

ABOUT HOSPICE:

Hospice is patient-centered palliative care which aims to make the last months of life as comfortable and peaceful as possible for patients and their caregivers. Hospice strives to improve quality of life at the end of life, not only for patients, but also for their family and friends. The patient, family and volunteer caregivers are considered an integral unit. Hospice is not a place - it's a concept. The focus is on caring, not curing; on life, not death. Quality of life, family wellness, community involvement and personal dignity are all part of the compassionate and progressive vision of Hospice.

AT THE SHUSWAP HOSPICE SOCIETY:

◆ We provide trained volunteers for the visitation of patients with life-limiting illness, either in their home, in the hospital or in facilities and in partnership with a team of health professionals.

◆ We support the rights of all persons to receive consistent physical, emotional and spiritual assistance to maintain individuality and dignity while facing life-limiting illness and bereavement.

◆ We offer continuing bereavement grief support through one on one or group sessions.

◆ We are integral members of the end-of-life palliative care team in the Shuswap.

◆ We are members of the British Columbia and Canadian Hospice Palliative Care Associations (BCHPCA, CPHPCA) and the British Columbia Bereavement Helpline (BCBH).



The Shuswap Hospice Society supports those who are struggling to cope with death and the associated emotional realities of that process.

The Society provides grief and bereavement support to the families and friends of those whose loved ones have died.

FUNDING

To help supplement partial funding from IHA

We are a non profit, volunteer organization that depends on donations and support from:

- > In-Memory Gifts
- > Memberships
- > Service Organizations
- > Bequests
- > Your Donations
- > Fundraising

YOU CAN HELP

- > Become a Member
- > Become a Volunteer
- > Make a Donation
- > Leave a Bequest

Please make your cheque payable to Shuswap Hospice Society or go online to donate at www.shuswaphospice.ca

ACCESS

Our Services are provided **free** to anyone who needs them. Referrals can be made by anyone, for yourself or anyone you know.

We want you to know:

That you are **not alone**,
That we **care**,
That we are here to **help**,
Please **CALL**
250.832.7099



TEN THINGS TO KNOW ABOUT GRIEF

Providing Compassionate Care Services to the Shuswap Since 1986

Shuswap Hospice Society

PO Box 967,
#209 - 231 Trans Canada Highway
Salmon Arm, BC V1E 4P1

250.832.7099

admin@shuswaphospice.ca

www.shuswaphospice.ca



When you are grieving it helps to know what to expect.

Although your grief is unique to your relationship with the person who died, there are some common themes.

1. GLOBAL EFFECT OF LOSS

The death of someone very close to you can be a life transforming event that affects all aspects of yourself and your life. It can feel as if your world has been shattered. The grief process is the journey between how things were and how they will be. It is an interior journey, like a labyrinth, moving toward central issues of meaning.

2. GRIEF IS A NATURAL PROCESS

The grief you feel at the death of someone important to you is the consequence of living and loving, of your meaningful connections with others. Grief is a normal part of life and a natural response to loss. Information about the phases of grief can help you to understand the responses that you experience.

3. INDIVIDUAL DIFFERENCES IN GRIEVING STYLES

Although grief has some definable outlines, how you grieve is a unique result of your personality, your past history of loss, and the relationship that you had with the person who dies. Each person in your family will grieve in their own way and with their own timetable. To cope with their grief, some people will openly express the emotions that they experience while others will control their thoughts and emotions. Neither of these styles is right or wrong: each can be an effective way through grief.



4. CHILDREN AND GRIEF

Children look to the important adults in their lives to learn how to grieve. They are sensitive to the moods and behaviours of the adults around them and may not talk about their thoughts and feelings of loss unless the adults do. Children are frightened by what they do not know or understand, so simple information about death and grief is helpful to them.

5. SOCIAL CONNECTIONS AND SUPPORT

When you are grieving you may want and need support from others more than ever. Due to awkwardness or their own feelings of grief, some people may not be able to provide the understanding and caring that you expected from them. Because many of the relationships in your life will be altered in some way after a major loss, it is normal to look at, change, or sometimes end certain relationship. You may find that the company of other bereaved people is particularly comforting.

6. EXPERIENCES YOU MIGHT HAVE IN GRIEF

When you are actively grieving, you can feel very different from your usual self as your emotions, your mind, and your reactions seem unreliable. It is possible that you are feeling intense pain and emotions that you have never felt before. You are not going crazy; this is a natural part of grief. Responses such as fatigue, forgetfulness and irritability result from your attention and energy being directed toward your grief and adjustment to loss.

7. FLUCTUATIONS IN THE GRIEF PROCESS

As you journey along the path of grief, you will find that your feelings and responses vary at different times and phases of the process. There will be unpredictable ups and downs that may be felt as waves of grief or as good days and bad days. It is important to understand and value the good days as breaks or rests in your particular journey.

8. SELF CARE AND WHAT HELPS

There are things that you can do to help yourself at this challenging time. Getting information about grief can help you to understand your responses and your journey. Be gentle and patient with yourself as you grieve. Do what you can to keep some normal routine for health and social contact. Support may come from a variety of sources, family, friends, bereavement groups, chat rooms, etc. If you are concerned about yourself and your grief, seek professional counselling help.

9. TIME FOR GRIEF

Despite what you may hear about "getting over it" or "the first year", there are no timelines for grief—it takes as long as it takes. Often your grief journey is longer than you or other people expected and you may feel pressure to be better than you are by now. It is certain that this loss will continue to be part of your life and that you will always have times when you think about, miss, and grieve the person who died.

10. GRIEF AS A SPIRITUAL JOURNEY OF HEALING

The death of someone significant in your life brings change that puts you on a different life path. Nothing will ever be the same, yet you must somehow go on and find meaning in the new path before you. As the grief journey continues, you may experience healing and personal growth as a result of the suffering you have endured and the lessons that you have learned.

As you go through your journey of grief, know that you are not alone and that the Shuswap Hospice Society is here to help you whenever you need us.

250.832.7099

www.shuswaphospice.ca