RISK AND RESILIENCE
IT’S UP TO ME

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DEFINING RESILIENCE

There are many ways of defining resilience which include:

- Keeping going in the face of adversity
- Bouncing back from difficult experiences
- Perseverance; equanimity; self reliance and the ability to cope alone
We have defined it as:

“Encompassing wide ranging attitudes and practices which focus on the search for meaning in human lives, particularly in terms of relationships, values and the arts. It is concerned with quality of life, especially in areas that have not been closed off by technology and science”

Ferguson 2011
WHY IS RESILIENCE IMPORTANT?

- The decline does not put an end to laughter and making meaning and cherishing important relationships
- Coping with losses and adapting
- Believing that you can still grow
- Making our own choices
WHAT ABOUT RISK?

- Continuing to be independent within our capacity
- Quality of life versus safety
- Do our regulations inhibit our practice?
- Where does independent choice fit in?
- Are we losing individuality?
- Are we risk adverse?
Why is Important at this Time and What We Have Done

- Building on research undertaken
- What have we learned from spirituality
- What we did in a workshop
Ways of thinking about resilience, risk and action

Resilience - green
Risk - red
Yellow - action
Dice falls on red 6
‘A resident wants to go for a Walk in the garden’
Staff way it is too risky as the Ground is uneven and damp
And someone will have to go With her.

Discuss how to resolve
RESILIENCE

Dice falls on Green 17

Reading has always been a great source of comfort and involvement but Mrs Jones has sight problems.
How do we enable her to retain this interest?

Dice falls on yellow 24

To focus on ‘person-centred care’
What should our staff consider
And what are the factors to Resolve to implement this Approach?
NOT CLOSING DOWN OUR OPTIONS

- Retaining choice
- Adjusting to losses
- Feeling that we still have things to contribute
- Continuity in the things we have valued
- Being able to worship for those of faith
- Finding ways to continue to grow
- Opportunities for reflection
- Being able to talk about death and dying
WHAT DO WE NEED TO DO?

- Gather the person’s story and respect their identity.
- Understand ‘being’ rather than ‘doing’
- Weigh up risks and evolve ways of managing them and not managing the individual out of them.
- Listen and not impose our values
‘I am 80 years old and at 80 I have the right to make up my own mind and do what I want to do’

(Atwul Gawande – ‘On being Mortal’, 2014)

‘Life as I knew it was over, and what that life changing circumstance has caused me to recognise is that I have two choices ..I can grow or shrivel’

(Malcolm Goldsmith 2004)
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