

Living Each Day

Hope

"It is so important for parents, families, friends, caregivers, and patients to keep hoping. Every day this family spends together it's another testament to the power of hope."

– Sara Perzyk, RN

There is always room for hope.

What are your hopes for this time in your life?

What are your hopes for those people closest to you?

Please share your hopes with us. Let those hopes guide the care you receive.

Focus On What Is Important

We are frequently asked, "What do I do now?" There is no right or wrong. Focusing on those things that are most important to you can make this time more meaningful. It seems simple but this big picture can so easily get lost in the practicalities and strains of living with an illness.

What matters right now?

You may want to spend more time with friends or family or take a trip or celebrate a special occasion. You may feel the need to get the details of living in order, to take care of business, to set things straight.



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Take a moment to write down the things that are important to you. Is there something weighing on your mind or heart? Use your list to guide you and your hospice team in making the most of each day.

What is important to you?

1. _____
2. _____
3. _____
4. _____
5. _____

Is anything keeping you from doing what is most important to you? If so, what is it?

Consider sharing your answers with the people closest to you and with your healthcare providers.

Suncoast Hospice can offer guidance and support as you adjust to the changes in your life. In addition to a listening ear, we can provide information about services and resources available to help you. Call Suncoast Hospice at (727) 586-4432.

To find a hospice near you, contact the National Hospice & Palliative Care Organization help line at (800) 658-8898, or visit www.nhpco.org.

References

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