



Offering Spiritual Support
from the Heart

Vision

- To offer free spiritual support to anyone of any faith or culture in Auckland facing the end of life.



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MISSION

- Our specially trained visiting Companions are dedicated to fostering spiritual friendship with the aim of supporting each person's own inner resources and encouraging personal spiritual strength, empowering the dying to pass peacefully.

SPIRITUALITY

“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.”

National Consensus Panel Report, Improving the Quality of Spiritual Care as a Dimension of Palliative care: The Report of the Consensus Conference, October 2009.



FOUR DOMAINS OF SPIRITUALITY

- ◉ Qualities of being: hope, love, meaning and purpose, transcendent identity, intrinsic value and dignity of the person.
- ◉ Spiritual values that have an impact on coping and on healthcare decisions.

George Washington University - <http://www.gwish.org/>



FOUR DOMAINS OF SPIRITUALITY

- Relationship or connection to a transcendent power or to others (or to nature).
- Spiritual practices that nurture the person or enhance wellness.

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TOTAL PAIN

- ◉ Dame Cicely Saunders defined “Total pain” as physical pain, emotional pain, social pain and spiritual pain.
- ◉ Discovered by narrative and biography, emphasizing the importance of listening to the person’s story and of understanding the experience of suffering in a multifaceted way.



SPIRITUAL PAIN

Dr. Paul Tournier, "Every disease has two diagnoses - a medical one and a spiritual one."

- ◉ A sense of hopelessness
- ◉ Feeling of guilt
- ◉ Unresolved anger
- ◉ Lack of inner peace
- ◉ Disconnectedness /abandonment
- ◉ Need to find meaning
- ◉ Fear of the unknown



PAIN INTERACTIONS

- ◉ Spiritual pain can create or exacerbate physical pain.
- ◉ Spiritual practices may help in the management of physical pain.
- ◉ Physical pain and/or the anticipation of death needs spiritual strength.



IMPORTANCE OF SPIRITUAL CARE IN PALLIATIVE CARE

- ◉ Healthy spirituality has a positive effect on the physiological functioning while spiritual distress has a negative effect on physiological functioning.
- ◉ Addressing spiritual issues helps dying people gain needed closure to achieve a peaceful “good” death.

Hillel Bodek, <http://www.growthhouse.org/spirit>



GENERAL INFORMATION

- ◉ Free Spiritual Support to the person preparing for death & their family.
- ◉ Auckland wide
- ◉ A minimum of 2hrs per week - element of flexibility, depending on person's requirements: from assessment to death.
- ◉ Companions to visit wherever needed: at home, hospice, nursing home or hospital.



WHO WE HELP

Peaceful Passing is designed to primarily support:

- ◉ Terminally ill
- ◉ Critically ill
- ◉ Also family members as needed

Requisite:

- ◉ To sign an informed consent for Peaceful Passing support.



COMPANIONS

Facilitate emotional comfort and encourage personal spiritual strength empowering the person to pass peacefully.

Companions provide support while maintaining a peaceful environment and strict confidentiality.



BUILDING RELATIONSHIP

- ◉ Be PRESENT.
- ◉ Make room for the dying person to tell their story.
- ◉ Be attentive to what the person is communicating.
- ◉ Unconditional positive regard towards them.



SUPPORT

- ◉ Facilitate the search for meaning.
- ◉ Support people to access their inner strengths.
- ◉ Help the person to maintain human connections.
- ◉ Focus on supporting the person's humanity and dignity.
- ◉ Help clarify his/her wishes, hopes, decision-making and beliefs.



WHY COLLABORATE?

- ◉ Good services are in the community but hospitals and palliative care teams are being stretched.
- ◉ Difficult for staff to provide spiritual care. We fill the gap.
- ◉ Limited funding available for non-medical provisions.
- ◉ No added costs to patients, hospitals, nursing homes.



WE BRING TO YOU

- ◉ Quality service using experienced, well trained Companions.
- ◉ Working from the heart with compassion to provide free service.
- ◉ Resource with available time.

Supported by

- ◉ Working knowledge of health system within Auckland.



LOGISTICS

Referrals:

- Anyone can refer to Peaceful Passing
- On-line through PP website,
www.peaceful-passing.org
- Or by phone through Amitabha Hospice,
828-3321
- After a referral is received, initial contact
within 48hrs.

