



Centre for Ageing and Pastoral Studies

## 2012 Publications Guide



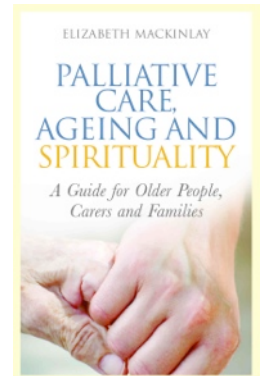
### Palliative Care, Ageing and Spirituality

Elizabeth MacKinlay 2012

This sensitive and compassionate book provides older people who are nearing the end of life and their loved ones, as well as the professionals who work with them, with a greater depth of understanding of spiritual issues surrounding death and dying.

Illustrated with the experiences of many older people, it explores important themes such as grief and loss; fear; pain, distress and suffering; acceptance; transcendence; prayer; the healing of relationships; and intimacy, and shows that the final journey towards death can be one of the most spiritually meaningful times in the life of an older person - a time in which there is still hope, and in which the person who is dying and their loved ones can grow spiritually, strengthened by the difficult times they face together. Spiritual issues for older people with dementia who are nearing the end of life are also explored, as are ethical and moral issues in death and dying, and the ways in which bereaved partners and relatives may come to terms with the loss of a loved one.

**New release!** 144 pages / Price: \$21.50 / CAPS Members' Price: \$19



### Who will I be when I die?

Christine Bryden, 1998/2012

Foreword by Elizabeth MacKinlay

Christine Bryden was 46 years old when she was diagnosed with dementia, and in this book she describes her remarkable emotional, physical and spiritual journey in the three years immediately following. Offering rare first-hand insights into how it feels to gradually lose the ability to undertake tasks most people take for granted, it is made all the more remarkable by Christine's positivity and strength, and deep sense, drawn in part from her Christian faith, that life continues to have purpose and meaning.

Originally published in Australia in 1998, the book is brought up-to-date with a new Foreword, Preface and Appendix, in which Christine explains how the disease has progressed over the years, and how she is today. It also contains many previously unseen photographs of Christine and her family, from around the time of her diagnosis up to the present day.

Inspirational and informative in equal measure, *Who will I be when I die?* will be of interest to other people with dementia and their families, as well as to dementia care professionals. Based on 40 years' interviewing experience, this book illustrates the variety of religious, spiritual and other beliefs held by older people. It provides models of research procedure, especially in the context of bereavement. Participants include not only British Christians, but also Muslims, Humanists and witnesses of the Soviet persecution of religion. The author argues that both welfare professionals and gerontologists need to pay far more consideration to belief as a constituent of well-being in later life. The book looks to the future and increasing diversity of choice in matters of belief among Britain and Europe's older citizens as a consequence of immigration and globalization.

**Reissue!** 176 pages / Price: \$25.50 / CAPS Members' Price: \$23



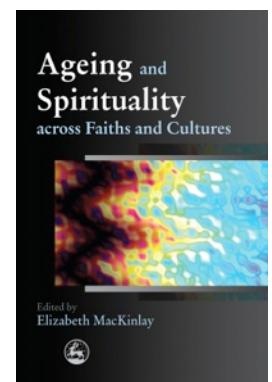
### Ageing and Spirituality across Faiths and Cultures

Edited by Elizabeth MacKinlay 2010

This book is about exploring and examining ageing in the context of the diversity of faiths and cultures that make up western societies, explorations are based on the demographic picture of ageing and faiths. Chapters are written by authors from these faiths about the cultures and faith of their older people. These chapters are on Christian, including Orthodox perspectives, Jewish, Muslim, Hindu and Buddhist perspectives. Cultures also include ageing veterans and ageing religious sisters. Numbers of older people come from traditions different from the majority of the population in western countries, yet many who care for them have little understanding of faiths and cultures that differ from their own.

This book makes an important contribution to providing a context for practice of different disciplines within the community and in residential aged care sector in caring for older people from a diversity of faith and cultural backgrounds. This is important so that carers may sensitively provide care for older people from a diversity of faiths and cultures, not only their own. Chapters from this book engage with the various faiths and cultures, traditions and care practices, including issues in death and dying. Issues of appropriate care, policy and practice standards are also addressed.

272 pages / Price: \$41.50 / CAPS Members' Price: \$37

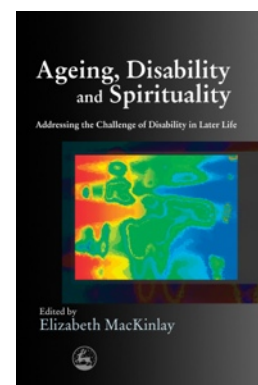


## Ageing, Disability and Spirituality

Edited by Elizabeth MacKinlay 2008

Looking at the effects of disability on people in later life, this book focuses on how people with either life-long disabilities or the acquired disabilities of ageing may live spiritually meaningful lives. The book presents ways of moving towards more effective relationships between carers and older people with disabilities; ways in which to connect compassionately and beneficially with the person's spiritual dimension. The contributors emphasise the importance of recognising and affirming one's personhood, rather than focusing on one's disability. They highlight the value of relationship in giving meaning to life and as a basis for exploring and honouring a person's spirituality. Invaluable reading for practitioners who care for older people, as well as those in health care, chaplaincy, social and pastoral care, and diversional therapists. This book will also be of interest to older people, their families and friends.

271 pages / Price: \$38.50 / CAPS Members' Price: \$34.50



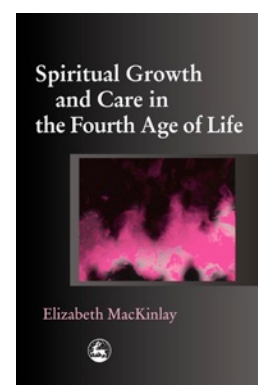
## Spiritual Growth and Care in the Fourth Age of Life

Elizabeth MacKinlay 2006

This book explores the spiritual dimension of ageing and investigates the role of pastoral and spiritual care in helping elderly people cope with end-of-life issues. Focusing on the experience of nursing home residents and anecdotes gathered in interviews, MacKinlay sensitively presents the struggles facing older people in need of care, such as loss of independence and privacy. Her findings show that despite ill health, loneliness and depression, older people near the end of their lives find meaning and support in (re)discovering their spirituality, and that this is not just the experience of those in care facilities, but of older people more generally. It includes a useful chapter on spiritual assessment, providing carers with information on how to recognise the need for care. It will be of interest to nurses, care workers, pastoral support professionals and anyone else working with older people.

*Winner of the Australasian Journal on Ageing 2006 Book Award*

271 pages / Price: \$39.50 / CAPS Members' Price: \$35.50

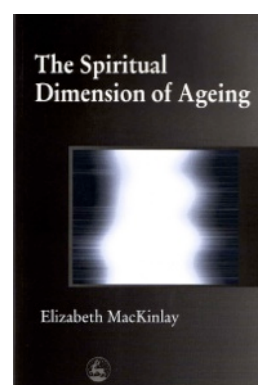


## The Spiritual Dimension of Ageing

Elizabeth MacKinlay 2001

What gives a frail and isolated or institutionalised older person their sense of wholeness and self? What makes later life meaningful? This clear and practical text presents much-needed guidance, seeking to identify and meet the spiritual needs of older people in their caring role. Drawing on in-depth interviews with older people, Elizabeth MacKinlay develops an understanding of spirituality that enables the reader to explore the spiritual dimension of ageing and to learn how it contributes to well-being and health in later life. This inspiring book will be a useful text for students, trainers and academics, policy makers and practitioners in health and social care, as well as religious professionals, in hospital, residential and other caring settings.

272 pages / Price: \$43.50 / CAPS Members' Price: \$39



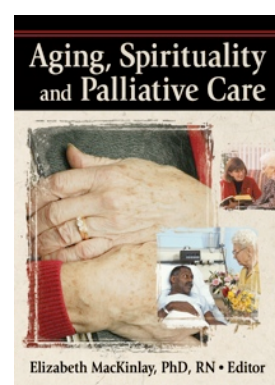
## Aging, Spirituality and Palliative Care

Edited by Elizabeth MacKinlay 2006

Learn effective approaches to integrate spirituality with health care for dying patients. Gain greater depth of understanding of end-of-life spiritual issues for older adults. The period of time when a person approaches death is always difficult both for the patient and the care giver. This book discusses best practices in aged and palliative care while addressing patients' diverse spiritual needs. Leading authorities explore practical, sensitive spiritual approaches to help older patients deal with ageing, illness, and approaching death.

The book carefully examines what can be the most spiritually meaningful time in the life of an ageing person—confronting illness and death. Though they may be unafraid of dying, older people many times fear the pain and suffering that may accompany it. The process of dying is presented with care and reverence, while providing effective approaches to increase comfort, spirituality, and quality of life. Each chapter is extensively referenced, and many include tables and figures that enhance understanding of research data. It is meaningful, valuable reading for chaplains, pastoral workers, palliative care providers, social care providers, nurses, diversional therapists, and other workers who care for the aged.

326 pages / Available online from Amazon.com and Barnes & Noble

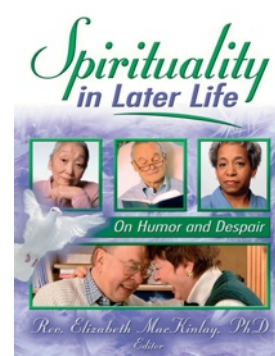


## Spirituality in Later Life: On Humor and Despair

Edited by Elizabeth MacKinlay 2005

Studies have shown that as many people age, their spirituality deepens. This book is a focused exploration of humour, despair and spirituality in later life. Respected authorities share their insights on humour and despair in the process of spiritual development in later life, with discussions on how to provide effective pastoral practice in aged care.

165 pages / Available online from Amazon.com and Barnes & Noble

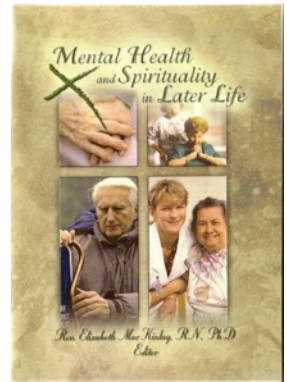


## Mental Health and Spirituality in Later Life

Edited by Elizabeth MacKinlay 2003

Mental health is increasingly being recognised as an important issue in later life. This valuable book will help you examine this dimension of ageing in the context of pastoral, spiritual, and cultural issues. It explores the relationship between mental health, spirituality, and religion in later life, including the search for meaning, cultural issues, spiritual issues, depression, dementia, and issues of suicide in older people. The first part of the book focuses on theology, ethics, and cultural issues in mental health and ageing. The second part addresses issues of multi-disciplinary practice, including a challenging chapter written by a woman with early onset dementia (Alzheimer's) and other chapters that present perspectives on the uses and meanings of ritual and symbolism in mental health and pastoral approaches to care.

154 pages / Available online from Amazon.com and Barnes & Noble

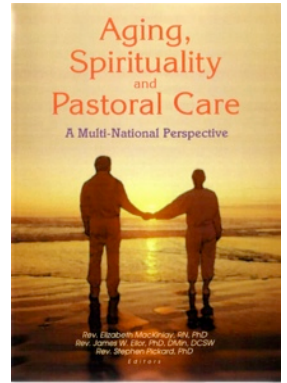


## Ageing, Spirituality and Pastoral Care: A Multi-National Perspective

Edited by Elizabeth MacKinlay, James Ellor and Stephen Pickard 2001

How can you foster spiritual growth in older people? This multi-disciplinary work re-examines issues of ageing with dignity and spiritual meaning. It brings together chaplains, pastors, counsellors, and health care practitioners in all walks of gerontology from around the world to present a fully rounded picture of the spiritual needs and potentialities of this fast-growing population. It also includes a study of the spiritual awareness of nurses working in six different nursing homes, as well as a model for a parish nursing practice that focuses on the aged. This book addresses urgent issues for older people, including: social and spiritual isolation, the wisdom of the ageing, the need for intimacy and sexuality among older people, living with dementia, and the spiritual dimensions of care giving.

190 pages / Available online from Amazon.com and Barnes & Noble



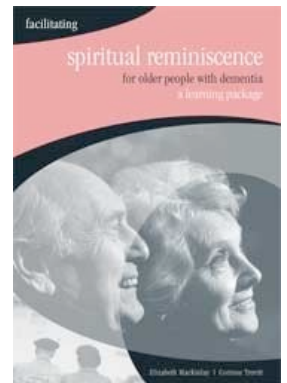
## Facilitating spiritual reminiscence for older people with dementia: A learning package

Elizabeth MacKinlay and Corinne Trevitt 2006

This learning package is designed to assist you to develop skills to undertake spiritual reminiscence with older people with dementia. Although this package is designed specifically for interactions with older adults with dementia, these skills are transferable and can be used with any group of older adults. Spiritual reminiscence is a particular way of communication that acknowledges the person as a spiritual being and seeks to engage the person in a more meaningful and personal way. Research has demonstrated that interactions in those with dementia are significantly increased following group work in spiritual reminiscence for a period of six months (MacKinlay and Trevitt 2005). Spiritual reminiscence in small groups also helps older people with dementia bond and develop friendships in a way that is often otherwise difficult to nurture in aged care facilities. Frequently, participants in the groups said that the process of spiritual reminiscence allowed them to talk about issues that were important to them in a more meaningful way, that was not generally on offer in an aged care facility.

*This learning package was made possible with funding from the ANZ Charitable Foundation - J.O. & J.R. Wicking Trust.*

52 pages / Price: \$20 / CAPS Members' Price: \$16

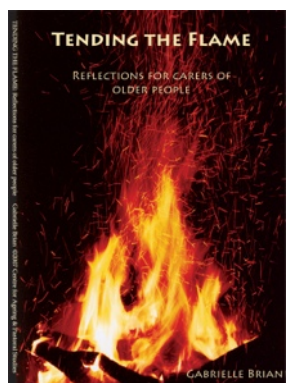


## Tending the Flame

Gabrielle Brian 2007

Gabrielle Brian, the author, is a carer herself and has written this book from the heart of her own experience and listening to the voices of other carers. Facing the one page reflections are Karen Woodward's photos, each picture a reflection in itself. It takes the carer through the process of meeting them where they are at in their caring role and leading them onto an understanding of self worth and value and affirmation in the eyes of God. This book will be valuable to Chaplains in aged care, for supporting staff and in the parish context for those in pastoral care.

38 pages / Price: \$20 / CAPS Members' Price: \$16



## Flourishing & Fruitful: Biblical studies in the context of Ageing

Barry McWha 2006

People may use this publication as a means of exploring Scripture and examining their lives of faith, particularly in the later years of the life journey. The studies take in a perspective on ageing from the Old and New Testaments. In the set of studies there are issues of inter-generational relationships. The questions and discussion points are set at important life perspectives and challenge participants to grow in their faith no matter what their ages.

60 pages / Price: \$20 / CAPS Members' Price: \$16



## Walking with Forgotten People

Don Jamieson 2004

This book is an introduction to pastoral care with older people. Using stories of real people, living in nursing homes, who are facing crises in their lives, Jamieson points to key aspects of caring for others in ways which help them understand qualities of Christian love and care. An important aspect of any pastoral care approach is to be able to act in some way, as a mirror to other people, so that they may find the reflection of Christ within themselves. Initially it looks at a scriptural basis for pastoral care; then, in ensuing chapters the stories are told and aspects of pastoral care are drawn from each story. It may be used as a study text for an individual, or a group. There are suggested activities at the end of each chapter.

51 pages / Price: \$20 / CAPS Members' Price: \$16

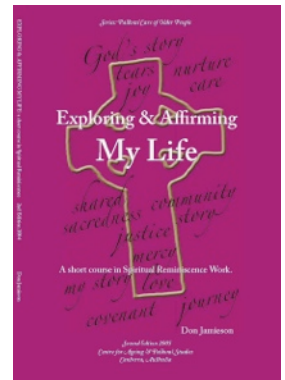


## Exploring and Affirming My Life - 2nd Edition

Don Jamieson 2004

This book explores Spiritual Reminiscence work. Originally published in 2002, this edition has been rewritten and expanded. It includes suggestions for Bible readings, prayers, meditations and songs at the beginning of each study as well as expanded material on spiritual reminiscence. It will be helpful to those who have a pastoral care role with older people. While it can be used at any time of the year, by individuals and with groups, the additional material at the beginning of each study may make it useful in seasons such as Advent and Lent.

54 pages / Price: \$20 / CAPS Members' Price: \$16

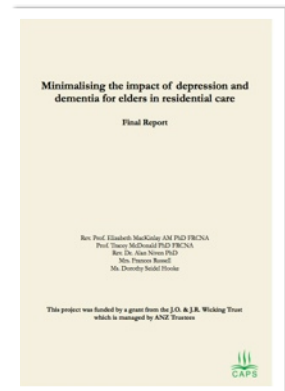


## Minimalising the impact of depression and dementia for elders in residential care - Final report

Elizabeth MacKinlay, Tracey McDonald, Alan Niven, Frances Russell and Dorothy Seidel Hooke 2009

With the gracious help of the JO & JR Wicking Trust, the CAPS undertook a longitudinal study at multiple locations across New South Wales, Victoria and Canberra in 2009 and 2010. Depression has been found to be a major risk factor in dementia, and the prevalence of depression in residential care can be between 40 and 60%, depending on the assessment tool used. Kaufman et al (2007) have found that aged care residents with higher levels of spirituality have statistically significant reduced rates of cognitive decline. Building on the findings of a pilot study, this longitudinal study trialled creative and spiritual approaches to alleviate the level of depression in residents of aged care facilities. The report includes details of the research design and implementation of various intervention programs as well as methods of analysis. Conclusions and recommendations are made in the context of each intervention program. This report will be useful to all personnel working within the aged care industry, especially those working in areas of policy and planning.

151 pages / Price: \$15



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