

Welcome

Compassionate 
Touch[®]
Because touch is good medicine

presented by
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Touch

Touch is one of our most fundamental human needs



It remains for a lifetime

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Touch is Good Medicine

"The most important innovation in medicine to come in the next 10 years: the power of the human hand".

Dr. Abraham Verghese, 2013



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Why Now?

CMS!

Improving Dementia Care and Reducing Unnecessary Use of Antipsychotic Medications in Nursing Homes

Improving Family Satisfaction

Dementia Beyond Drugs

Building a Person-Centered Culture for Dementia Care

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Lack of Meaningful Touch

Touch deprivation is real



Leads to feelings of isolation, anxiety, poor trust in caregivers, insecurity and decreased sensory awareness

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Intact Capabilities



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Touch is NOT all the same



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Stimulates Oxytocin



Physiological Effects

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Decreases Cortisol



Relaxation Response

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Compassionate Touch

Skilled Touch Compassionate Presence

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Compassionate Touch

Is...	Is not...
A way of relating	Bodywork
A pro-active tool	Mechanical Technique

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Communication: Making a Connection


The Importance of Centering

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Understanding the Bubble

Connecting when the bubble is **LARGE**...




...and when the bubble is small


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Skilled Touch

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Verbal and Non-verbal Responses




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Remember to...

Connect with individual within

Be in the moment

Accept the other's "reality"



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Behavioral Expression

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End-of-Life Care

- Pain is not just a physical experience but a *holistic* one



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Skilled Touch for End-of-Life


Skilled touch shifts to comfort-oriented care



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Tracking Outcomes

-  Physical behavior
-  Mood or expression
-  Resistance to care
-  Staff Satisfaction

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Transforming Care – It's In Your Hands



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Thank You

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