

# Assessment & Plans of Care

## Introduction

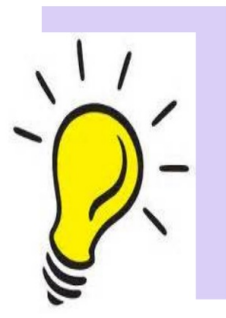
We have been building to this point throughout our time together this quarter. Empathy, Empowerment, and Encouragement, Healthy Relationships, Effective Limits of Care, even our Listening Skills point in the direction of learning to ask the right questions to help a care seeker organize and act upon their stories.

### To Do



- Thematic Listening (118)
- Be Compassionate
- Help organize themes, narratives, and experiences
- Listen for loss, violence, compulsive coping, but also for resilience and resistance.

### Tips



- Ask meaningful, open ended questions
- Listen for repeated words or emotions
- Clarify when you feel themes of loss, violence or compulsive coping arise

## Loss, Violence, Compulsive Coping



Loss is often a source of human suffering (Doehring, 120). It encompasses many of the existential transitions we make in life, whether celebratory or through suffering. Losses go beyond the existential when they are disenfranchised, ongoing, or stem from oppressive cultural biases and norms.



Violence is the use of physical, psychological, spiritual, and sexual means to exert power over others (129). As caregivers we must be sensitive to these sacred conversations that may reveal how those seeking care experience trauma.



Coping can have both beneficial and deleterious effects on a care seeker. While some may help protect a care seeker from violence and loss, we must still listen for ways in which a care seeker may be engaging life limiting relationships or behaviors that exacerbate problem saturated stories.



### To Do

- Listen for the different types of loss a person might be experiencing (p 126-127).
- Be on the lookout for ways violence and/or power is utilized in a story.
- Talk about spiritual practices, the things someone is doing to cope, and whether they are helpful or limiting.



### Tips

- Be empathetic and reflect the story back to the care seeker in their own words.
- Gently clarify the experiences being shared.
- Care seekers entrust us with stories, we honor that trust by treating them with respect, kindness, and helping them place it in the larger framework of their lives.

## Resistance and Resilience

To point to moments of resistance and resilience in a care seekers story honors their loss, their grief, their victimization, their struggles; at the same time, it attempts to make those stories more complex by naming what may not be quite so obvious to the careseeker, that they are capable and strong people with gifts and talents that go along with the difficulties they face.

Moments of experiencing the goodness of life often occur throughout a crisis or in the midst of acute stress. Such moments can instill hope in a some future time when the heavy burden of suffering will life temporarily or gradually over time (185).



### To Do

- Understand your anthropology and how you view human suffering and change.
- Honor the pain, grief, and suffering of a person's experiences before trying to connect to life-giving moments.



### Tips

- Express your gratitude for their trust in sharing this particular experience in this particular moment with you.
- Gently point to inconsistencies if the care seeker is overwhelmingly negative about their coping skills.

## Planning Care

