



**Ancora Compassionate Care** is here to guide and support patients' caregivers and families as you navigate serious illness decisions and care. 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?"



Help all family members cope, wherever they are, in their own timeframe, nearby or long distance. Visit [www.ancoracc.org/caregiver-library](http://www.ancoracc.org/caregiver-library) or use this QR code, and click on "Family Support."

## 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

<b>TIMELY MOMENTS</b>	"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.
<b>SMALL WORDS- BIG MEANINGS</b>	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.
<b>FAMILY AND FRIENDS</b>	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?
<b>COPING</b>	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?
<b>HEAR ME!</b>	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.
<b>PORTRAITS OF GRIEF</b>	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?
<b>YOUR FAMILY MEMBER IS ...</b>	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.
<b>ACROSS THE MILES</b>	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!