

PATIENT HANDOUT 1. Grief and Meaning-Making Resources for Patients and Families

PLEASE FEEL FREE TO COPY

Note: Some resources may not yet include up to date information on MAID from 2021 legislation.

RESOURCE	DESCRIPTION	LINKS OR CONTACT INFORMATION
Bridge C-14*	A non-profit organization that supports individuals and families through MAID. Includes resources on grief/loss and resiliency. <ul style="list-style-type: none"> • Webinars. • Videos. • Grief groups (currently in Ontario and BC). • Online grief groups. • MAID family meetups. • Reading suggestions. • MAID forum. 	https://www.bridgec-14.org/
MAID: A guide to support patients and families*	A 6-page PDF that provides a guide through the MAID process. Includes grief information, BC grief resources and supports, online resources, and supports.	www.islandhealth.ca
Dying with Dignity Canada*	Offers emotional support and grief counselling.	https://www.dyingwithdignity.ca/find_support 1-844-395-3640
Canadian Virtual Hospice	Includes palliative care experts who answer questions about end-of-life care, including loss and grief. <ul style="list-style-type: none"> • Online discussion forums (must register—free). • Asked and answered questions posted online. • Patient and family stories. • Webinars. • Links to local resources and services. • Links for books, DVDs/videos and online resources. 	http://virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support.aspx
Canadian Hospice Palliative Care Association	<ul style="list-style-type: none"> • Live and web-based events. • Videos. • Web resources list (including many provincial resources). • Print resources and book list. 	https://www.chpca.net/news-and-events/bereavementday/bereavementdayresource.aspx
Ontario	Bereaved Families of Ontario—many local chapters. <ul style="list-style-type: none"> • Counselling. • Group therapy. • Print resources. 	Google “Bereaved Families of Ontario” and select region.
CMHA	Print and online resources, some locations provide group or individual counselling.	Canadian Mental Health Association local chapters.
BC	BC Bereavement Helpline.	http://www.bcbh.ca/
IDEAS FOR FINDING MEANING DURING THE 90-DAY OR OTHER WAITING PERIOD		
Activity	Description	Resources
Create a legacy.	<ul style="list-style-type: none"> • Informal or formal exercises to explore past experiences. • Legacy documents include audio/video recordings, memory boxes, ethical wills (e.g., a documentation of one’s experiences, beliefs, values, memories). 	<ul style="list-style-type: none"> • Audio story telling https://storycorps.org. • Virtual Hospice: Sharing Your Story https://virtualhospice.ca. • https://www.everplans.com/articles/ethical-will-worksheet. (for ethical wills). • MD Anderson Cancer Center Making Memories Last https://mdanderson.org.
Rituals.	<ul style="list-style-type: none"> • Family, religious/spiritual, or private rituals created to affirm feelings/relationships and mark occasions. 	<ul style="list-style-type: none"> • Virtual Hospice: Rituals for patients and families https://virtualhospice.ca
Finding meaning and purpose during a health crisis.	<ul style="list-style-type: none"> • Finding meaning through connecting with family, friends, art, nature, and/or spirituality. 	<ul style="list-style-type: none"> • Virtual hospice http://www.virtualhospice.ca

*Specifically addresses MAID.

