

Three years ago, he was diagnosed with Alzheimer ..



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Church-based Volunteers in Community Care

Offering Support to Informal Caregivers “A relief programme”

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Shortage of healthcare professionals
and family caregivers (PePA)

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Challenges of the Swiss Health Care System

- Ageing population
- Chronic conditions
- Multimorbidity
- Nursing shortage
- Health workforce crisis, especially at community level
- Fragmented health care system



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The Swiss health system is ill prepared to current challenges

- Hospital-centred
- Doctor-centred
- Specialist-centred
- Professional-centred

Where to go? Decentralisation (J Piaget)

- → Community
- → Nurses and other health professionals
- → All-rounders, generalists
- → Trans-professional (Frenk, Lancet 2010)



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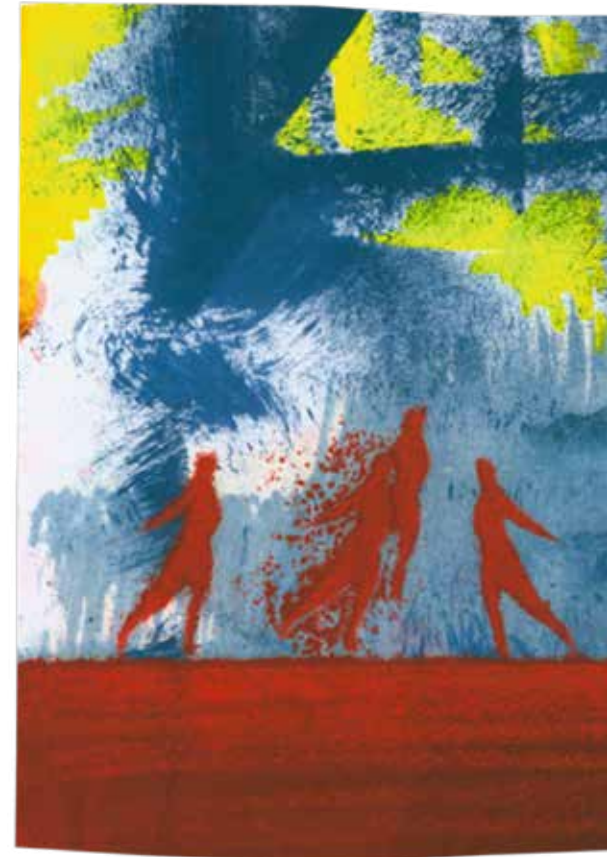
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Informal caregivers (IC) In Switzerland in 2013

- **IC contributed 64 million of unpaid hours, which saved the health care system 3.55 billions CHF**
- **IC 22% increase since 2010**
- **IC provide an average of 57 h of care per week with an average duration of 5 years of care;**
- **35% of care recipients have a diagnosis of dementia.**
- **IC contribution is expected to further increase due to the rising care needs of an ageing population and the increase of (multiple) chronic conditions, in particular dementia.**



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Informal caregivers' difficulties

- family size reduces
- geographic distance between family members
- employment rates of women
- professional pressures increase

Therefore,

➔ IC contribution is a core public health issue

➔ Supporting IC is in the interest the person receiving the care, the health care system and society in general.





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The rationale of the project

We will work with Church-based volunteers in local parishes in such a way that

- These can support informal caregivers so that they are able to care for their family members
- Church-based volunteers providing IC support
 - shopping with IC
 - stay with patients, when IC see a doctor
 - accompany transport
 - look after the elderly relatives in the absence of IC (“baby sitting”)
- In short: burnout of informal caregivers is prevented.



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Action research

“can be defined as a reflective process of problem solving by individuals working with others in teams to improve their professional output to solve problems.”

Key features

- collaborative nature
- egalitarian approach
- emphasis on taking action on an issue.
- shared control of the agenda
- reciprocal education to improve researchers' and research partners' understanding of one another's positions and contributions.



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Three phases

Action Research Study

Exploratory phase

- Assessment of spiritual care needs, among informal carers (IC)
- Assessment of basic knowledge about the situation of IC among church-based volunteers
- Based on these results, the training curriculum will be adapted accordingly

Intervention phase

- Carry out trainings and coaching meetings, including home visits of IC by CBV

Evaluation phase

- Assessment of spiritual care needs, met and unmet in post-intervention manner
- Evaluation of the knowledge generated about the involvement of CBV among IC



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Providing an Introduction to Spiritual (Self-)Care

- **Self-care**
- **Self-management**
- **Strengthen resilience**
- **Burnout prevention**
- **“Psalm-treatments”**



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Public Health – it's all about change

- **Working with informal caregivers: addressing their needs and negotiating with them how these needs can be met**
- **Spiritual care contents in the training: an addition to make health systems more comprehensive**
- **Community Care: a shift away from health facility centred approaches**
- **Addressing an urgent need of public health wide scale: the care of increasing numbers of dementia patients**
- **Untapped resources: church-based volunteers**
- **Transprofessional approach (Reverse innovation)**





Health professionals for a new century: transforming education to strengthen health systems in an interdependent world' (Frenk et al., 2010)

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... Transprofessional teamwork that includes non-professional health workers might be of even greater importance for health-system performance, especially the teamwork of professionals with basic and ancillary health workers, administrators and managers, policy makers, and leaders of the local community. ... Fundamentally, actual practice in increasingly complex health settings is based on teams.





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The ecclesial endeavor is located at the center of one of the focus areas of the big challenges the European Commission (2015) calls “Personalizing health and care.”



Spiritual Care und Psalmtherapie

Resilience

The strength that mobilizes people to overcome illness or to carry the burden connected to caring for one's relatives can be understood as a natural gift, which is innate to all people. It can be depleted, but it can also be regenerated.





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Dimensions of Care

Community Care: means to experience solidarity within the framework of the community

Self-Care: means to receive help dealing with pain

Spiritual Care *in the narrower sense* means dealing with spiritual distress and total pain





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Friends keep their distance (Ps 38)

***I am hunched over, completely
down;***

I wander around all day long, sad.

***My insides are burning up;
there's nothing in my body that
isn't broken.***

***I'm worn out, completely
crushed;***

***I groan because of my miserable
heart.***

***Everything I long for is laid out
before you, my Lord;***

my sighs aren't hidden from you.

***My heart pounds; my strength
abandons me.***

Even the light of my eyes is gone.

My loved ones and friends

***keep their distance from me in my
sickness;***

***those who were near me now stay
far away.***





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Job's Wife

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Albrecht Dürer um 1500

His wife said to him, “Are you still maintaining your integrity? Curse God and die!”

He replied, “You are talking like a foolish^[a] woman. Shall we accept good from God, and not trouble?”

In all this, Job did not sin in what he said.

Job 2:9f.



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«Psalm Therapy»



Human life consists in satisfied seasons of wellbeing that evoke gratitude... psalms of **orientation**, constancy of blessing

Human life consists in anguished of hurt, alienation, suffering, and death; seasons of psalms of **disorientation**

Human life consists in turns of surprises – psalms of **reorientation**



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Spiritual Food & Energy



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