

Curiosity: Person Centered Continuing Care

“The important thing is not to stop questioning...
Never lose a holy curiosity.” Albert Einstein

Curiosity assists us in exploring possibilities and encourages us to question and have a sense of wonder. A heightened curiosity allows us to ask better questions and be receptive to new ideas and situations.

There are added health benefits to curiosity. When you are curious you allow yourself to experience novel activities thus increasing the production of dopamine in the brain; a chemical that naturally lifts your mood and provides a sense of wellbeing.

There are common hurdles in LTC especially when caring for our mental ill; lack of understanding and confidence, entrenched beliefs, apathy, avoidance, and fear of the unknown to name a few. Curiosity helps us address these hurdles by actively acknowledging the situation and seeking possible ways to respond. Curiosity allows us to move forward. Make it your practice during care especially with challenging behaviors to adopt a “curious approach.” What’s happening? How is it happening? What could be in this for me?

Tips to further develop curiosity.

Have a sense of wonder.

Be open to learning, unlearning and relearning

Have a “childlike” sense of questioning.

Look for possibilities.

Surround yourself with people that have a natural curiosity.

Do not take things for granted.

See curiosity as fun.

Read books and explore the subject of curiosity as a tool for build resiliency.

WONDER

“Inquiring, curious, a state in which you want to learn more”!!

W - **What** is happening with the resident? What is happening with you? What do you see, think, feel and do?

O - Are you **open** to see/explore differently without judgment?

N - **Need** further information and assessment

D - **Do** a plan; do seek help and further guidance

E - **Engage** in the plan- put into action

R - **Reflection**- Review? What worked well? What could you have done differently?

Notes for specific Care Cases
