# ../../Badges/Badge_fiop_400.pngSpiritual 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](https://www.badges.sssc.uk.com/badges/spiritual-care-matters/).

## Day 1 Spiritual care is already happening

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

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

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## Day 2 Communication and relationship building

1. What active listening skills did you use today?

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1. What did you find difficult or challenging?

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## 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?

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

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## Day 4 Having a meaningful conversation

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

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

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## Day 5 Why do you think spirituality matters?

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

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

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

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## Course completion record:

Learner name:

Supervisor name: Date: