



## **Story Sharing: Connecting with Residents and Their Families - Toward Person-Centered Meaningful Care**

**Guide: Diane Heliker, RN, PhD**

### **Facilitator Guide**

**Overall Goal of Webinar Toolkits:** To support the ability of communities to share Pioneer Network training materials with team members in a way that is efficient, meaningful and cost effective.

#### **Session Description:**

The focus of this presentation is to illustrate how story, the narrative of one's lived experiences, reveals what is most meaningful to each unique resident in long-term care communities. A sampling of research findings addressing story is offered along with the relationship-based caring practice of Story Sharing. To assist all staff and caregivers, strategies that ensure the successful gathering of stories are introduced followed by exercises demonstrating the interpretation of stories and the discovery of what is most meaningful to a resident. Once these meanings are revealed, they are incorporated into each resident's care/life plan. Examples are offered throughout.

#### **Session Objectives**

At the end of this session, participants will be able to:

1. Describe the significance of story as it relates to meaningful person-centered care;
2. Describe the strategies inherent in Story Sharing and the interpretation of meaning for each resident and involve family members;
3. Initiate customized Story Sharing practices in his/her care community;
4. Incorporate personal meaning into each resident's care/life plan;
5. Incorporate Story Sharing resident experiences into Staff Performance Evaluations.

#### **Guide:**

Dr. Diane Heliker received her BSN from Texas Woman's University, Houston, TX and her PhD from Loyola University-Chicago. During her tenure at University of Texas-Galveston, she taught in the masters and doctoral nursing programs, completed National Institute of Health, NINR, funded research in gerontology and quality of living in long-term care [LTC]. She has presented her work both nationally and internationally and published her work related to relationship-based care and enhancing relationships among staff and residents. She currently teaches at St. Xavier University-Chicago and has developed and coordinates the Interdisciplinary Gerontology Studies Minor and Major programs. Dr. Heliker's current research involves Story Sharing with individuals living with dementia, thus creating *meaningful* person-centered life plans.

#### **Notes to the Facilitator**

The webinar can be shown in its entirety, or the Facilitator's Guide offers suggestions for breaking the webinar into smaller topics. In addition, discussion questions are provided that support active engagement by participants and personalization to your community.



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Each section of the Facilitator's Guide contains the slides that are covered as well as the timeframe on the webinar recording that contains the audio/visual portion of each section. (Please note that the number indicating the time on the recording may vary slightly.)

### **Recommended Logistics:**

1. Room set up in tables of 6-8 individuals to support group exercises
2. Computer and projector
3. Speakers
4. Optional: Flip charts for recording group responses

### **Materials Needed:**

- Webinar Recording
  - The webinar recording was sent to each registered attendee following the webinar as a MP4 file
  - You can also access the recording using this link
    - o <https://attendee.gototraining.com/22km0/recording/4384320600140784130>
      - Note: You will be asked to register in order to access the recording. You must use the name and e-mail address that you used when you registered for the webinar. Doing this will zero out the cost and provide access.
- Available Handouts, based on the content being covered:
  - Significance of Story handout
  - Story Sharing Workbook for Nursing Home Care Providers
  - Handouts of Power slides

### **Options for how to use this webinar in training:**

1. Show the **entire webinar** with selected discussion questions based on the needs of your team.
  - a. It is recommended that discussion questions be added to the presentation to create an interactive learning experience. Based on the time allocated for the training, the facilitator should identify which questions are most appropriate for the group and may have to set limits on the time allowed or select only some of them for discussion.
2. **Design your own training**
  - a. Diane has provided a unique learning opportunity with the ability to use the webinar to sublimate training using the Story Sharing Workbook for Nursing Home Care Providers
  - b. It is recommended that you review and use the exercises provided in the workbook

**Breakdown of the webinar recording by slides, recording times and topics.**

**Suggestions for discussion questions to use to support group participation.**

*Please note that times on the recording are approximate.*



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- Slides 1,2 (0:00 - 1:59) Opening comments and logistics related to the live webinar / Introduction of Guide, Dr. Diane Heliker
- Slide 3 - 11 (1:59 - 16:55) Understanding the practice of story sharing and relationship-based care practice: Becoming Story Catchers< Story Tellers, Story Bearers, Story Sharers
- Slides 12 - 13 (16:55 - 21:09) Beginning a story sharing model of practice / Lesson 1
- Slide 14 - 19 (21:09 -29:37) Session Two: Reflections
- Discussion: Stop and ask staff to “Walk around your home” and share what ‘things’ have great meaning to you?*
- Slide 20 - 24 (29:37 - 38:55) Session Three: Starting Conversations
- Discussion: Share an experience you have had gathering a story with a resident? What did you learn?*
- Slide 25 (38:55 - 41:05) Session Four: From Story to Practice
- Discussion: How can you use what you learn through stories to create a more meaningful care plan for each resident?*
- How can the stories you learn help connect with families?*
- Slide 26 - 28 (41:05 - 46:05) Story and the Resident with Dementia
- Slides -no associated slides  
(46:05 - 50:04) Story Telling and Expressive Arts
- Slide 29 - (50:04 - 50:51) Story Telling Workbook / Closing Comments
- Slide 59 - 64 (50:51 - 59:55) Discussion and / Wrap-up