



Issue #29, June 25, 2015

Training for a New Way of Life—Part Two

Humanitude

It has been another groundbreaking week at the James L West center, with the introduction of the Humanitude method to a small group of CNAs who are now the first Humanitude-certified caregivers in the United States!

Humanitude was developed in France over 30 years ago, by Yves Gineste and Rosette Marescotti, at the request of the French government. Initially designed to relieve medical caregivers' back problems, the methodology developed into over 150 techniques and approaches that have been adopted around the world, to increase well-being for elders and their caregivers.

The approaches are simple yet profound, and create a very positive trusting relationship between patient and caregiver, before any care is given. The method has been validated through research many times—throughout Europe and most recently in Japan, with the same results: increased well-being for all, decreased use of medications, decreased burnout for staff. People want to come to work, because they can give good care, successfully, to a happy, cooperative elder with dementia. It is amazing.

Over the next few weeks, the care staff at the West center will be trained and evaluated in their adoption of this very exciting method. First, it represents what we feel is a big missing piece in our approach to care, and second, we hope to model this best practice for our American counterparts. We also look forward to welcoming Yves Gineste back to the center in September, for a special event.

Susan Farris, Executive Director