

## **Ethics for the Journey**

### **Exploring foundational teachings for faith-based health care**

#### **Who Am I as a Caregiver? – Session IV**

##### Questions/Reflections

1. Spiritual care providers are trained to assess and reflect on their own reactions, motivations and personal needs when they provide care. How could this process or attitude be adapted to other members of the caregiving team?
2. Providing the ‘human dimension’ is something most effectively learned from good mentors. Whom can you identify as a good mentor where you work?
3. As caregivers we hold a certain amount of power over our patients. In what way can we develop accountabilities to ensure that our caregiving considers the needs of patients first?
4. Developing routines and schedules can often reduce patients to objects within a system. Share some examples of how you break a pattern to reach out with meaningful caregiving.
5. Good care is always a balance of justice and generosity. Share some examples of how you see your mentors providing care and balancing these two dimensions. How are you doing at becoming a mentor for others to learn from?