing.

Arts Culture Health and Wellbeing Scotland (formerly Arts Health Scotland) are delighted to announce a one-day event exploring the role that arts and culture can play in tackling social isolation and loneliness. Including a series of spoken presentations, workshops and discussions led by those at the forefront of the field, this free event will explore the health and social issues concerning loneliness and isolation and set the stage for a collective, creative response through arts and culture. Co-produced with Voluntary Health Scotland as part of the Keeping the Conversation Going event series.

Confirmed speaker:

**Louise Mclean, Policy Advisor, Social Isolation & Loneliness Team,
the Equality Unit, Scottish Government**

Speakers and full agenda to be announced shortly. [Book your place and join the conversation!](#)

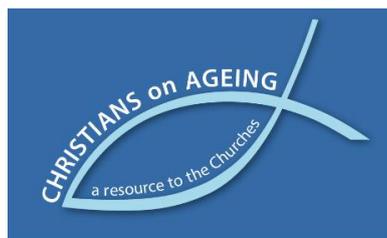
GENERATIONS WORKING TOGETHER is excited to launch the programme for their **National Intergenerational Conference** on Wednesday 4th March 2020 in the University of Strathclyde, Glasgow. The conference will be open to anyone who is interested in creating intergenerational communities, by means of connecting and building relationships between different generations with a specific focus on older and younger people.

Further details can be found at:

<https://generationsworkingtogether.org/events-training/national-conference-2020-04-03-2020>
[International Certificate in Intergenerational Learning \(7 week online training course\) \(ICIL\)](#)

In partnership with the University of Granada-Enterprise General Foundation, Generations Working Together (GWT) is delighted to be able to offer another opportunity to participate on this accredited on-line course. The course starts on **Tuesday 28th April** and runs till **Monday 15th June 2020**. The course is aimed at anyone who wants to gain a deeper understanding of intergenerational work, its purpose, impact and practical application to enable them to apply this within their own work.

<https://generationsworkingtogether.org/events-training/training/icil>



What have we been doing?

Christians on Ageing has benefited from the ideas and fellowship generated at our recent **Conference** held in Sheffield in Sept 2019. You can read the full Conference Report here: <https://christiansonageing>

[.org.uk/wp-content/uploads/sites/67/2019/10/Conference-2019-Report.pdf](https://christiansonageing.org.uk/wp-content/uploads/sites/67/2019/10/Conference-2019-Report.pdf)

For full current February 2020 newsletter, click [HERE](#)

About Dementia

The National Forum for Dementia Policy and Practice - About Dementia - will hold a series of thematic meetings around Scotland in the coming months. In February, they will focus on [Prevention and Living Well](#) in Edinburgh, [Transport and Mobility](#) in Aberdeen, [Housing and Home](#) in Kirkcaldy, and the [Human Rights of Unpaid Carers](#) in Prestwick.

Click on each link to book your free place.

Principles for Positive Partnership

Guidance on relationships between Scottish Government and third sector grantholders. This was launched on 23 January 2020. The guidance is available [here](#). A report of the launch event is now available on Evaluation Support Scotland's [website](#).

This guidance was written in response to a need identified by Scottish Government grant managers and third sector grantholders. Grant managers and grantholders told us that effective funding

flows from effective relationships and asked for practical guidance to help achieve positive funding relationships in the first place and, if problems arise, tackle them in a productive way. This guidance is for people in Scottish Government who directly manage grant funding to the third sector (Grant Managers) and people in the third sector who hold a grant managed by Scottish Government (Grantholders).

The emphasis on the guidance is on the grant funding and not the wider relationships between the Scottish Government and the Third Sector.

Big Hearts Community Trust is the official charity partner of Heart of Midlothian Football Club. We use the power of football to change the lives of the most vulnerable in our communities. Our main focus up to 2021 is to support individuals and families at risk of social isolation who need our help most. As a registered charity Big Hearts works closely with the Club, local partners and charities across Edinburgh to identify needs, to build and deliver targeted programmes of support. For the past four years, Big Hearts has hosted a weekly reminiscence project (Football Memories) which uses photos, cards and quizzes to reignite forgotten memories of matches and teams gone by. We were delighted to add Edinburgh Memories which looks at past shops, streets and memories of Edinburgh. The project takes place in the Hearts Museum at Tynecastle. We have received very positive feedback from both participants and carers.

For further information contact Kirsty Roebuck at Kirsty.roebuck@bighearts.org.uk or by calling 0131 200 7225.



NEW BOOKS

Living with Alzheimer's: "A love story". Robin Thomson. ISBN: 9781912726196. 192 Pages. Published Jan 2020. Biography, Latest Releases. Paperback £8.99. Kindle £5.99

Becoming Friends of Time: Disability, Timefulness and Gentle Discipling. John Swinton. SCM Press 2018. Swinton, J., & Payne, R. (Eds.) (2009). *Living Well and Dying Faithfully: Christian Practices for End-Of-Life Care*. Grand Rapids, MI, USA: Wm. B. Eerdmans Publishing Co.

Faith in Stone, Simon Jenkins, *Living Well and Dying Faithfully* explores how Christian practices — love, prayer, lament, compassion, and so on — can contribute to the process of dying well. Working on the premise that one dies the way one lives, the book is unique in its constructive dialogue between theology and medicine as offering two complementary modes of care.

Mental Health: The inclusive Church Resource. Jen Vanier & John Swinton. ISBN 9780232530667. www.ditbooks.com. Darton Longman & Todd. £8.99.

Diversity in End of Life Care. A Handbook on Caring for Jewish, Christian and Muslim Patients. Woolf Institute. www.woolf.cam.ac.uk.

Dementia

Glenda Jackson's portrayal of Maud from 'Elizabeth is missing' held the nation spellbound. Surely another step toward de-stigmatisation and de-mystification of the most feared associate of old age. www.bbc.co.uk/iplayer/episode/m000c6pv/elizabeth-is-missing. Some older people with dementia are being placed for their last months of life in care homes at the other side of the world: <https://www.theguardian.com/society/2020/jan/12/families-sending-relatives-with-dementia-to-thailand-for-care> Common themes seem to be the cost of care in the UK and its unsatisfactory profile — not enough staff to make people safe and comfortable, stories of rough handling and worse.

Christians on Ageing Publications

We have 19 booklets currently in print and available at modest prices. They are designed for personal information or to use as study guides for house groups and similar. These are listed on our website <https://christiansonageing.org.uk/product-category/bookshop/> Key topics include death and dying, aspects of life's journey: friends, faith, decision-making, and residential care. There are four booklets about dementia and the most popular booklet is about 'Growing a Dementia-friendly Church'. Authored by Gaynor Hammond — the price is about to be reduced to £3.00, a bargain.

PLEASE CONTACT ME (Maureen O'Neill) at director@fiop.org.uk or telephone 0131 346 7981 to discuss the possibility of tailor-made courses



Faith in Older People

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