

“WHAT DO I SAY?”

Communication is often very difficult for a caregiver when a loved one is seriously ill. This list is intended as a guide for expressing important and significant feelings to loved ones. Write your responses to these statements.

- “I want to thank you for.....”
- “My earliest memory of you is.....”
- “My best memories of you are.....”
- “I want to apologize to you for.....”
- “I forgive you for.....”
- “It feels good when I think of.....”
- “It hurts when I think of.....”
- “It makes me angry when.....”
- “I feel guilty when I think of.....”
- “Something I always wanted to tell you was.....”
- “I wish I had.....”
- “It would have been nice if.....”
- “I would like to hear you say.....”
- “I want you to know.....”
- “Is there anything you need physically? Emotionally? Spiritually?”
- “Do you have any wishes or instructions that are important for you to express at this time?”

Find the opportunity to spend some personal and private time with your loved one to share your feelings and comments. It is quite acceptable and normal for this to be a very emotional time for both of you, but it is also a time for your hearts to be blessed with openness and honesty.

About Bob Willis, Author of Article

As Bereavement Coordinator for Hospice of Oklahoma County since June of 1995, Bob provides grief support and counseling for families, facilitates grief support groups for the community, and is a frequent speaker on grief, loss and caregiving issues. Bob has been an ordained Southern Baptist minister since 1979. He has received training through the Grief Recovery Institute, the Center for Loss and Life Transition, the American Academy of Bereavement, and the Traumatology Institute of Florida State University.

Bob is the author of “The Ultimate Caregiver: Words from the Cross to the Caregiver’s Heart”, to be released in September of 2008. This book provides communication tools and guides for caregivers to express important feelings to their care-receivers during the difficult role of caregiving.

He is also an accomplished sculptor with his bronze work in colleges and a children’s hospital. He leads sculpture workshops in the Oklahoma City area, and is the designer of the “Healing Heart” sculpture (www.Godhealshearts.com). He and his wife, Lynn, present the “Gospel in Clay” in churches throughout the Midwest. As Bob sculpts a bust of Christ in clay, Lynn sings songs of His sacrifice, blending Scripture and testimony into this powerful message.

Disclaimer: Content of Article is from Bob Willis and does not express the opinion or recommendation of FamilyCare America, Inc. and the National Caregivers Library.