Finding JOY in the Journey
The Use of Humor in Caregiving

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My boss said to start my presentation today off with a joke.

So I was going to put a picture of my payslip on the first slide.
Overview

- Definition of Concepts
- Inappropriate/ Appropriate Uses
- Benefits of Humor
- Discuss coping mechanisms for patients, families, and staff
Definitions
- Therapeutic humor
- Laughter therapy
- Meaning fatigue
- Experiencing “Joy” versus “Happiness”

Inappropriate Uses of Humor
- Just telling jokes
- Not being respectful
- Wrong time, wrong places
- Deflection mechanism
- Cultural differences?
"Humor is just a funny way to get serious."

Using Humor in Caregiving

- Following their lead
- Building relationships
- Facilitating life review
- Experiencing relief/ normalcy
- Dealing with anxiety/ sadness
- Opening avenues to deeper issues

LOL

Laughter is the best medicine
Some Benefits of Humor

- Blood pressure lowered
- Pain management
- Boosts immune function
- Reduces stress hormones
- Releases endorphins
- Produces general feeling of well-being
- Diminishes feelings of sadness temporarily
- Other physiological/psychological benefits
Humor as a coping mechanism

- Dealing with compassion fatigue/burnout/ empathic distress
- Developing good boundaries
- Acknowledging our humanity
- Closing remarks

“We must realize the intrinsic value of Humor as a therapeutic tool for comfort, and be prepared to utilize it often in our caregiving.”

"Gentlemen, why do you not laugh? With the fearful strain that is on me day and night, I should die if I did not laugh.”
-Abraham Lincoln