

Spirituality

- What is spirituality?
 - The exploration and expression of the meaning of life.
 - The connection to one's self, others, and nature.
- What is spiritual support from hospice?
 - Listening
 - Acknowledgment as a human being
 - Support
 - Religious or faith support if directed by individual desires.
 - Help with coping through grief and promoting emotional well-being.
 - Is helpful even when cognitive impairment is present.
 - Is helpful when spiritual distress is present.

Hospice Support

- The hospice benefit is intended to provide support for all aspects of the end-of-life process.
 - **Nursing:** Supports comfort through symptom management and family teaching, training, and education.
 - **Social Workers:** Support the care plan, provide resources, and address emotional concerns.
 - **Bath Aide:** Maintains dignity by providing bathing services.
 - **Chaplain:** Provides non-denominational spiritual support.
 - **Hospice Volunteer:** Provides short periods of respite so caregivers can schedule personal needs or take a break for a couple of hours (when appropriate). Volunteers cannot provide personal care.
 - **Therapists:** Are sometimes used to help teach caregivers how to transfer someone, make sure there is the right medical equipment in the home, and help maintain safety to prevent falls/injury.

If symptoms are not managed or you have any questions, please contact your
Confluence Health Home Care Services Hospice Team: (509) 433-3700

Interventions to Reduce Spiritual Distress

- Allow the Hospice Chaplain to come and make an introduction to see if spiritual support would be beneficial.
- Have honest discussions with loved ones about spiritual needs.
- Inform the Hospice Chaplain what type of spiritual support is wanted (religious, faith, non-denominational, agnostic, atheist, etc.)
 - The Hospice Chaplain meets people wherever they are in their spiritual journey.

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