Shepherd's Cove
Our Heart Sets Us Apart

VIDEO LIBRARY
For the Families We Serve

Questions? 256-891-7724

Family Support Through Serious Illness

www.shepherdscove.org/composing-life-video-resource-library

As a caregiver, loved one or friend of one of our patients, you may find yourself asking questions during this time such as, "I feel so stressed, how can I cope?" or "They don't want to eat, what does that mean?" or "We're arguing over their care, what can I do?"

Our online videos help you take time out and focus on what you need as a caregiver, loved one or friend and find answers to those questions. Accessible at any time on any device, find the videos that speak to you in each moment. Help long distance family cope from afar.

Family Support Through Serious Illness Videos

The information in these videos is educational and supportive in nature. Always defer to your patient's unique, individualized needs and the Plans of Care that are being provided by your family member's team.

Explore our video titles. What speaks to you?

TIMELY MOMENTS
- What's Your Time?
- Hear? Here!
- What Matters Most?

SMALL WORDS – BIG MEANINGS
- Eat
- Accept
- Hope

FAMILY AND FRIENDS
- Re-Lation-Ships
- Changing Roles and Goals
- Different Styles of Care

COPING
- Refill, Refuel, Recharge
- Physically
- Emotionally
- Mentally
- Socially
- Spiritually

HEAR ME!
- Children
- Teens
- Seniors

PORTRAITS OF GRIEF
- Grief's Many Colors
- Anticipatory Grief
- Sudden Grief
- Disenfranchised Grief
- Ambiguous Grief
- Complicated Grief

YOUR FAMILY MEMBER IS …
- Dealing With Dementia
- A Veteran
- A Child or Teen

ACROSS THE MILES
- Mutual Support
- Do I Stay or Do I Go?
- Creative Connections

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TIMELY MOMENTS	"Just in time" moments to introduce the family's needs
What's Your Time?	Explore questions about time, like "how long?"
Hear? Here!	Tune into the present, into what's happening right now.
What Matters Most?	Ask, "What matters most?," and take action to make it happen.
SMALL WORDS- BIG MEANINGS	Redefine what "eating," "acceptance," and "hope" mean, for serious illness.
Eat	Is it "eating you" that your loved one is eating less? What can you do?
Accept	Explore "acceptance" as an ongoing process.
Hope	Explore what "hope" can mean, in the midst of serious illness.
FAMILY AND FRIENDS	Support, decisions, conflict. Your circle of family and friends are crucial.
Re-Lation-Ships	Understand your most important relationships in new ways.
Changing Roles and Goals	Everything in your family feels thrown out of balance?
Different Styles of Care	Are different opinions and styles of care creating conflict?
COPING	How do you cope when your family member is seriously ill?
Refill, Refuel, Recharge	You feel empty. Depleted. It's time to refill, refuel, and recharge.
Physically	How is your health being affected by your family member's illness?
Emotionally	Likely, your emotions are like a roller coaster. Here's what you can do.
Mentally	Are you overloaded with information? Too many decisions?
Socially	Your friends, workplace, and others don't "get" it? Some do?
Spiritually	Where do you find purpose, comfort, and meaning?
HEAR ME!	Hear the needs of children, teens, and seniors who are part of your family.
Children	What is your child's relationship with the ill person? Age? What can you do?
Teens	Teens may be losing a parent, or a grandparent. Hear them. Help them cope.
Seniors	Seniors can be discounted. See what's happening from their eyes and ears.
PORTRAITS OF GRIEF	Grief is less like stages and more like a personal portrait. What is yours?
Grief's Many Colors	Different kinds of loss and grief affect us in different ways.
Anticipatory Grief	Anticipate. Expect. Participate. Relate. Learn what you can be doing, now.
Sudden Grief	A sudden crisis or loss is especially hard. See it. Respond. Tend with care.
Disenfranchised Grief	Are you experiencing a loss that others discount? Or a loss they don't know?
Ambiguous Grief	Are you experiencing a no-end kind of grief? It's ongoing, with no endings?
Complicated Grief	Are you--or another--terribly stuck in grief? Frozen? Unable to cope?
YOUR FAMILY MEMBER IS …	Explore special needs of these family members, when they are seriously ill.
Dealing With Dementia	Learn how your family member's dementia can affect you.
A Veteran	Understand his or her unique needs as a veteran.
A Child or Teen	Your stressors, decisions, and responsibilities are overwhelming.
ACROSS THE MILES	Do you or other family live long distance from the one who is ill?
Mutual Support	One family member's the caregiver, another lives away. Find mutual support.
Do I Stay or Do I Go?	You live long distance. How do you discern, "Do I stay or do I go?"
Creative Connections	Your family is scattered across the miles. Explore creative ways to connect!

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