



Creating a Peaceful, Sacred Space for Your Loved One

As your loved one approaches this sacred time of life—passing to the next life—they need your help to make this a peaceful process. Dying with dignity, surrounded by love, in a peaceful setting is the goal.

Our hospice team will do all they can to keep your loved one comfortable, physically, emotionally and spiritually. Your role is twofold: to offer them your loving presence, and to help create a peaceful, sacred space within the home or the room where they are being cared for.

Find comfort, peace and support when you need it most.

See reverse to learn more.

Here are ways to help create and maintain a peaceful, sacred space for your loved one:

1. Have peaceful conversations in their presence. Speak directly to them about what you are grateful for in their life, the good times you had with them, lessons you learned from them, or anything else that is supportive.
2. Avoid side conversations in their presence, especially about practical matters, disagreements or arguments. Families sometimes need to make difficult decisions related to their loved one's care, property or other practical issues. Please have those conversations outside of the room. And it's okay to ask aides or other staff in the room to take conversations outside.
3. If there are multiple people in the room, have one or two people at a time speak to your loved one. Keep things simple and calm for them. Of course, there will be times when the whole family wants to gather around and share memories together.
4. Have times of prayer when you pray familiar prayers, spontaneous prayers, read psalms or other sacred text, read poetry, or sing hymns.
5. It is good to have times of quiet in their presence. Let them know you are just going to sit with them to be with them. Just your presence can communicate your love to them, without words. Know that your peaceful, loving presence is a great help to them.
6. Your gentle, loving touch can also communicate more than words. Soothing touch conveys a feeling of peace and lets them know you love and support them.
7. The tone and feel of the room is important. Quiet, soothing music and soft lighting foster relaxation. Also, reduce clutter within their eyesight. Let them see pictures of loved ones, pictures of their earlier days, sacred objects, cards and flowers. Keep the TV off unless they request it.
8. Give them time to be alone, with no one else in the room. Sometimes the soul needs complete privacy to rest deeply and commune with God as part of the transition process. Give them a half hour of privacy several times a day. This can also be a time for your self-care, to go relax, have a breath of fresh air, or a cup of coffee.
9. It is healing to ask forgiveness if needed, to say I'm sorry, or I forgive you. Sometimes a loved one will linger on if there is anything unresolved. Try to have these conversations sooner rather than later. Also let them know that everything will be okay, that their practical matters will be taken care of.
10. It is fine to give them permission to let go of their body and go to the light of heaven. This helps you and them acknowledge and accept the reality of what is happening.

For more information, please call **651-746-8200** or visit us online at **Optage.org**.



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