

What is Spiritual Care?



No matter how deep our faith, we seek to understand what significance our life has had and what lies beyond. For many people the end of this life is a time of looking back over the life that has been lived. The focus shifts away from the busy outside world to the inner world of heart and soul.

Remembering the good, celebrating love given and received, and finding some purpose for all that has happened is part of the process. Reflecting on the disappointments, failures, hurts that were part of the journey is important work. Seeking and offering forgiveness and love become basic tasks in finding spiritual comfort and peace.

You Can:

- Be present. Listen. Presence is being comfortable just sitting quietly with the person. Most caregivers are busy and need “to do” something. Don’t overlook the value of your presence and calm companionship.
- Watch for signs of struggle and for signs of peace.
- Talk about those things that matter most to the person.
- Offer to arrange visits from favorite friends.
- Talk about your favorite memories of your loved ones life.
- Offer or arrange any meaningful religious or spiritual rituals.
- Play music or read scripture, favorite books and passages aloud.
- Create a soothing environment.
- Contact your local congregation, spiritual leader, or hospice chaplain. Your hospice chaplain is trained to provide care centered around your faith and beliefs.

Please call your Hospice team anytime for more information or support.

