

Hospice understands the grieving process takes time and each person grieves in his or her own way.

Give Permission to Grieve

When you lose someone, you need time to mourn the loss. Healing and regaining balance in life takes time.

Expect Confusion

Mourning often brings a multitude of feelings, such as anger, fear, guilt, and disorganization. When so many emotions strike at once, and you feel overwhelmed, remember that many of these feelings will diminish in time, at least enough to become manageable.

Talk About Your Grief

Many survivors find it helpful to share their grief with trusted friends and family. If you need someone besides family and friends to talk to, you may want to join a Hospice support group specifically addressing bereavement.

Take Care of Yourself

Grief takes a toll on both physical and mental well-being. Feelings of exhaustion, lower resistance to illness, or sleepless nights represent the body's way of telling you to slow down and take care of yourself.

Volunteer Opportunities

Volunteers enhance our services to patients. Integral to the Hospice team, volunteers add valuable skills and unique talents. An initial training course and education are required for all volunteers. For more information about volunteer opportunities, please call our Volunteer Coordinator.

Mission Statement

Hospice provides high-quality physical, emotional, social, spiritual and comforting care, through a team approach, to individuals living at the end of life and to their families.



Providing quality care since 1978

Owensboro, KY

(270) 926-7565

(800) 466-5348

FAX (270) 685-0516

www.hospiceofwky.org

Hospice cares for patients without regard to race, color, national origin, age, sex, religion, mental or physical handicap, or income.



Bereavement Counseling

HOSPICE
of Western Kentucky

Bereavement Services

Although Hospice provides support and care for persons in the last phase of an incurable disease, Hospice services do not end with the patient's death. We continue the network of support and care established during the patient's life through follow-up services. Specially-trained, professional bereavement staff helps a family deal with grief for up to 13 months after the patient's death.

Supporting Friends or Family Who Are Grieving

When people are grieving, know that all emotions are often heightened.

- Acknowledge all feelings. Their grief reactions are natural and necessary
- Understand and accept cultural and religious perspectives about illness and death that may be different from your own
- Be specific in your willingness to help
- Identify friends who might be willing to help with specific tasks on a regular basis
- Acknowledge that life won't "feel the same" and the person may not be "back to normal"
- Know and accept that how your friend or family member copes with their loss may be different from how you would cope, even in the same situation
- There is no right or wrong way to grieve and mourn

Community Grief Services

One need not have a family member enrolled in the Hospice program to participate in our bereavement services.

Grief Classes and Groups

Address the needs and questions of relatives of patients and members of the community who are grieving. Sessions are held in various locations throughout Daviess and Hancock counties.

Private, Individual Support

Private, individual support is available free of charge to patients, family members of patients, and anyone in our community who is suffering the loss of a loved one, or other major life-loss.

Community Grief Library

Our Community Grief Library contains materials available to Hospice patients, their families, health care professionals and the community at large. The library includes resources for:

- Spiritual and emotional comfort
- Education about specific grief issues and processes

The library offers devotional books, pamphlets on death and dying, coloring books and other grief-related materials for children.

Community Education Programs

If your church group, place of employment, or school has suffered a loss, Hospice can design a program to meet your specific needs and help guide your organization.

Memorial Service

We invite family and friends of Hospice patients to attend special yearly remembrance services for their loved ones.

Bereavement Camp for Children

Annual one-day bereavement camps are held for children ages 6-13. They are designed to meet the emotional needs of children who have lost loved ones, whether or not the loss was hospice-related. The camps are offered at no charge, thanks to the generosity of the community.

...offering support and guidance to those coping with the loss of a loved one...