

# CARING FOR THE SPIRIT

*Spiritual Care at Hospice of Michigan*





For many, spiritual care is a bridge to achieving peace of mind at the end of life.

The Spiritual Care Advisor is an important member of your care team. Their goal is to work with patients and families to help achieve peace of mind and have good quality of life. This means working through questions that often come up, such as “Why me?”, “Why must my loved one suffer?” and “What can I leave behind as a testament to my life?”

At Hospice of Michigan, we have great respect for the wide range of cultural traditions and religious backgrounds of those we serve. If desired, our advisors can coordinate with clergy and any other spiritual supports you may already have.

A spiritual care advisor will meet with you and your family to determine their role in the plan of care. They can provide spiritual guidance, pastoral care, and even assist with funeral arrangements.

Put simply, spirituality can be defined as a search for meaning and purpose in life.

Our spiritual care program respects the inherent dignity and value of every individual, while recognizing that emotional healing is vital to a satisfying end-of-life experience.

## WHO RECEIVES SPIRITUAL CARE FROM HOSPICE OF MICHIGAN?

We recognize that the importance of spiritual care differs from person to person. Some people may find comfort in the rituals and traditions of organized religion; others may need to evaluate the meaning of their life and relationships or come to terms with important issues in other ways.

Because spiritual care is a core service of the hospice benefit, all patients admitted to our program will be offered a visit from a spiritual care advisor. The visit provides an opportunity for the patient and family to get to know the spiritual care advisor.

We make every effort to honor each patient's background and values, and to provide spiritual care that is supportive of their faith and traditions.

## WHY IS SPIRITUAL CARE IMPORTANT?

Simply put, spiritual care can help patients and their families manage the difficulties associated with illness and dying. For many at the end of life, addressing spirituality can have a positive impact on pain management, quality of life and developing coping strategies.

Creating a "sacred space" is a core value of Hospice of Michigan, recognizing the sacredness of dying and respecting our commitment to honor life to the end. We strive to ensure quality of life and peace of mind for our patients and families.

## A SPIRITUAL CARE ADVISOR CAN PROVIDE:

### SUPPORTIVE SERVICES

- Counseling
- Patient/family support
- Insights to end-of-life questions

### SPIRITUAL/EMOTIONAL SHARING

- Aid in coping with the loss of independence/changes in life-roles
- Opportunities to reflect on one's life
- Guidance in finding closure in unresolved relationships
- Helping find meaning and purpose in life
- Aid in finding resources for support

### PSYCHOSOCIAL GUIDANCE

- Relief for feelings of spiritual distress, sadness, fear, powerlessness, guilt, shame
- Avenues to forgiveness and reconciliation
- An exploration of the power of hope

### FAITH-BASED CONNECTIONS

- Engagement with religious community
- Opportunities for spiritual reflection and prayer with patient and family

### ENCOURAGEMENT

- Help in identifying spiritual values and developing a sense of belonging/identity
- Guidance in life-review
- Celebrate life accomplishments
- Help in identifying sources of joy and hope

A nationally recognized leader in end-of-life care, Hospice of Michigan is the original—and largest—not-for-profit hospice provider in the state. Since 1978, we have remained committed to our not-for-profit mission to care for all those who need and seek our care regardless of age, diagnosis or financial circumstances.

As a member of the NorthStar Care Community, we collaborate with other not-for-profit providers, sharing a goal to continually provide unsurpassed care, guidance and quality of life for patients facing serious illness, which includes practicing the highest standards of hospice and palliative care. Collectively, we touch the lives of more than 9,800 patients and families each year.



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## HOSPICE OF MICHIGAN OFFICES

### **Southeast Michigan**

Ann Arbor\*/Clinton Township/Dearborn/Southfield

### **West Michigan**

Grand Rapids/Muskegon/Kalamazoo\*\*

### **Northwest Michigan**

Big Rapids\*\*\*/Cadillac/Ludington

### **Northern Michigan**

Alpena/Charlevoix/Gaylord/Traverse City

*\*Services provided by our affiliate, Arbor Hospice*

*\*\*Services provided by our affiliate, Centrica Care Navigators*

*\*\*\*A proud partner of Mecosta-Osceola United Way*

*Hospice of Michigan is a recognized  
501c3 charitable organization.*