

Bereavement Support Services



Ancora Hospice is here to HELP!

Whether you are needing support before or after the death of your loved one, we have services to support you.

Provision of bereavement support services starts on admission. Our **Medical Social Services** team has the responsibility to provide you with the resources needed to address the emotional toll that you are experiencing. From anticipatory grief support to 13 months of bereavement care, our care is inclusive, recognizing the importance of diversity and equity in providing services to everyone.

PATIENTS

As a life is ending, it is important to acknowledge the grief associated with this part of life. Addressing a patient's grief can help them find peace.

ADULTS

Your bereavement team members can provide verbal and written information to help you understand your own grief experience.

CHILDREN

Our care includes support to the children who are affected by the loss. Our team is aware of how to help children understand and cope with their feelings.

In Person Support

Addressing your specific grief experience through face to face visits.



Phone Support

Our bereavement specialist provides phone visits, adjusted to times that are convenient for you.



Support Groups

These free groups provide a safe space for individuals to address their grief. Meeting with others confirms that you are not alone. Groups are facilitated by qualified professionals.



Grief Information Series Handouts and Mailers

Catered to your experience, mailings are intended to address specific topics related to anticipated loss and grief. These continue through the bereavement period.

What is Grief?

Grief is the normal and natural reaction in responses to a loss of any kind.

Grief is a universal experience. Everyone will go through times when they encounter loss. Whether it is the loss of a loved one, the loss of a job, the loss of relationship, or any other type of loss, grief and loss are a part of being human. Though grief is universal, it is a unique experience for each individual it touches.

The grief you experience after the death of your loved one is dependent on a multitude of circumstances, including the relationship you have with your loved one, the cause of death, past experiences with loss, personality and coping styles, support systems, cultural customs and religious/spiritual beliefs.

The feelings that come with the grief experience can seem overwhelming at times. Caring for your loved one at the end of their life is an emotional challenge. Feelings of sadness, anger, relief, guilt, shock, or confusion are all normal. In fact, a sense of peace and acceptance of what is happening can be normal as well. Since the grief experience is a journey, these feelings can continue after the death of your loved one as you process what the loss means for you and your future.



*"The only cure for grief is to grieve."
- Earl Grollman*

Our Medical Social Services team is skilled at listening, supporting, and helping you navigate these feelings and this sense of loss. ***A call from the Bereavement Specialist is a normal part of your loved one's care.*** Our team acts as a guide in this process, allowing you to experience your grief journey with a caring professional. As a guide, we can help you identify the pitfalls and warning signs associated with a complicated grief response.

Your Bereavement Specialist:

Call us at 208-452-2672

Why is it important to address grief in our life?

Loss can be seen in all aspects of life; the most profound example being that of nature. The seasons provide us with a natural cycle of life, death, and rebirth. The same can be said for grief. Grieving what was, what is, and what is to come.



Through the grief process, individuals who are grieving will be able to discover and develop a different relationship with their loved one, finding new life again, and moving forward, which is necessary in order for continuation of life.

Though often difficult, addressing your own grief allows you to discover ways to cope and mend your heart. Finding a sense of purpose and meaning are important tasks in the healing process.