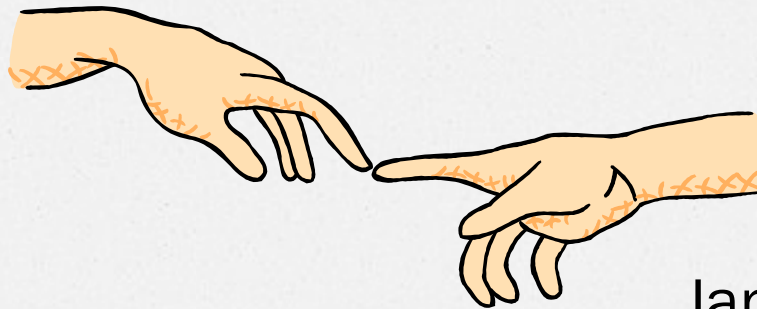


Touch at the End of Life

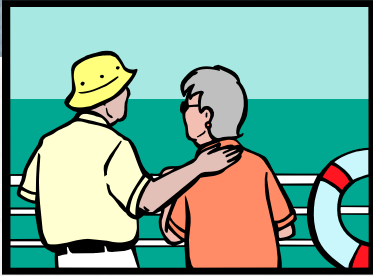


Janet S. Watson, LCSW

- What comes to mind when you hear the word “touch”?



- How do we touch others?



“CLOSE”

What does it mean to touch

Connection

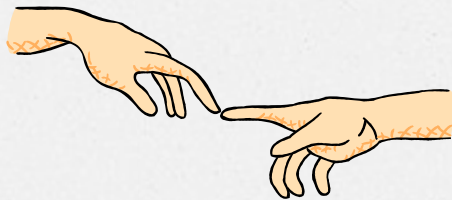
Love

Openness

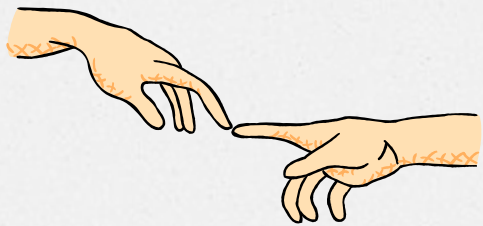
Support

Encouragement

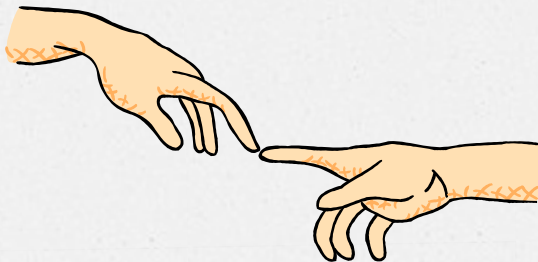
Touch as connection



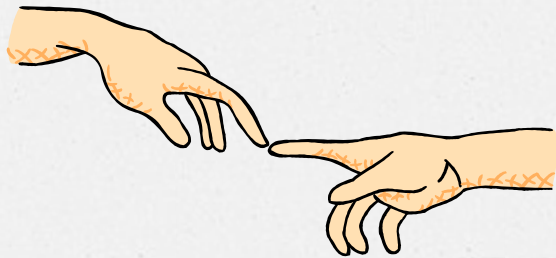
Touch as Love



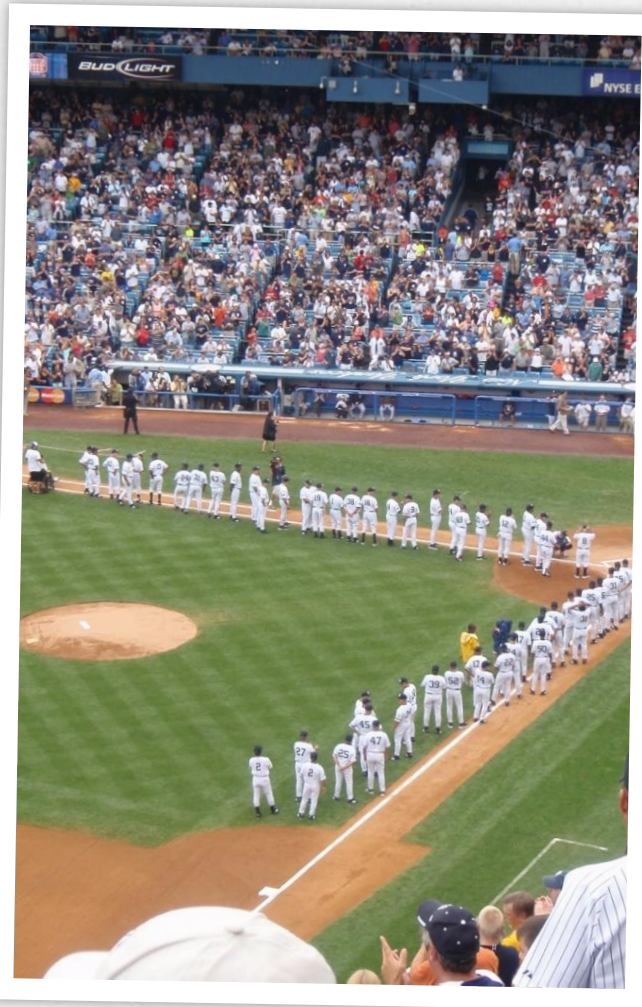
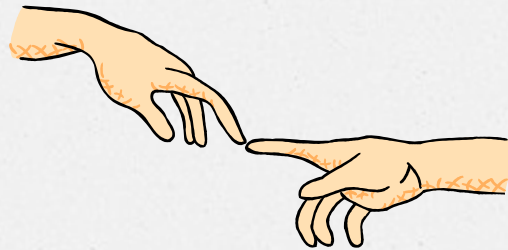
Touch as Openness



Touch as Support



Touch as
encouragement



Touch



It's Not Just Icing on the Cake

touch is very personal

When do you need or want to be touched?

By whom? When? In what way?

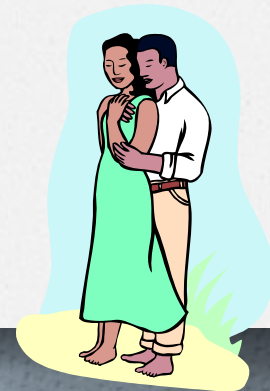
When do you want not to be touched?

How do you know when the other person wants to be touched or not ?

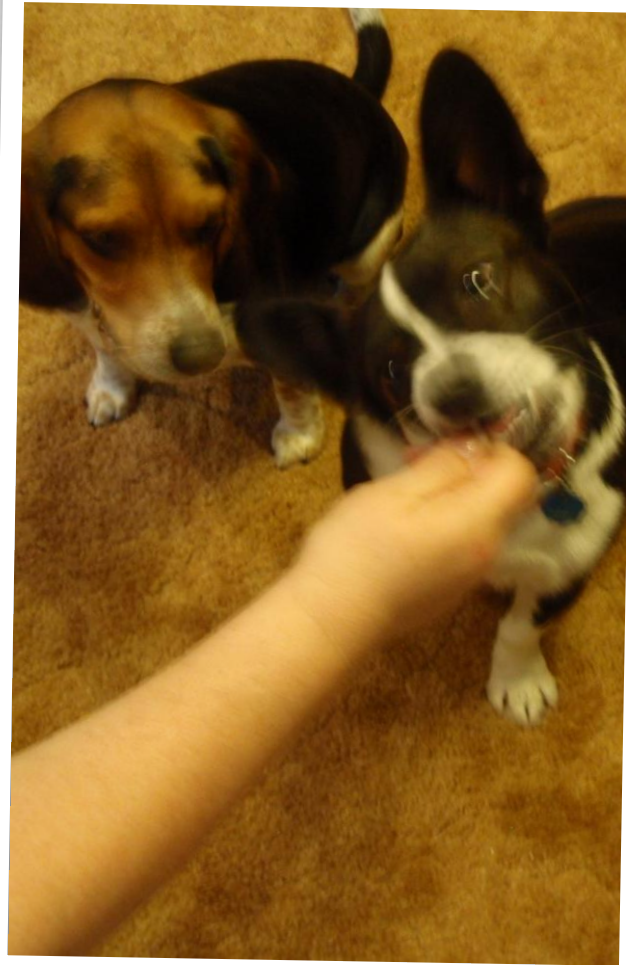
We all feel differently about touch



It is easy to touch what
is attractive to us



Happy puppies



Pretty flowers





But what about those
people that we
perceive to be not so
Attractive to us

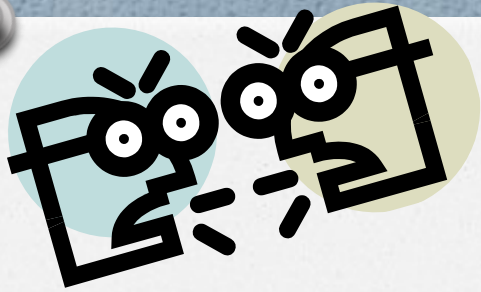
Baby with effects of chemical
weapons





What is it about some people that make us
hesitant to touch them?





What keeps us from touching others

- Anger
- Fear
- Disgust
- Withholding affection
- Lack of understanding
- Other barriers to touch?

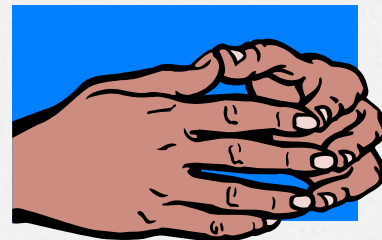


Moving past those feelings that
cause us to distance ourselves



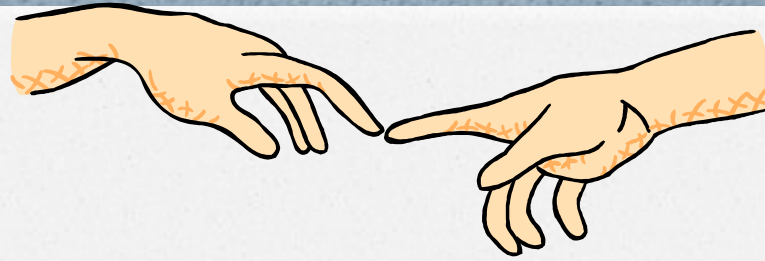
Role of compassion in touch

What kind of touch do
we need when we
are ill or near the
end of our lives







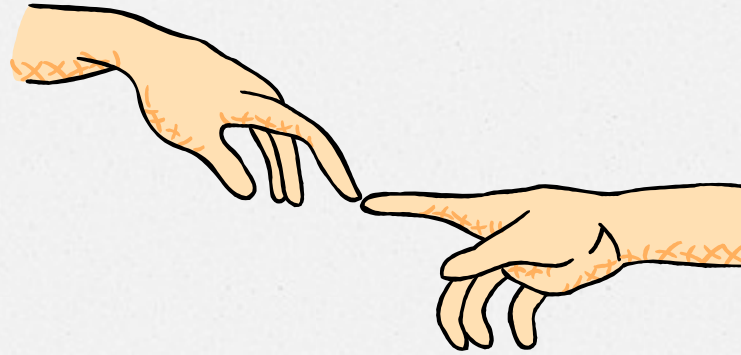


When someone is ill and unable to care for him or herself, choice about touch is limited at best

A person requiring care may or may not know who is providing necessary but intimate care

Caregiver sensitivity varies from person to person and from shift to shift

How a person responds to touch tells you a lot about what they are experiencing. What are they telling you?



- Appropriate Touch.....safe touch
- Touch when caregiving
 - Dealing with your feelings
 - Asking to touch
 - Your body language when touching someone else

Discussion

- Think of a time that you wanted to touch someone but couldn't. Example: the person is in reverse isolation and is crying. What do you do?
- How do you know what the other person wants?
- Regarding touch, what did you learn in your professional training?

Discussion

- What do you do if you want to touch someone but they do not want to be touched?
- How do you respond if someone wants to be touched but you do not want to touch them?

Last Thoughts

- Questions.....Comments

- Thank you

