Grief and Bereavement at the End of Life

End of Life Symposium Webinar
Resources & References

Presenters:
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Master of Arts, Provisional Certified Chaplain

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Doctor of Ministry, Board Certified Chaplain
Resources

For more information about...

“FIVE WISHES”

“FINAL JOURNEY”

“WHEN SOMEONE YOU LOVE DIES…
A GUIDE TO BEREAVEMENT”

Contact the Sheri & Les Biller Patient & Family Resource Center – 626.218.2273
HOPE Model
A simple way to open conversation

• What do you hope for in the time that is left?

• Does organized religion or cultural-specific practices play a role in your life?

• What personal beliefs or practices are helpful to you at a time such as this?

• How do your beliefs and values shape any end-of-life decisions that might arise?

“UNDERSTAND THE SIX NEEDS OF MOURNING”

1. **Accept the reality of the death.**
   - Where do you see yourself in accepting the reality of this death?
   - Do you think time is playing a part in where you are with this need? If so, how?
   - What can you do to continue to work on this need?

2. **Let yourself feel the pain of the loss.**
   - Where do you see yourself in allowing yourself to feel the pain of the loss?
   - Do you think that time is playing a part in where you are with this need? If so, how?
   - With whom have you shared your feelings of hurt?

3. **Remember the person who died.**
   - Where do you see yourself in the process of remembering the person who died?
   - What do you miss the very most about the person who died?
   - What do you want others to always remember about the person who died?

4. **Develop a new self-identity.**
   - Where do you see yourself in developing a new self-identity?
   - What roles did the person who died play in your life?
   - Which, if any, positive changes in your self-identity have you noticed since the death?

5. **Search for meaning.**
   - Where do you see yourself in your search for meaning?
   - Do you have any “Why” or “How” questions right now? If so, what are they?
   - Are you wrestling with your faith right now? Explain.

6. **Let others help you – now and always.**
   - Where do you see yourself in letting others help you – now and always?
   - Whom do you turn to for help?
   - Are you getting support from others who have experienced the death of someone loved? Please explain.
References

- Aging with Dignity  P.O. Box 1661  Tallahassee, FL  32302-1661  [www.agingwithdignity.org](http://www.agingwithdignity.org)  888.5-WISHES (888.594.7437)


- Campbell, T. Poem Hallowed Ground, Lord Rector, Glasgow University 1826-1829

- Freeman, B, Banerjee, B, Buga, S et al (2013) Final Journey: What to Expect and How to Comfort Your Dying Loved One. City of Hope National Medical Center, Duarte, CA (Additional information -- caresTool@coh.org)


- McCormick, T (2009) Adapted from presentation at workshop presented at annual Ethics Conference, University of Washington, Seattle, August 3-7, 2009

- McIntier, T, Kenton, NR (2006) Surviving The Death Of A Loved One -- How to Help Others Through the Grieving Process, Carondelet Management Institute
References

- Moore, MK (n.d.) What Dying Persons Want. St Meinrad, IN: CareNotes, Abbey Press
- Morell, MR (n.d.) Why we Need to Tell the Story of the One we Lost. St Meinrad, IN: CareNotes, Abbey Press