

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
<p>The “Attentively Embracing Story” applies story theory to allow health caregivers and care-receivers to address health challenges. The process consists of three concepts: intentional dialog, connecting with self-in-relation, and creating ease.</p>	<p>When care-receivers describe their health stories, health caregivers sensitively pay attention, and attentively listen; care-receivers share past life experiences, thoughts, and feelings. Care-receivers reflect on their perceptions of present health challenges, and caregivers help them change their negative thoughts, generate new meanings of life experiences, connect the “self” in relationship with others and the outside world, and recognize living in the present moment is filled with hopes and dreams, in order to achieve the goal of healing</p>
<p>A ‘Story-Centred Care Intervention Program’, which consists of intentional dialog, connecting with self, and creating ease, can improve quality of life in older adults living in long-term care facilities.</p>	<p>“ Story-Centred Care Intervention Program” identified their health challenges and created trust relationships between care receivers and care givers through intentional dialogue that was nonjudgmental and discovered unique life experiences.Finally, “ Story-Centred Care Intervention Program” developed self-management behaviors that resulted in positive health outcomes.</p>