

SUPPORTIVE CARE

ARCH Hospice's Supportive Care program is offered to the community at no charge. Our holistic approach to caring for our residents and their families, we recognize that people are greater beings than their medical illness. Each resident arrives with a unique story, filled with their share of joys, sorrows, fears, doubts and confusion. Our goal is to provide a place of peace, comfort, and calmness and simply walk with them during this journey.



21X
Likelihood of heart attack after losing a spouse



THE DARKSIDE...GRIEF

Grief is a normal human reaction to loss. Suffering the loss of a loved one can feel unbearable, life may seem hopeless and set one adrift. ARCH offers Grief and Bereavement support to all in the Algoma District. Our diverse support for adults includes:

- One on One Grief Counseling Sessions
- Drop in Peer Grief Support Group
- Weekly Meditation for Grief and Loss
- Self-Care Wellness Offerings

JOURNEYS

We believe that death is a step in the journey of life. This can be a time of deep emotions that are not easily described or even understood. Each journey is unique to each individual, some people may come with a sense of peace and calm acceptance where others may be filled with fears and doubts at the same time. Our supportive care team offers the following to ARCH residents and their families:



- One on one conversations
- Connecting with a tradition that is meaningful
- Planning funerals or other rituals to mark loss
- Referrals to religious leaders & faith communities
- Celebrate milestones like weddings or birthdays
- Mindful meditations and wellness sessions
- Breath to promote sleep and stress reduction
- Body energy work through Reiki, Aroma Therapy
- Music Therapy and Pet Therapy
- Creative Arts for relaxation and self-expression
- Legacy Building and wish fulfillment

BEYOND MEDICINE

Improving patient experience, quality of life, days of life, and care outcomes with Supportive Care

22%
of informal caregivers show signs of distress

CARE FOR THE CAREGIVER

The average Canadian lives to over 79 years old, which means the spouses and children acting as primary caregivers for your senior patients are also seniors. Nearly 41% of Canadian seniors have two or more chronic conditions and many are experiencing a decline in physical and/or cognitive functioning. That means when a senior patient falls ill, if their caregiver isn't supported, now there are two patients declining in health. It's time to care for the caregiver. Our free program is dedicated to supporting caregivers through anticipatory grief, self care and connecting with other caregivers. We offer caregivers:

- One on One Counseling
- Walk-in Peer support group



54%
reduced unnecessary ER visits and admissions when patient receives palliative care



YOUTH AND CHILDREN

Using play in sessions helps to make children feel more comfortable, all while building meaningful rapport and encouraging to express emotions in a light way:

- One on One Grief Sessions with Therapeutic Play
- Children Grief Peer Support Groups
- Compassionate Kids PD Day Camps

Peer Support Groups are beneficial for youth, as they help reduce isolation that many would experience in grief and provide as space for those who have shared experiences, supporting each other and helping to acknowledge that healing is possible.

THE FORCE BE WITH YOU

Contact Jenna & Natasha at ARCH to learn more or find out how we can support you & your patients!

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