



COMPASSIONATE PARTNERS IN END-OF-LIFE PLANNING AND CARE

## Navigating Loss in Unprecedented Times



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# Who we are





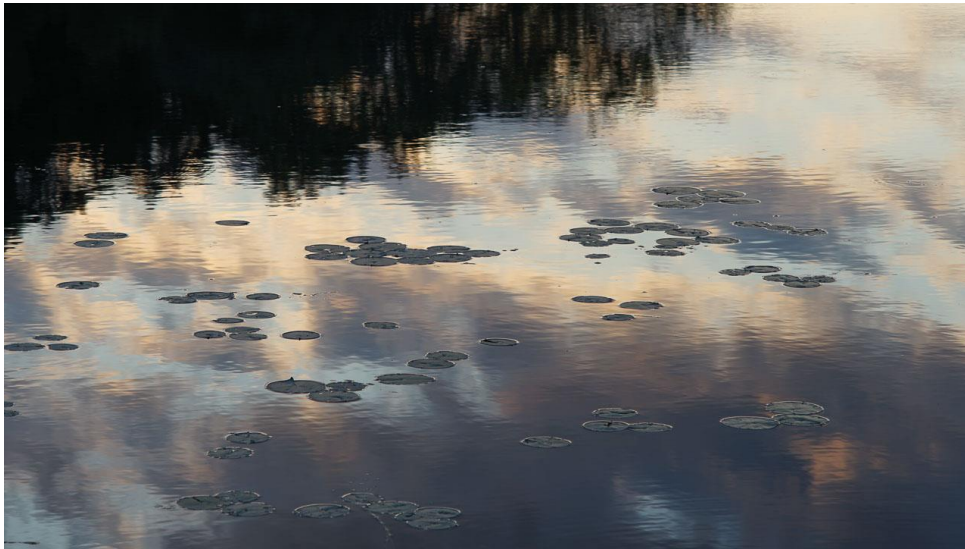
# Coronavirus Feelings Checklist

- Fearful
- Overwhelmed
- Angry
- Helpless,  
Powerless
- Guilty
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- Grateful
- Hopeful
- Reflective
- Loved
- Accepting
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# CARING FROM AFAR and SAYING GOODBYE



In being with dying, we arrive at a natural crucible of what it means to love and be loved. And we can ask ourselves this: Knowing that death is inevitable, what is most precious today?

Joan Halifax

[@audalancy](#)





## Figure Out What is Possible

- What do you know of your loved one's wishes?
- What is your loved one's current state of health?
- What is the current outbreak situation at your loved one's LTC home?
- What is the essential visitor policy at the LTC home?
- What is the "care package" policy at the LTC home?
- What technology options do you and your loved one have access to?
- Is your loved one's care team able to support virtual connection?





# Nurture Connection, Live Fully Until the End

- Life Review, Legacy Projects (if possible)
- Connecting through the Five Senses
  - ◆ Touch – special blanket or fabric
  - ◆ Sight – video chats, photo albums/cushions
  - ◆ Smell – flowers, essential oils, perfume
  - ◆ Sound – recordings of special music, poems, letters
  - ◆ Taste – favourite food and drink

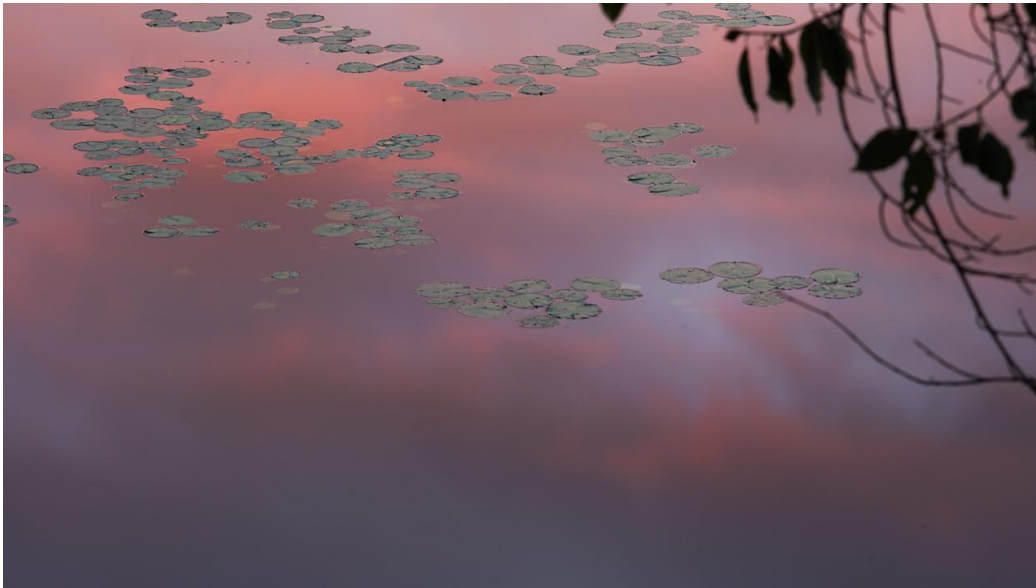


## Be *Present* for the Dying Process

- Create a quiet, sacred space in your home, light a candle
- Gather special photos, family heirlooms, favourite foods
- If you can't hold their hand, hold an item that is significant to them
- Play music that they loved
- Speak to your loved one: “I love you because...  
“What I want you to know...”
- Read a blessing or a poem, say your goodbyes



# GRIEF AND LOSS



*Sometimes it's OK if all you  
did today was breathe...*

*Yumi Sakugawa*





# GRIEF

G = Give yourself permission

R = Release assumptions

I = Include others

E = Explore and express your emotions

F = Flow with what goes

*From Karlyn Peril, Certified Emotional Intelligence & Neuro-Life Coach*



# Grieve With Others

- Connect with family and friends of your loved one using technology
- Consider setting a time aside to collectively remember the person even if you can't be physically together
- Start planning how you will honour the person in a future when you can be physically together



# Be Kind to Yourself

- Know that you'll have good days and hard days
- Accept that you will go through a range of responses
  - “grief is a full body experience”
- Try to focus on what you can control and do in a time when there's a lot we can't control
- Hold yourself in compassion and prioritize self-care
- Practice gratitude for a bright spot in your day



# Thank you

Please contact Sarah or Ruth if you have any additional questions:

[www.wishstone.ca](http://www.wishstone.ca)

