Fusion Care

A Unique Cuisine Created to Combine the Care-Giving Triangle

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April 2017
“The basis of good care for people with cognitive decline is cooperation between the family and the paid care-giver”

WHO
Data

• Over 100,000 people with Dementia in Israel
• 84% of the people with Dementia are living at home
• ~65% have 24 hour care from foreign care-givers (cg)
Foreign Care-Givers


The workers have diverse religions, cultures, behaviors, values, customs, and food.
Understanding Complexity of Relationships

“For you know the heart of a stranger, seeing you were strangers in the land of Egypt”

Exodus, 23
What’s the Situation in the Kitchen?

• Emotional stress
• Lack of knowledge
• Tension related to care and to employer-employee relationship
• There are successful relationships
  • Difference of interactions with the cg
  • and children as opposed to spouses and cg
There’s a job to be done!

• No focused intervention that relates to the needs of person, family, and foreign cg (Tal, 2014)

• Feedback from support groups:
  - Difficulties of families with the change of balance at home
  - Cultural gaps of understanding the approach to good care
  - Communication problems
  - Difficulties with collaboration/ cooperation
  - Challenging situations
Family Expectations

Good quality care:
• Physical care, affection and understanding of the person
• Doing activities
• Going outside
• No use (or limited use) of electronic devices while caring for the person
• Freedom to “live their life” and partial relief from care giving responsibilities
• Trust and good communications with the worker
Foreign Care-Giver’s Expectations

- Respect
- Support
- Knowledge
- Autonomy
- Rest
- Money
Expectations of Person with Dementia

- Respect
- Love
- Being with family
- Autonomy
- Being involved in meaningful activities
Intervention: Cooking Class

From separate ingredients to a tasty dish
Workshop, discussion and information

4 meetings in a day-care center:
1\textsuperscript{st} meeting with family
2\textsuperscript{nd} and 3\textsuperscript{rd} meeting with the cg
4\textsuperscript{th} meeting with family and cg
Know the Ingredients

“Mentalization”

• The family and cg got to know each other
• “Who am I?” getting to know the person
• How does the worker manage rejection by the person and how can the family help?
• Cultural bridges
The Team: Chef and Su-Chef

Stages of Creating a bond:
1. Getting acquainted and building trust
2. Developing a working and friendly relationship
3. Adoption into the family
Insights and Evaluation

• Need for knowledge and skills, especially for cg
• All meetings were useful and helpful
• Importance of separate meetings, focusing on individual needs and joint meeting that supported cooperation
• Importance to make a bridge between cultures and improve communications
• Importance of active participation in workshops with examples
• Difficulty to organize joint meetings
• Workshops should take place for new cg to define working contract and demands and educate
• Family needs guidance and concealing to integrate the cg
Difficulties and Barriers

- Language difficulties
- The workers are heterogeneous
- Different work experiences
- Previous education
- The intervention was too short
- The families and their experience are different
Tips for family

✓ Relate to cg as a person, with needs and abilities
✓ Give detailed job description and expectations
✓ Don’t hold things inside. Problems not spoken tend to grow
✓ Create boundaries and keep them
✓ Use mediators when needed
✓ Be non-judgmental while communicating with cg
✓ Encourage sharing and cooperation
Tips for Care Givers

✓ Receive accurate and realistic job description from start
✓ Ask about what isn’t clear to you and share difficulties
✓ Get help when needed to deal with problems
✓ Ask what, how and when to do things
✓ Call the person by their preferred name
✓ Use the knowledge of Dementia care
# Basic Recipe for Success

**“STROKE”**

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“I am ready to help care for those people who need me.
Give me the knowledge to give correct care.
Give me the wisdom to say the correct words.
Give my heart the strength to give everyone the best help with honor, and brighten their day with happiness.”
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