

Reflection #24
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“I HOPE FOR” End-of-Life Spiritual Needs Assessment Tool

The COVID-19 crisis has brought to attention the need for all of us to have important discussions with our loved ones about goals of care at the time of end of life. I would direct you to the web site “Speak Up Ontario” to get an easy to follow guide on how to make your final wishes know.

I found the “I Hope For” reflective tool to be very helpful when I review what is important and how I want to live out my final weeks, months or years of life. The review tool evaluates if my life is going in the direction that is healthy and healing. I also find it a helpful guide when talking to people that are struggling with finding hope in any crisis. Take a few minutes to reflect on this way of reviewing what is important to us.

I HOPE FOR” End-of-Life Spiritual Needs Assessment Tool©

- Individual’s Cultural Practices with Respect to Medical Care

- Hope Meaning and Purpose
- Overview of Emotional, Psychological, and Social Needs
- Physical and Medical Needs
- Ethical Decision-Making Concerns

- Faith/Belief Practices and Needs
- Organized Religion and Religious Activities
- Rituals and Spiritual Practices

This has become a reflective practice that I do every month to help me stay ground and point out areas that I may want to focus on in the upcoming month. An important factor in this reflection is that we need to be very intentional about this process. Put a reminder in your calendar to do this at the end of each month.