

Envisioning
the Future

EXPLORING
LESSONS
LEARNED

MARCH 24, 2021

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Lessons Learned from Life
During a Pandemic
Looking Beyond Resilience

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LONG-TERM CARE
SUMMARY REPORT

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Being here | Participating | All you do



LONG-TERM CARE
SUSANALY & PIERCE

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No one has been untouched

Collective

Individual

Stressful

Biopsychosocialspiritual

uncertainty

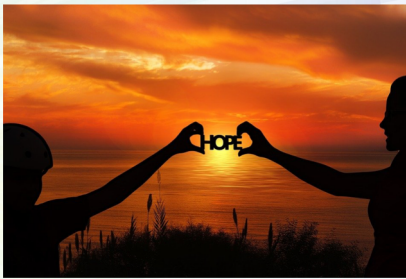
helplessness

loss of control

Goals

Frame experience

Positive transformation



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Lessons Learned

Individual

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We are remarkably resilient

Full of grit, determination, compassion

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Is it any wonder we're exhausted, distracted, irritable...?

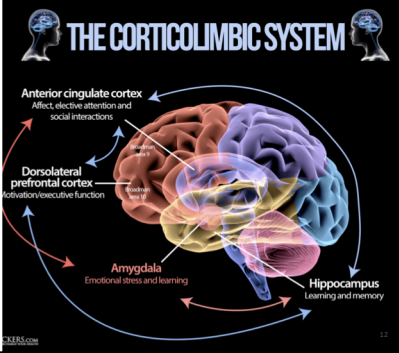


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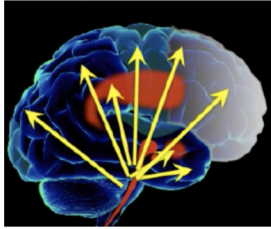
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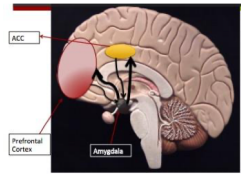
We need a reboot



Impact of unrelenting, uncontrollable stress



- Shuts down the PFC
- Impairs our top down control
- Distracted, forgetful, disorganized
- More reactive, less thoughtful
- Rigid, more concrete
- Emotional, irritable, impatient

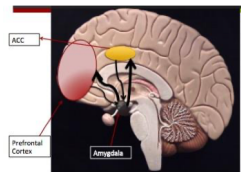


Amygdala

Overactivated

Antidote

- Remove stressor
- Physical Exercise
- Deep breathing
- Mindfulness practice

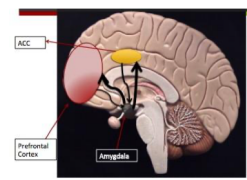


ACC: Emotional Regulation

Underactivated
Overwhelmed

Antidote

- Chill the amygdala
- Acknowledge circumstances
- Name your emotions
- Practice gratitudes
- 3 Good Things



ACC

Prefrontal Cortex

Amygdala

PFC: Think, Plan, Solve

Wisdom

Judgment

Offline

Antidote

Exercise it

Solve for isolation

Strategize

- Self-care
- Care for staff
- Care for residents and families

Make meaning

Practice flexibility

LKM

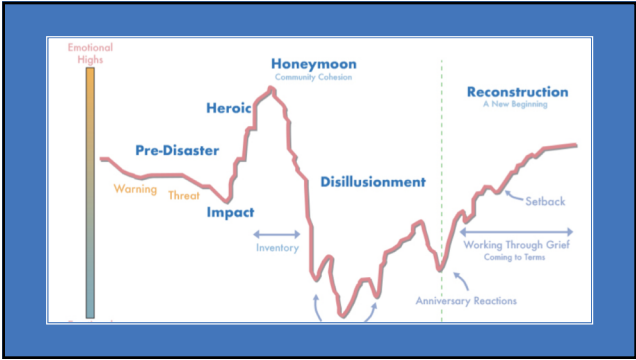
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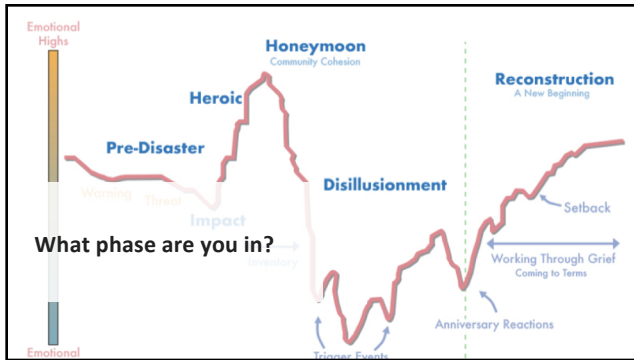
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Lessons Learned

Collective







The 3 Cs

Control
Coherence
Connection

Reich, J. W. (2006). Three psychological principles of resilience in natural disasters. *Disaster Prevention and Management: An International Journal*, 15(5), 793-798

Frame it

Tell stories
Extract lessons
Not everything is COVID

Name it

- Acknowledge fear, loss, grief
- Elicit specific concerns
- Describe specific impact



Actively (Re)Kindle

- Creativity
- Confidence
- Community



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Lessons learned

From Katrina
Disillusionment to Reconstruction



Common themes among
successful homes in LA

- They acknowledged
- fears as well as their strengths
 - tears and their laughter
 - wish for independence
 - recognition of their interdependence
 - need for each other

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Psychological

A sense of team: **We are in this together**

A sense of confidence: **We can do this**

("I can't do it again" <-----> "We're ready")

Emotional reserves: **Nurturing resilience**

(" I'm scared to death and can't sleep <-----> "I didn't know I could ever see something like Katrina; now I know I can cope)

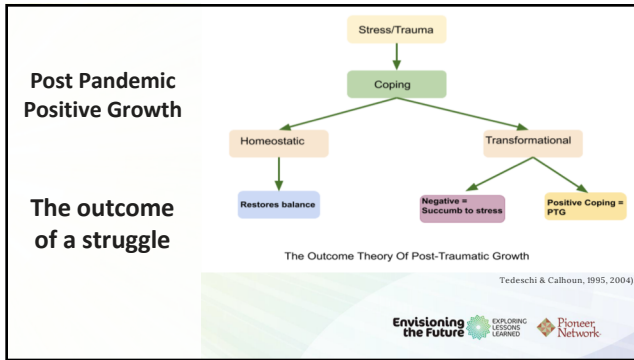
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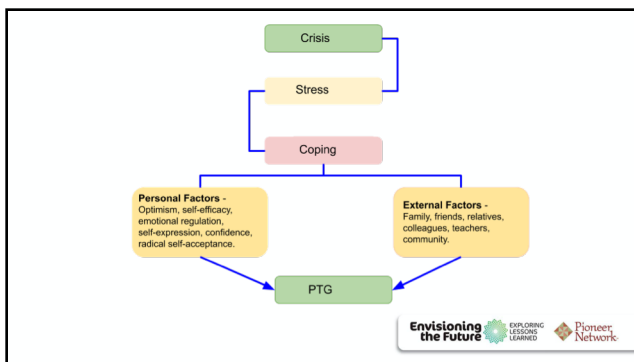


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Lessons learned
(Post) pandemic personal growth







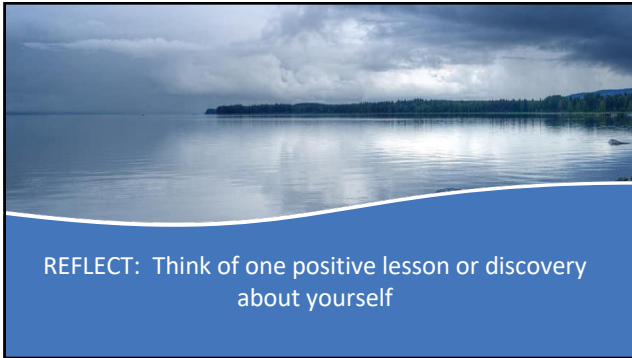
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Lessons learned

(Post)Pandemic Personal Growth Inventory

	1	2	3	4
1. I have learned a great deal from this experience.				
2. I have grown as a person through this experience.				
3. I have learned to appreciate the people in my life more.				
4. I have learned to appreciate the things in my life more.				
5. I have learned to appreciate the world more.				
6. I have learned to appreciate the future more.				
7. I have learned to appreciate the past more.				
8. I have learned to appreciate the present more.				
9. I have learned to appreciate the future more.				
10. I have learned to appreciate the past more.				
11. I have learned to appreciate the present more.				
12. I have learned to appreciate the future more.				
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18. I have learned to appreciate the future more.				
19. I have learned to appreciate the past more.				
20. I have learned to appreciate the present more.				

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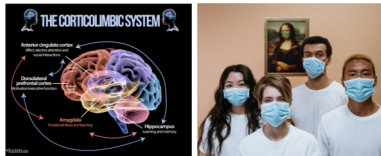
**Actively replenish
Body, Mind, Spirit**



Back to health basics

Reclaim/Recharge
Thinking brain

Open to change

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Let's Talk

Join me later today
#InItTogether

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