

Certificate in Pastoral Care of Ageing People

A course which focuses on the spiritual and pastoral care of the elders of our communities.

Aims:

- to assist in preparing people to offer pastoral and spiritual care that is effective and appropriate for the elders of our communities,
- to increase awareness and discussion of the specific needs of people in their later years with particular reference to those who live in some form of residential care,
- to encourage ministry development among lay and ordained Christians in the area of aged care.

Requirements. The primary requirements are a personal Christian faith, compassion for others and an ability to learn from experience

No prior qualifications or experience is required for the introductory module; however, entry to modules two and three require evidence of support from church congregation, parish or similar institution and the completion of module one.

About the Course Director

The Reverend Anne Russell-Brighty is a deacon in the Anglican Church with a background in community work and ministry with elderly people. She has worked in the area of pastoral care with ageing people at parish level for over twenty years and more recently as a chaplain for Anglican (Residential) Aged Care.

In 2008 Anne completed a Graduate Diploma (with Distinction) of Ageing and Pastoral Studies through St Mark's Centre for Ageing and Pastoral Studies and Charles Sturt University, Australia. She has also completed a Diploma in Adult Teaching and Learning through University of Canterbury.

Anne says: "most importantly, I am in my own process of learning what it means to be a grandmother in my family, an older person in the Church and someone on a new stage of spiritual journey -into the later years. These are exciting times".

Rev.d Anne Russell-Brighty

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Luke 2:25-38

About the Course

This Course began with the first module offered by Theology House in Christchurch in 2001. Since then nearly 300 people have completed Module One and many of them have gone on to complete Modules Two and Three.

Currently the Course is also being offered through the Selwyn Centre. Contact the Selwyn Centre Director, Dr Chris Perkins, email: chrisp@selwyncare.org.nz

Evaluations after each Course have consistently shown high levels of satisfaction with the content and teaching with comments such as:

- “good balance of input, group work and discussion”
- “the presenter knows all about our experiences”
- “surpassed expectations”
- “good learning”
- “areas I knew superficially were exciting to go to [sic] greater depth”
- “knowledge enlarged”
- “I look forward to putting it into practice”
- “an excellent course giving background information and an opportunity for participants to share their experiences with others”.

The Course in Pastoral Care of Ageing People

consists of three modules each of 12-15 hours. Sometimes each module is run over six weekly sessions however many groups have found it convenient to run each module over two weekends with a break between.

The teaching approach embraces a broad understanding of spirituality and a respect for different cultures and life journeys. The style of the course is interactive; as well as input from the Course Director there are opportunities for participants to contribute from their experience and a requirement that learning tasks be completed between sessions. A certificate awarded after each module indicates the topics covered and is awarded after satisfactory attendance and participation.

Module One: Walking on Holy Ground An introduction to nurturing the spirit in aged care. (12 hours)

Spirituality, Ageing, Ourselves.
Theories of life stages and spiritual journeys.
Ministry of Inclusion: people in communities, people who have moved to residential care complexes.
Ministry of Understanding: people in grief, people with special needs.
Ministry of Re-membering: care for people with dementia and their loved ones.
Self care, ethical concerns and confidentiality.

Module Two: Ministry in Aged Care Communication of pastoral and spiritual care. (15 hours)

Compassionate listening and helping, the role of reminiscence
Special issues in communication such as hearing loss.
Nurturing the spirit through liturgy, music and prayer.
Transition from home to residential complexes; the process, the losses and gains.
Building helping relationships with families and carers.
Teamwork: managing personal responses and accountability.

Module Three: Ministry in Aged Care Caring for the ageing person in context. (15 Hours)

Different faith journeys – honouring difference.
Different cultures, and Christian denominations – honouring difference.
The culture of residential care, particularly with reference to sexuality.
Common physical and mental health issues including depression.
Care of those who are dying; quality of life issues. Death and funerals.
Personal goals for ministry; covenants and resources.
