Caring for My Spirit

A gift for my family and friends

more than healthcare.
Fully-affiliated with Queen’s University and St. Lawrence College, Providence Care is a centre for health care, education and research, and a member of the Council of Academic Hospitals of Ontario. Continuing the legacy of our Founders, the Sisters of Providence of St. Vincent de Paul, Providence Care provides a range of health care and services at Providence Care Hospital, the Providence Manor long-term care home and community locations across Southeastern Ontario.
To my family, friends and caregivers

There may come a time when, due to illness or injury, I am unable to communicate with those I love. We have discussed my wishes for physical care if this should happen and I have complete trust that you will abide by my expressed wishes.

However, you might still have a sense of helplessness in the hours you spend with me. You will want to connect but may feel unsure about how to do this.

I want to give you a gift. In the pages that follow I share what presently brings me comfort. I hope that this booklet will be a resource if I am ever unable to tell you what I need.

Thank you for being with me. May there be many sacred moments for us all.

“A friend knows the song in my heart and sings it to me when my memory fails.”
~ Donna Roberts
Memories
Include me in the conversation, even if I give no indication that I hear what is being said. Share memories and good times. Memories that I cherish are:

Places I Have Been
Places I have been that are special to me and that I would like to hear about:

People and Places
People I enjoy visiting me:

People who I do not want visiting me:

“We do not remember days; we remember moments.”
~ Cesare Pavese
Favorite Places

Places I would still like to visit, even if it is just to sit and enjoy the view or people watch:


Music

Types of music I enjoy:


Artists and singers I appreciate:


Special song’s, CD’s or play lists that I would like to hear:


“We are all visitors to this time, this place. We are just passing through.”
-Australian Aboriginal Quote

“Music expresses feeling and thought, without language...it is above and beyond all words.” - Robert G. Ingersoll
Entertainment

Activities/events I like to watch:

Favourite TV or radio shows:

Favourite movies:

“Entertainment relates to people and is a phenomenon of life.”
~ Hannah Arendt
My Environment

Things I like to have around me (ex. special blanket, pillow, pictures, etc.):

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“When I admire the wonders of a sunset or the beauty of the moon, my soul expands in the worship of the creator.”
- Mohandas Gandhi

Temperature preferences:

I like a nightlight: Yes ☐ No ☐

Leave a lamp on in my room at night: Yes ☐ No ☐

Even if I am not watching or listening to anything special, I would like the: TV ☐ Radio ☐

Left on in my room: Always ☐ Sometimes ☐ Never ☐

I would like to be taken outside for fresh air: Yes ☐ No ☐
The Written Word

Favourite authors:


Favourite books:


Poetry that speaks to my spirit:


Other comments:


“Reading gives us someplace to go when we have to stay where we are.”
- Mason Cooley
Spiritual & Religious Practices

Spiritual and religious observances that are important to me:


My favourite readings, prayers and meditations:


I would like to receive visits from clergy or a Spiritual Health Practitioner:

Yes ☐   No ☐

Name: ________________________________

Phone number: ________________________

“We are not human beings on a spiritual journey. We are spiritual beings on a human journey.”

- Teilhard de Chardin
Other Things

Foods that I like are:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Favourite beverages:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

With respect to personal grooming/bathing, I appreciate it when:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

“I love animals. I believe that they’re just as important to care for as humans. We must do our best to show them kindness and compassion.”
- Veal fence

I would like my pet to visit with me:  Yes  No

It’s okay for my pet to visit on my bed:  Yes  No
I like to reminisce with home movies/videos and photographs. Favourite times are:


Favourite clothing:


Other things I would like you to know:


Providence Care Hospital
752 King Street West
Kingston, ON K7L 4X3
Phone Number: 613-544-4900

Providence Manor
275 Sydenham Street
Kingston, ON K7K 1G7
Phone Number: 613-548-7222

Email: info@providencecare.ca
ProvidenceCare.ca

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Réseau local d’intégration des services de santé du Sud-Est

Some information in this guide courtesy of:
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more than health care.

This material is available in French and accessible formats upon request to the Communications Department.
Cet outil est disponible en français ou en support accessible sur demande au Service des communications.