

Ways we can die

Hospice is an organization that helps people and families with end of life issues and the process of dying. The goal is to help the terminally ill person die as comfortably as humanly possible, in familiar surroundings while being cared for by family and loved ones.

It is this idea of death and our choices of how we die that I would like to put into the team concept of the Hospice experience. The hospice team works together to meet, physical, emotional, and spiritual needs in times of fear, frustration, and discouragement.

The nurses on the team handle the physical aspects as they advocate for the physical needs of their patients.

The social worker on the team is available to assist both patient and family with their emotional needs as well as assisting families in navigating the minefield of health care and insurance etc.

The pastor on the team is available to help with the spiritual parts of life and the final transition. It is this area that I have been thinking about. Death is sure but how we die is filled with choices and consequences.

I would like to suggest just a few things you might want to think about. From the spiritual and social perspective I would like to suggest the following ways a person can choose to die.

- A. A person can choose to die knowing that they will go to heaven.
- B. A person can choose to die not knowing that they could go to heaven or how to go if they are interested.
- C. A third way a person can choose to die is not caring either way.
- D. A person can choose to die surrounded by family, friends, and loved ones because they choose to live their lives to benefit others. It is in times like approaching death this person can find that the love they gave comes back from those who knew you. You do not have to die without support in the transition.

E. A person can also choose to die alone, fearful, and discouraged because while they lived they decided to live for self.

If they chose to live like that, now in time when they might want someone there they will die as they lived. The choice is there for each person and the consequences of that personal choice are personal also.

Which way will you choose to live as well as to die?

To find help and further information for yourself or a friend in Cortland County NY call 607.753.9105 or go to www.cortlandhospice.org (See our Web Link Page)