

End of Life Care



- What's it all about really ?



**Add 60
Years**

Losses of the Elderly





Feelings – that's the stuff of loss



**SHE STARTS TALKING
ABOUT FEELINGS**

I walk away

VERY DEMOTIVATIONAL.com



SACRED GROUND

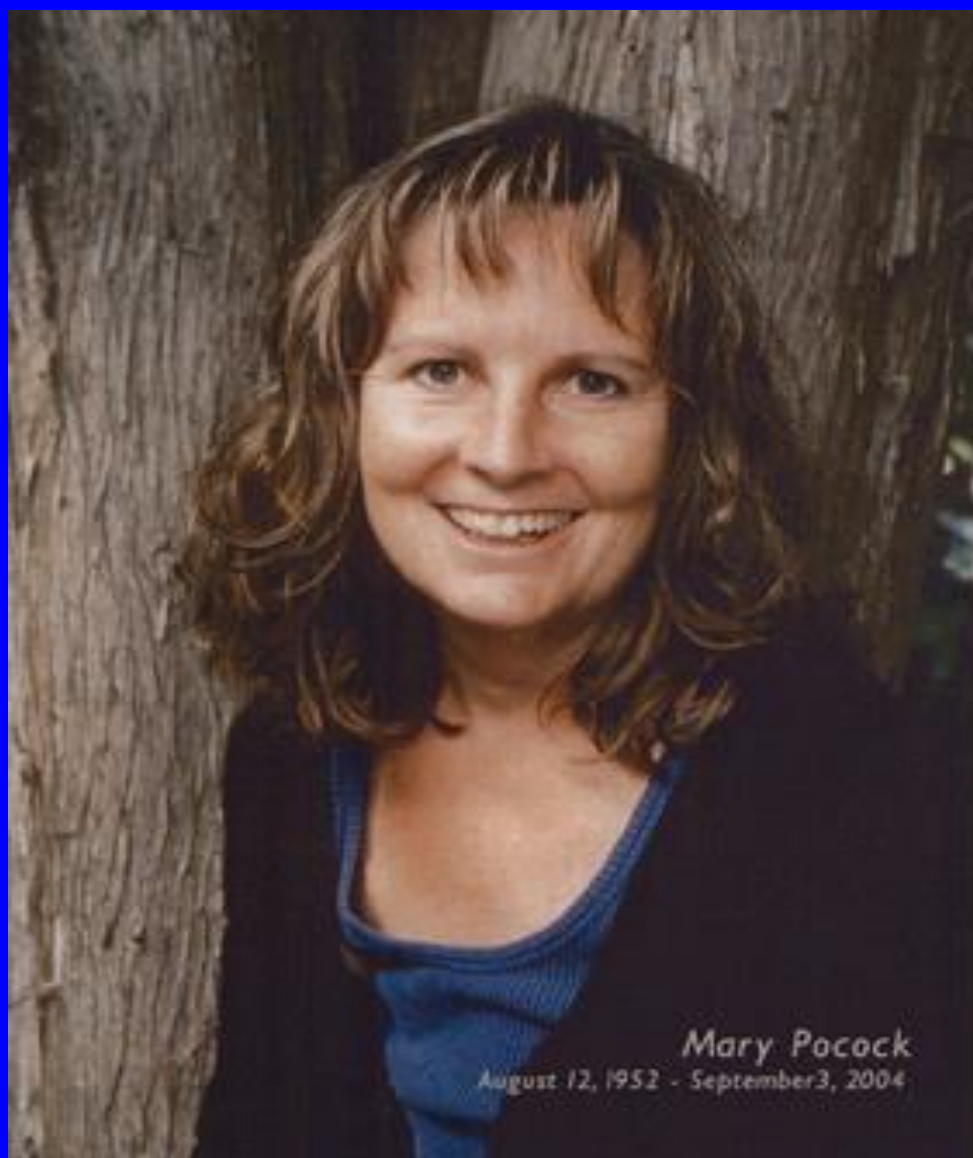


Some Definitions

- Loss is not just about death
- Life is made up of many mini deaths
- Common experiences in loss

Loss

- Is all about story
- And that includes my/ your story too



Mary Pocock

August 12, 1952 - September 3, 2004

Live for me.
Laugh for me.
Do good and give to the world for me.
Grow for me.
Share for me.
Mourn for me,
but let your own spirit fill again
with friends, family and new laughter.
Or I'll come down and kick your ass
as a gopher or horned owl — ha ha.

A POEM BY MARY
WRITTEN AUGUST 29, 2004



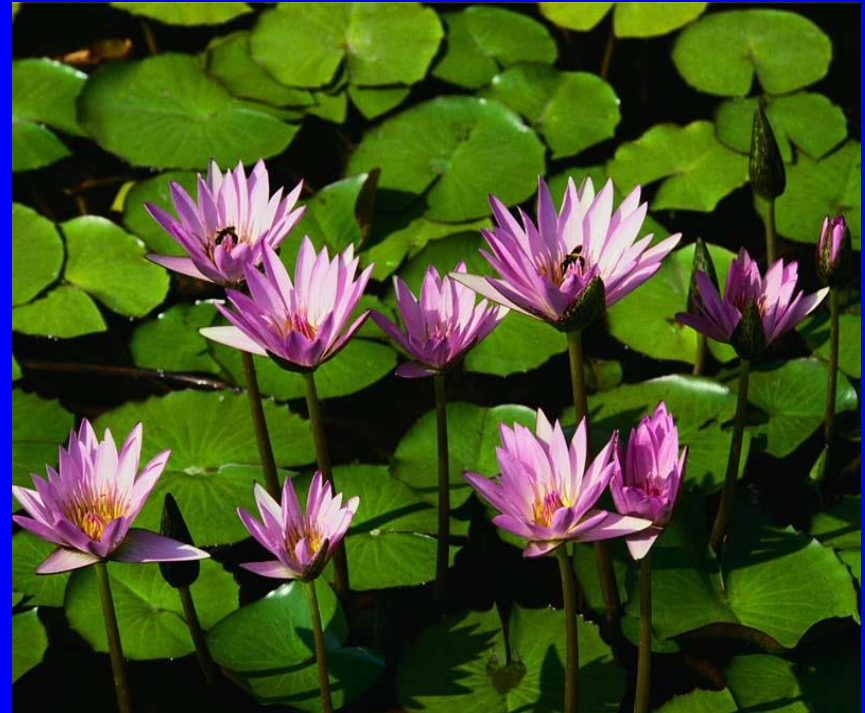


But we (as carers) need to ..

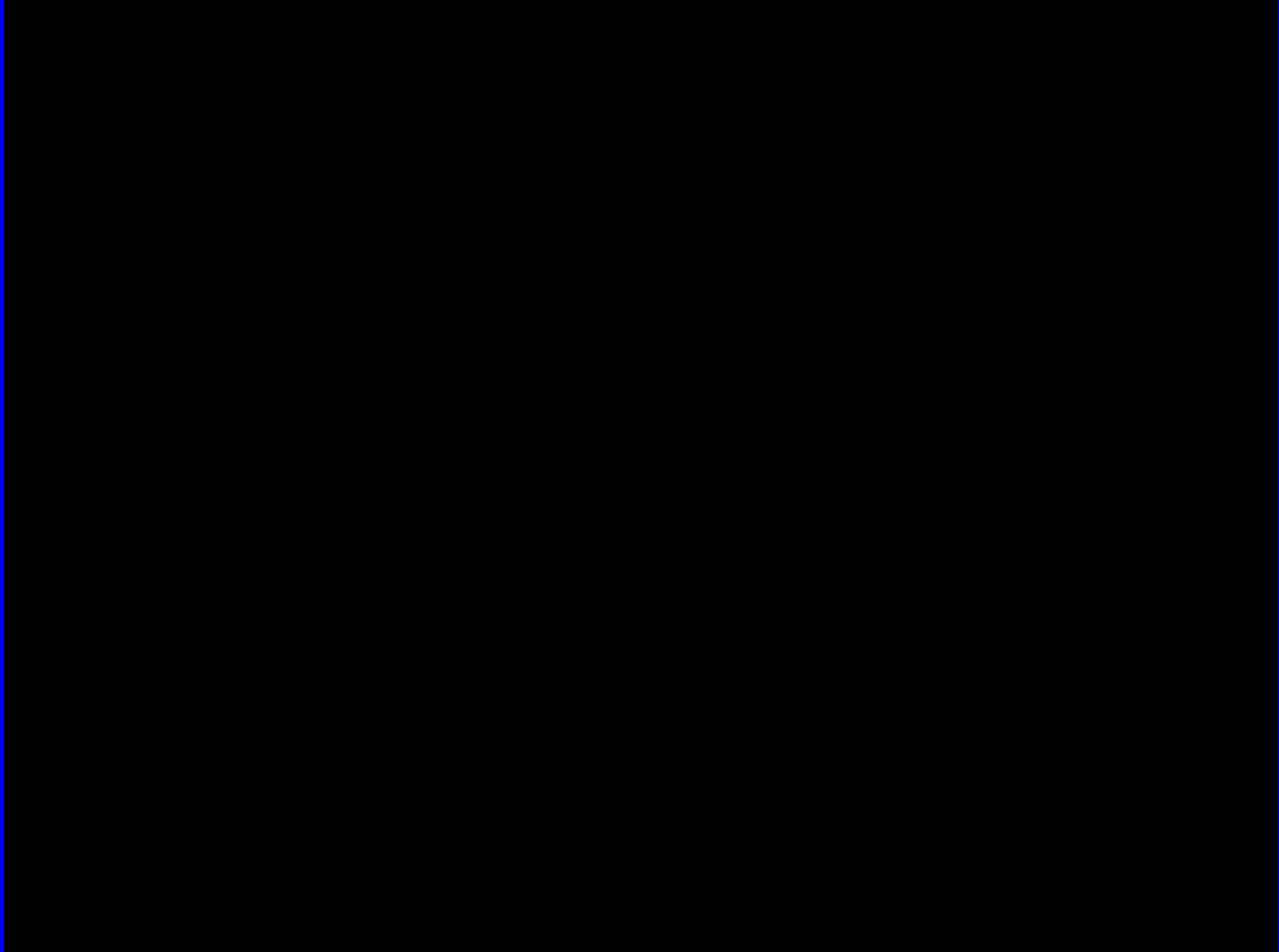
- Look at our selves,
- Our values, our stories
- Our faith, our death stories
- Our priorities and our prejudices
- For these are the lens through which we look at other people's losses



The journey with another
begins
with your
Self-awareness
- everything builds on that



Need to Listen



Death and Life



- Two Dimensions of the One Reality
- Stand
- Head to the Left
- Head to the Right

THE TOP FIVE REGRETS *of the DYING*



A Life Transformed by the Dearly Departing

BRONNIE WARE



5 Regrets

- I wish I'd had the courage to live a life true to myself, not the life others expected of me
- I wish I hadn't worked so hard
- I wish I'd had the courage to express my feelings
- I wish I had stayed in touch with my friends
- I wish I had let myself be happier

Clock ticks for us all





Palliative Care - WHO

- Palliative Care is the **active** total care of patients whose **disease is not responsive** to curative treatment.
- Control of pain, of other symptoms and of psychological, social and spiritual problems is paramount.
- The goal of palliative care is achievement of the best quality of life for patients and their families.

Palliative Care

- Affirms life and regards dying as a normal process
- Neither hastens nor postpones death - Focus on quality of life



Spirituality & Religion

- What do we understand by these terms?
- Spiritual
- Religious
- Pastoral Care / Chaplaincy



etb 2



Spirituality

- Spirituality is a very broad concept
- ‘An experiential process whose features include quest for meaning and purpose, transcendence (a sense that being human is more than material existence), connectedness and values.’
- It is very personal

And Religion

- Religion is from the Latin *religare*, which means “to bind together”.
- Religion organizes the collective experiences of a group of individuals into a system of beliefs and practices expressed in doctrine and ritual.
- ‘We believe in.....’
- ‘To be part of our church you must...’
- Often focused upon community – drawing limits

Spiritual Needs

- To be connected
- To be respected and appreciated
- To love and be loved
- To be known and accepted
- To be compassionate
- To give and to share
- To be productive and successful
- To still become and to have hope

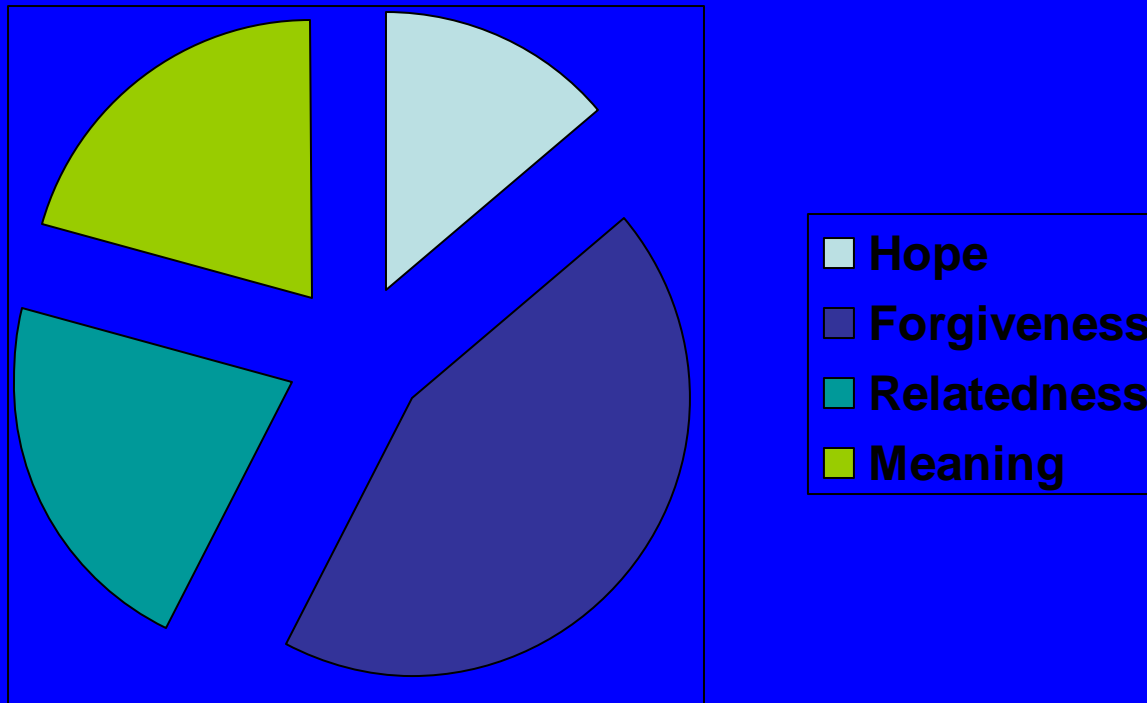
Bell and Troxel


Spiritual Pain

- ‘...when spiritual needs are not being met & attempts to give some meaning to life are unproductive and worthless
- ‘Suffering without meaning’ – Frankl



Patterns of Spiritual Pain





If we do not
transform
our pain, we will
most assuredly
transmit it.

—Richard Rohr

cac.org

Death and Spirituality

