

Coping With Grief

HOSPICE EDITION

A BEREAVEMENT NEWSLETTER from INTEGRATED PALLIATIVE & HOSPICE

Bereavement Support Services

Integrated Palliative & Hospice services are provided to the loved ones of our patients for 13 months after the patient's passing. It includes 4 quarterly newsletters mailed to you. (If you wish to be removed from the mailing list, please call us.)

In addition, Integrated Palliative & Hospice has bereavement counselors to aid you as well as a library of books and brochures. Plus, we have a regular calendar of workshops, seminars, support groups and other events throughout the year.

Call our office at any time at 847-549-0588 to get more information. Plus, we can put you in touch with a bereavement counselor or provide other referrals.

You do not need to grieve alone.

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Contact Integrated Palliative & Hospice

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Hospice Is About Patients *and* Families

PLEASE KNOW that we deeply understand what you and your loved ones are experiencing. We have been honored you chose Integrated Palliative & Hospice to serve your loved one and you at this critical time in your lives. We are committed to giving your loved one as much dignity and comfort as possible, to making this deeply important period in your lives quality time.

Realize also that Integrated Palliative & Hospice care isn't just about caring for your loved one. It's about caring for you as well — while your loved one is in our care, and continuing after their passing.

By choosing the route of hospice, you've created the time — maybe a short time, maybe a long time — to prepare yourself and those who matter for the loss of your loved one. But we know that, however you may prepare, you can't fully do so. Your loved one's time in hospice and their passing are transitions in your life, not ends. As you will learn, even your relationship with your loved one is not necessarily at an end with their passing. Even if you've gone through this process with another loved one, it's all new.

Yes, it's upsetting, disrupting, disorienting. That's part of what grieving is about — facing the change and upset and working it through so that you can go on. Moreover, understand that grieving often starts *during* the hospice period. There is loss — as well as important,

loving moments — over this time.

You may not feel much of anything. That numbness is common, an early part of grieving.

For now, things may be busy. Support systems surround you. With your loved one's passing, new people enter to help — funeral directors, lawyers and financial advisors, movers perhaps. Friends,

relatives and colleagues visit or contact you. At the least, they're around you and keeping you busy.

Know that, when those people finish their business with you, you aren't alone. Everyone at Integrated Palliative & Hospice is here to offer you however much help you need.

Maybe it's simply receiving the regular reminder in our newsletters that help is available and how to get it. Maybe it's just reading the articles in these newsletters. Maybe it's attending a workshop, or joining one of our support groups, or getting referrals to other groups or services. Maybe it's sitting down with one of our chaplains or social workers or volunteers. Maybe, if you find yourself in true distress, it will be our guiding you to the services you require in your community.

Throughout your loved one's time with us, over the year after that, and beyond that year, Integrated Palliative & Hospice is committed to helping you through this difficult period of transition.

Rowena Oliva

President,
Integrated Palliative & Hospice

