

## Spiritual Care at Lisaard and Innisfree Hospice

Hospice palliative care is designed to relieve suffering and help people live their remaining time in comfort and with dignity. Illness and disease often threaten hopes and dreams and stir up questions about the meaning of life and death, which can be a source of suffering.

With the intent to reduce or relieve suffering, Spiritual Care honors and addresses the thoughts and feelings that may be present when faced with the reality of our mortality.



Our compassionate Spiritual Care Practitioners have training in short-term counselling, palliative care, theology, crisis support, grief and loss, the dying process, and much more.

This isn't about a particular faith or religion; it's about quality attention that provides support and some guidance on your journey.

Sometimes, it's best to meet for an initial visit; to get to know each other a bit, and see what the conversation brings up.

### Topics may include:

- Struggling with hopelessness or a loss of faith
- Feeling lonely, forgotten, isolated, guilty or misunderstood
- Experiencing anger at others or a Higher Power
- Questioning the purpose of their life or the meaning of suffering
- Facing loss or grief
- Addressing the feelings of uselessness, fear/anxiety and the question "Why me?"
- Seeking forgiveness or reconciliation
- Exploring decisions about end of life (Advance Care Planning, MAiD, etc.)
- Participating in reflection, prayers, and rituals that help them experience the Sacred
- Working on control, trust, and surrender issues so dying and death happens more peacefully
- Processing previous losses

To contact our Spiritual Care Practitioners, please click [here](#).

*"Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred."*

- Christina Puchalski