

Worksheet 6

Spirituality

Those who have a religion or spiritual world view may use this worksheet to reflect on the things that make a good spiritual life for their family member with a disability. Faith communities can provide a starting point for building relationships or networks. Whether we practice spirituality formally or informally, the human spirit always needs to be nurtured.

We hope this worksheet will help put the pieces together to answer the question, "Who will ensure that the beliefs that our family member has developed over the years are continued when we are no longer around?"

Is going to a place of worship important to your family member? _____

How often do they like to go? _____

Do they need support to get there? What does that support look like? _____

Where is that place? _____

Who is the main contact person? _____

Name and contact details _____

Is there any other organization connected with their faith that they wish to be a part of?

Do they need support to do this? _____

Who is the main contact person? _____

Name and contact details? _____

Does your relative's spiritual belief system involve any special dietary requirements? If so, please explain.

Are there daily habits, for example prayer at mealtime, that are important to your family member?

What kind of support is needed to make this happen?

Are there any icons or pictures that should be with your family member, either in their house or carried or worn by them to keep their faith alive?

Are there any special days or festivals that should be celebrated?

How should this be done?

Is there anything else about your family member's spiritual belief system that should be noted?

Is there anything needed to make communication easier at the place of worship?

Is your family member accepted by the other worshippers?

Is anything needed to make full participation easier, for example, a loop system, large print books, and so on?

Are there any physical barriers that prevent full participation?

Connected to spirituality, are there any particular traditions your family member would want as part of their own funeral?

Are these instructions written down somewhere?
