

# *Cherishing Life* and the *Anticipatory Griever*

As you continue to care for your loved one, you may find yourself experiencing– sadness, anger, isolation, or forgetfulness.

These feelings are called **anticipatory grief**.

In these moments, it is helpful to complete one or more of the following practices which can allow you and your loved one to:

**Feel loved and understand how his or her life has mattered in yours.**



## **Our Mission**

To promote compassionate end-of-life care through a professional team approach. We strive and resources to meet the palliative and grief needs of the community.



**FAIRHOPE**  
HOSPICE & PALLIATIVE CARE  
HOME OF THE PICKERING HOUSE

# *Cherished Stories* *Voice Memo*

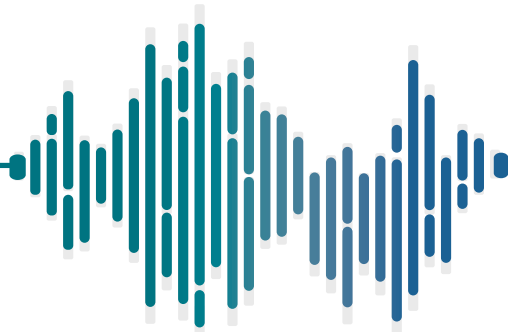
Use your smartphone to record your loved one telling a story or to record the stories being told by family.

Be sure to have your app opened and ready so that as the memory begins, you can record much of the story.

Store the voice memos on your phone in a specific file folder or on the cloud.

The stories can be shared with the family by text or email.

Asking your loved one for their favorite memory can help you hear his or her voice and lessons for years to come.



# *Cherished Space Photos*



Taking photos of your loved one's belongings and cherished spaces preserves memories of times shared.

Photos of the belongings and cherished spaces can be shared with family members by text or email.



Whenever you wish to be connected with your loved one, looking at the photo can provide comfort.

# *Cherished Hand Holding Photo*



In the precious moments leading up to your loved one's passing, the hand that holds your hand can become a handprint on your heart.



The hand holding photo can bring you to a place of warmth and comfort when you reflect on that precious moment.



The photo can serve as a reminder of the special connection you shared with your loved one.

For more information a Grief Support Team Member is happy to assist you.

740-654-7077 • [pals@fairhopehospice.org](mailto:pals@fairhopehospice.org)

[fairhopehospice.org](http://fairhopehospice.org)