



THE
Cedars

“Crabbit Old Woman”

Discussion Guide:

We hope you enjoyed this lovely poem (video) translated into four languages (English, French, Italian, Spanish)!

1. English <https://vimeo.com/948144853>
2. French <https://vimeo.com/1000843931>
3. Italian <https://vimeo.com/1000959837>
4. Spanish <https://vimeo.com/1000800856>

The AgingME Geriatrics Workforce Enhancement Program (GWEP) team has modernized the poem, “Crabbit Old Woman.” This reflective poem is a call to action for each of us to look beyond the surface and truly see the individuals we care for each and every day. The poem challenges us to reconsider our perceptions and recognize the rich, complex, and long lives that lie behind the faces we encounter in daily practice.

As persons working in the human service professions, we continually strive to deepen our understanding and enhance our approach to person-centered care. We think this video is a powerful and impactful way to communicate the essence of person-centered care.

Take action and view this video with your staff, students, and others, reflect on its message and engage in a thoughtful conversation. We have provided some discussion questions to help you get started. Feel free to develop your own prompts to guide the conversation reflecting on individual practices and attitudes when working with older adults.

We encourage you to consider ways you might address a “Call to Action” for your particular group and/or living community. Encourage viewers to identify and commit to specific changes to enhance person-centered care for all older adults in any and all settings. **“Call to Action” Practical Tips have been provided.**

Several articles have been included to provide additional opportunities for more focused discussion.

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Prompts for Discussion & Reflection:

- How many of you enjoyed this video and could relate to its message?
- Has anyone thought about this in the work you do? Can you give examples?
- What one word comes “top of mind” when you see this video and could you discuss why?
- Reflect on a time when you felt truly seen and understood. How can you replicate that experience for the older adults in your care, ensuring they feel valued and recognized for who they are beyond their age and physical appearance?
- Consider a specific resident or patient you interact with. What aspects of their past life or personal story might you be missing. What questions could you ask to learn more about their life history? Was there something you learned about a specific resident or patient that was a surprise? How could learning more about their life influence the way you engage with them?
- In what ways can you adjust your daily practices or communication style to better honor the individuality and unique experiences of each person you care for?
- What personal biases or assumptions might you bring to your interactions with older adults, and how can you challenge or overcome these to provide more person-centered care?
- How can you involve and empower the families of the individuals you care for to contribute to a more holistic understanding of their loved one’s lives and preferences?
- If the older adult in your care can’t communicate their life history, what might be some strategies used to understand the unique life story of this individual?
- Can you give some specific examples of changes you could make to your clinical practice and communication techniques after watching the Crabbit Old Woman poem (Video)?

Let us know how you enjoy this video, ways in which you plan to use it, and specific action steps you will take within your organization to join the movement - Reach out to our social media or complete this survey: https://umaine.qualtrics.com/jfe/form/SV_beL5KrvCswFpSrY.

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Call to Action: Practical Tips:

Practical Handouts as quick resource/reference:

- Include Crabbit Old Woman Poem (video), person-centered care and implicit bias resources in all personnel employment onboarding and orientation.
- Create quick tips and actionable steps that can be easily referenced during shifts.

Interactive Discussions and Role Playing:

- Provide time to practice implementing techniques to support person-centered care through discussion groups, role playing, and sharing examples of successful strategies.
- Include in educational sessions and integrate into your curriculum.

Peer Learning Opportunities:

- Encourage sharing experiences and successful strategies that enhance collaborative approach to person-centered care and bias reduction with examples of successes among peers through regular team meetings.
- Acknowledge and celebrate individual staff successes.

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Resources:

American Geriatrics Society Expert Panel on Person-Centered Care. Person-Centered Care: A Definition and Essential Elements. *J Am Geriatr Soc*. 2016 Jan;64(1):15-8. doi: 10.1111/jgs.13866. Epub 2015 Dec 2. PMID: 26626262.

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