



Spiritual Support at Dorothy House



Spiritual Support at Dorothy House

We believe every life is incredibly precious, and no one should face death alone.

At Dorothy House, we provide exceptional personalised care to people in our community who are approaching death. That means we're here for our patients and their loved ones, as much or as little as they need us.

Our Dorothy House standard of care reaches deep into our community, it helps people prepare for the end of their lives and equips more people to provide the care each of us deserves. And our community supports us - we are funded by the people living in the communities we serve.

Together, we can support everyone's right to live a meaningful life and have a peaceful death.



You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die.

Dame Cicely Saunders

Founder of the Hospice Movement

Dorothy House and the role of spiritual support

We provide holistic care for patients, their loved ones and carers, ranging from specialist medical and nursing support, to physiotherapy, occupational and complementary therapies, and psychosocial and spiritual support.

Spiritual support is an integral part of our care and is available for patients, families and loved ones – those of faith and no faith – from the point of a palliative diagnosis, through death and bereavement.

Approaching the end of life may create a desire to reflect on the meaning of life, perhaps more so than at any other time. Spiritual exploration and contemplation may become more relevant to individuals, and their loved ones, as life comes to an end. Spiritual needs are connected to physical, emotional and social needs too. People may experience spiritual distress – also called spiritual pain or suffering – when they are unable to find sources of meaning, hope, love, peace, comfort, strength and connection in their life.

Some people with a professed faith may be keen to explore and to practice faith as a source of strength and spiritual enlightenment. Contemporary society is diverse and multi-faith and it includes many people of no professed faith; Dorothy House embraces patients and families from all faiths and beliefs, and those of none.

Who provides spiritual support?

All health and social care professionals can provide spiritual support but some patients want extra support from specialists, such as specific faith leaders, and the Spiritual Support Team can offer this. They have a special insight into patients' and families' spiritual needs at the end of life. Spiritual support provided by the Hospice is seen as a valuable and integral part of the holistic provision by Dorothy House.

Working together with our community

We know that many people who are supported by Dorothy House wish to be connected with the communities where they live and their families and loved ones often require local spiritual support. The Dorothy House Spiritual Support Team are keen to be part of that connection. We want to build partnerships and learning together so that we can ensure that everyone within our diverse community, living with a palliative diagnosis, is able to access the spiritual care they need.



Training

The Spiritual Support Team offers a half-day in-person workshop and an online tool for people working in support of patients and families at the end of life. These training options aim to:

- explore what spirituality means to different people
- provide advice and training materials for end of life spiritual support work with patients and their families
- share experiences of providing spiritual support in different ways within the community

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For more information about these services, see our website dorothyhouse.org.uk
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To learn more about our end of life spiritual support training, contact our Spiritual Support Lead: **0345 0130 555** or email: **SpiritualSupport@dorothyhouse-hospice.org.uk**



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