



Webinar Series:
A Ripple of Thoughtful Words for Communication at End-of-Life in LTC

GRIEF & DEATH

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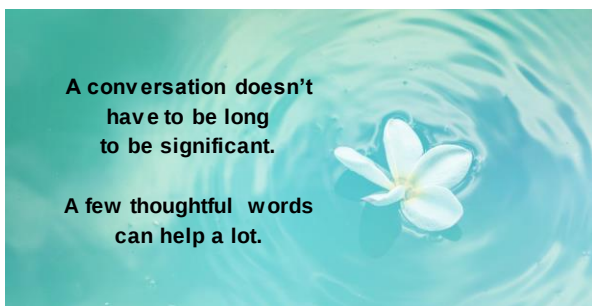
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ACKNOWLEDGEMENT



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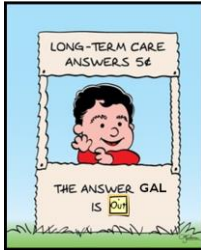
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**A conversation doesn't
 have to be long
 to be significant.**

**A few thoughtful words
 can help a lot.**

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**People usually don't want
or need answers, just
understanding.**

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Proposed PATH of "Ripples of Thoughtful Words."

PAUSE – Breath, be present with oneself

AWARENESS – Reflection/mindful moments, thoughts and feelings

THEME/**T**OPIC OF THE DAY – Reflection and a few thoughtful words

HELPFUL/**P**RACTICAL TIPS – Techniques and tools



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Stop.
Take a breath.
Observe your thoughts and feelings.
Pause. **P**roceed mindfully.

Cultivating intimacy with the
present moment as it is.
Stopping is a radical act (pause).

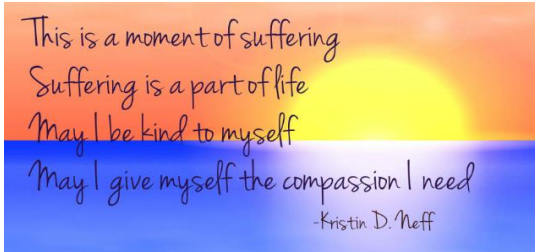
Honour and remember
those who have died.



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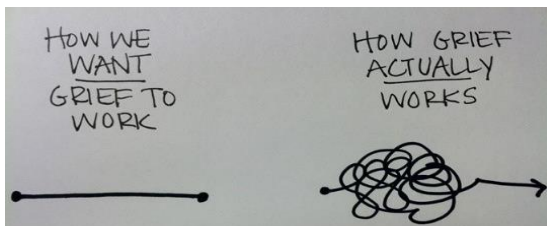
SELF-COMPASSION ASKS – “What’s good for you?”



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GRIEF



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COLLECTIVE LOSS OF THE WORLD WE KNEW

Listen

David Kessler and Brené on Grief and Finding Meaning

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GRIEF & LOSS VOCABULARY

GRIEVING: A normal, natural, and individual (internal) experience of loss in one's life.

MOURNING: The process one goes through adapting to the loss. It is a form of healing and people need opportunities to experience this process.

BEREAVEMENT: Defines the loss to which a person is trying to adapt.

COMPLICATED MOURNING: When the adaptation is insufficient, it leads to functional impairment.



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GRIEF IS...

- Each loss is unique
- Each grief is unique
- Each person is unique.



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GRIEF THEORIES AND MODELS

Not a map! Not linear! It is scaffolding.

ALAN WOLFELT The Six Needs of Mourning	J. WILLIAM WORDEN The Four Tasks of Mourning
*Acknowledge the reality of the death *Embrace the pain of the loss *Remember the person who died *Develop a new self-identity *Search for meaning *Receive ongoing support from others	*To accept the reality of the loss *To process the pain of grief *To adjust to a world without the deceased *To find an enduring connection with the deceased while embarking on a new life



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THE JOURNEY OF MOURNING



Christine Hodgson MSW, CSW and Pippa Hall MD, CCFP
Illustrated by Mona Lyne Maisan

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Towards reconciliation

When someone close to us dies, we are bereaved. Our loss causes us to grieve. The journey of mourning leads us towards reconciliation. We do not recover what we have lost, but we learn to live with our loss in what is now a new and unfamiliar world.

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THE JOURNEY AND ITS CHALLENGES

We start a journey of mourning, an uncharted voyage. The path is unknown, and is strewn with unexpected obstacles. We do not move forward steadily, and at times we seem to be going backwards and meeting the same obstacle again and again.

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THE TRAVELLER AND THE DIFFICULTIES

We each have our own journey of mourning to travel. Some of us will have more difficulty than others, and will get stuck along the way. We may need help in continuing our journey.

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THE FENCE

The fence is the reality that we must face. The person has died, and is gone from our physical world.

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THE RIVER

The river of pain crosses our path. It is wide, deep and so frightening that at times we want to turn around and go back. But we cannot, because eventually it will wind around to cross our path again in the future. There is no bridge over this river, we have to go through it.

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THE UNFAMILIAR PATH

It seems that this path should be familiar, but it is not. The tall tree that used to stand beside the path, giving shelter and shade, has now fallen across it. The way is blocked and must be re-negotiated.

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THE GATE

The gate is the way through to a new relationship with the deceased. We can move on.

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THE JOURNEY CONTINUES

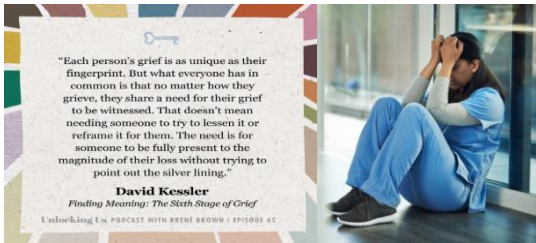
When we do pass through the gate, we move on. Our burden is lighter, but we still carry a small backpack. We always know that it is there, but it is manageable.

Our journey continues. There is no definitive end. We and our world are changed forever.

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NEED FOR GRIEF TO BE WITNESSED



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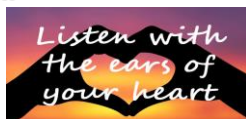


*"Don't walk behind me;
 I may not lead.
 Don't walk in front of me;
 I may not follow.
 Just walk beside me
 and be my friend."*

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Empathy	No judgement	Be yourself	Keep your boundaries
I try to understand what it must be like for the person, show them that I have heard them and try to help if I can	I accept people for who they are and understand that we all react differently to loss	I can only be myself. I acknowledge my own feelings and try to do the best I can for others	I am aware of my own professional and emotional boundaries, what I feel safe to share and what I need to keep to myself

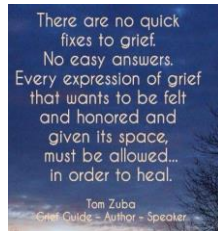


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THE POWER OF THE STORY - NARRATIVE THERAPY

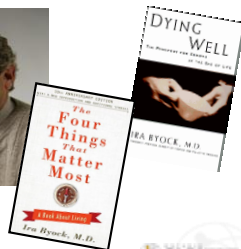
- Grief is always about stories.
- Storytelling is a time-honoured stone of mourning in the path towards reconciliation and healing.
- Grief never really goes away forever; instead it softens and changes into something that we can learn to live with, not against.
- Loss can become more meaningful – and more bearable – when reflected, and reflected accurately, in another's eyes.



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NEEDS OF THE DYING

- To forgive and be forgiven.
- To be loved and to express love.
- To be appreciated and to give thanks.
- To find meaningful ways to say goodbye, to find closure.



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LAUGHTER CAN BE HEALING



Life does not cease to be funny when people die anymore that it ceases to be serious when people laugh.
G.B. Shaw



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Joy and sorrow are
inseparable... together
they come and when one sits
alone with you... remember
that the other is asleep
upon your bed.

Khalil Gibran

what
brings you
Real
joy?

Do that...
Be that...
Share that...
SPEND MORE TIME WITH that
get more joy!



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PENNY'S WORDS OF COMFORT



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COVID – 19

- C -** Compassion
- O -** Observe – Heart, head, body and soul is telling you about this crisis
- V -** Value and Vision – Reflect on your core values and vision that directed you into the helping profession
- I -** Inspire, be inspired by your values and vision to keep motivated to continue to help and be hopeful
- D -** Do this type of reflection over and over
- 19 -** Lets break this number down
 - 7 – Reach out each day of the week to someone that will support and inspire you to keep serving others.
 - 12 – Send positive energy, think about or pray for 12 people or situations that you feel powerless to help or change, but by sending loving energy gives me hope.

Eugene Duboué Coping with the Fear of COVID-19 Infection, Reflection#8

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