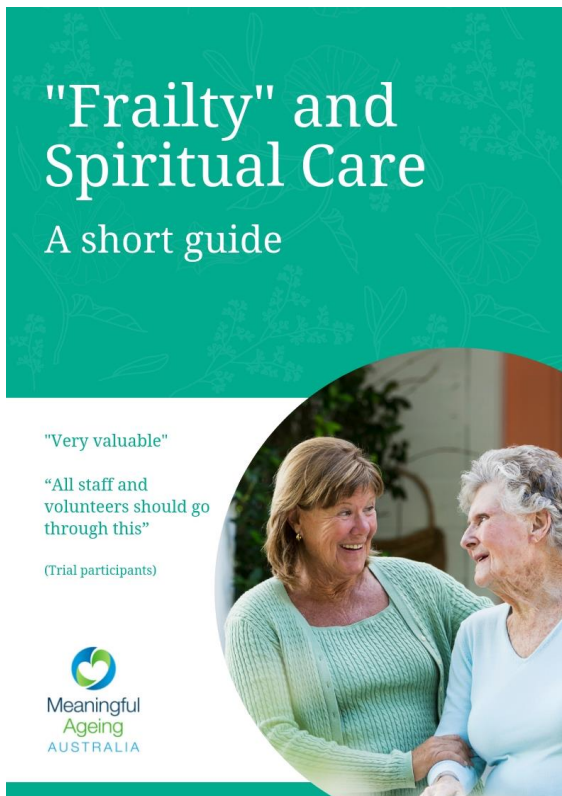


‘Frailty’ and Spiritual Care: A Short Guide



"There was so much good discussion that happened! Was good to talk about individual residents and their spiritual needs."

Trial facilitator

'Frailty' and Spiritual Care: A Short Guide supports aged care staff to begin to include spiritual care when working with older people who are experiencing frailty.

It enables flexible delivery including self-reflection or facilitated processes for team members to extend their understanding and spark each other's imagination.

Developed at the request of our members, we have created this practical short guide to encourage your creativity and teamwork around responding to the spiritual needs of someone who no longer able to get 'out and about' in the way they used to.

Using many familiar principles, the Guide encourages you to draw on your experience in engaging with older people about what matters most to them.

The Guide was developed primarily by Jessica Sanders as part of a Masters in Social Work. She completed a scan of the literature and engaged with older people who reflected on their experience of frailty: May, Dennis, Margaret, John, Helen and Rosa.

Thanks to Aurrum Aged Care, Bapcare, Brightwater, Churches of Christ Care QLD, Multicultural Services Centre of Western Australia, Nurse Watch, Tanunda Lutheran Home, The Salvation Army Aged Care Plus and Uniting AgeWell for their input.

It is recommended that team members complete at a minimum an orientation to spiritual care before engaging with this resource.

Meaningful Ageing Australia member organisations are able to download this resource for free. Visit [our resources portal](#) to print your copy.