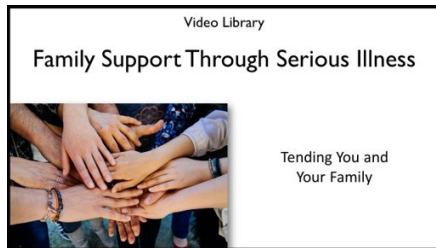


www.hospiceofcentralpa.org/caregiver-videos



Hospice of Central PA is here to guide and support patients and families as you navigate serious illness decisions and care. 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

TIMELY MOMENTS

"Just in time" moments to introduce the family's needs

What's Your Time?
Hear? Here!
What Matters Most?

Explore questions about time, like "how long?"
Tune into the present, into what's happening right now.
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
Accept
Hope

Is it "eating you" that your loved one is eating less? What can you do?
Explore "acceptance" as an ongoing process.
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
Changing Roles and Goals
Different Styles of Care

Understand your most important relationships in new ways.
Everything in your family feels thrown out of balance?
Are different opinions and styles of care creating conflict?

COPING

How do you cope when your family member is seriously ill?

Refill, Refuel, Recharge
Physically
Emotionally
Mentally
Socially
Spiritually

You feel empty. Depleted. It's time to refill, refuel, and recharge.
How is your health being affected by your family member's illness?
Likely, your emotions are like a roller coaster. Here's what you can do.
Are you overloaded with information? Too many decisions?
Your friends, workplace, and others don't "get" it? Some do?
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
Teens
Seniors

What is your child's relationship with the ill person? Age? What can you do?
Teens may be losing a parent, or a grandparent. Hear them. Help them cope.
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
Anticipatory Grief
Sudden Grief
Disenfranchised Grief
Ambiguous Grief
Complicated Grief

Different kinds of loss and grief affect us in different ways.
Anticipate. Expect. Participate. Relate. Learn what you can be doing, now.
A sudden crisis or loss is especially hard. See it. Respond. Tend with care.
Are you experiencing a loss that others discount? Or a loss they don't know?
Are you experiencing a no-end kind of grief? It's ongoing, with no endings?
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
A Veteran
A Child or Teen

Learn how your family member's dementia can affect you.
Understand his or her unique needs as a veteran.
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
Do I Stay or Do I Go?
Creative Connections

One family member's the caregiver, another lives away. Find mutual support.
You live long distance. How do you discern, "Do I stay or do I go?"
Your family is scattered across the miles. Explore creative ways to connect!