

Spiritual Care Matters – Learning Diary



Once you have completed each day's task, answer the following questions in the boxes provided. You should aim to spend 5-10 minutes on this. When you have completed the course, ask your 'go-to' person or supervisor to sign your diary. You can keep this record as evidence of training and you can include it as evidence for our Open Badge. [Apply for the badge here.](#)



Day 1 Spiritual care is already happening

1. What was the most spirit-raising action that you noticed today?

2. What did you do today that raised one of your resident's/patient's spirits?

Day 2 Communication and relationship building

1. What active listening skills did you use today?

2. What did you find difficult or challenging?

Day 3 Spiritual care – values, principles and practice in care homes

Imagine that you are asked to look after a new care worker on their first day.

1. How would you help them to understand what the core values of the care home/care setting are?

2. What 2 tips would you give them about how to support the spiritual needs of residents?

Day 4 Having a meaningful conversation

1. How did the resident respond to the meaningful conversation – was it positive or maybe it was challenging?

2. What 2 things would you do differently the next time you have a meaningful conversation?

Day 5 Why do you think spirituality matters?

1. Briefly describe your most spiritually meaningful moment from participating in the course.

2. Tell us about three things you learned from the course and why these are important to you.

3. Tell us about at least one thing you will do differently to improve the spiritual needs and well-being of older people.

Course completion record:

Learner name:

Supervisor name:

Date: