

# Grief & Loss Care Basket

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## Resource Ideas to Support Residents and Families during Times of Grief and Loss

Many sites over the years have handed out resources to offer emotional, spiritual and simple physical comfort to residents, families and friends during times of grief and loss, especially at the end of life. The following information is a collection of ideas on how to develop your own practices and resources to support those at your ministry unit dealing with grief and loss. The resource list provided is not a complete or prescribed list but one to get you started exploring what will work within your ministry. This practice is used regularly in palliative care settings but can be adapted to other types of care settings as well, such as chronic care, long term care, supportive or transitional housing and others.

Be sure to have a process in place that outlines:

- how will you obtain resources (i.e. donation or purchase)
- when resources are given out
- what resources and how many are most appropriate to have on hand for those you are serving (consider faith/culture/specific need)
- what policies and procedures at your site need to be considered in your selection and use of resources (i.e. infection control, scents, & referral policies)

### Some examples of comforting resource items:

- Candies, mints or gum
- Tea or coffee supplies and/or directions on where to make it
- Tissues, mouthwash, bar of soap
- Lotion (unscented)
- Personalized mementoes (rosary, butterfly, angel, cross, etc.)



- Lap blanket or throw
- Cosy socks or slippers
- Pad of paper and pen
- Music: meditation or relaxation, resident's favorite type of music
- Access to CD or MP3 player
- Soothing videos
  
- If family is involved:
  - Crayons, colouring books or books for kids
  - Notebook for family communication
  - List of local accommodations in area
  - Information on who to contact on the care team to discuss care concerns or issues

**Reading material:** pamphlets, inspirational cards, books, etc.

#### **Pamphlets -**

- Care Notes from Northern Spirit Publications c/o [www.superiormedical.com](http://www.superiormedical.com) has a number of affordable pamphlets on grief, depression, death, cancer, suffering, talking with kids about difficult issues, etc.
- Local information on support groups, information on chaplaincy services, what to do when someone dies (many funeral homes carry these), etc.

#### **Christian resources**

- Bible
- Lord's Prayer
- Psalm 23
- Prayer cards
- Hymn books
- Prayers specific to a denomination (i.e. praying the rosary, etc.)

#### **Multi-faith Resources**

- Prayer or meditation mats
- Resources specific to religious groups common at your site



- Up to date listing of local religious leaders to call on for resources or religious support

### **Palliative Care Books**

- The Journey Through Grief – Wolfelt
- Final Gifts – Callanan & Kelley
- Journey's End – Sigrist (Lifetime Care/Hospice)

