Spiritual: support mapping for care teams

Spiritual themes and considerations often come to the fore in discussions about end of life with an importance and immediacy unsurpassed by most other life events. Spirituality is something that is deeply personal and not easy to define which will make it particularly difficult to explore with the person we are supporting on the autism spectrum. Following a diagnosis of a life-limiting illness it is natural, and for many people imperative, to consider themes such as: personal meaning, culture, religion, and self in the context of our own life and our relationship to the world around us

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| Religious and cultural customs | | |
| spiritual_graphic1.jpg | What are the important beliefs the person has as a result of their culture or religion? | What are the important beliefs  the person has as a result of  Are there customs, rituals or cultural expectations we must adhere to when considering issues  of end of life? |

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| If support staff feel that their knowledge of the cultural and religious customs practised by the person or their family is insufficient, it is important to seek advice to ensure a consistent and informed support  approach that is respectful of  people’s beliefs. | Creating a life story book could be helpful  Encouraging the person you are supporting to create a life story book is a useful way of helping them reflect on what is meaningful in their life   * You can use a range of media: images, written word, objects, video, audio * Life story doesn’t have to be explored chronologically, be guided by the person * Use of a loose leaf format means that the sequence is flexible and can be changed or added to | spiritual_graphic2.jpg |

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| spiritual_graphic3.jpg | | |
| Terms and  phrases used | Understanding  of term | Strategies to support understanding/ alternative means of communicating information |
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| What would a ‘good death’ be for the person you are supporting? | Who is important in the person’s life? | What is important in  the person’s life? |
| Does the person require support to place themselves in the context of their life story? | *Insert a*  *photo of*  *the person*  *you are*  *supporting* | What are the experiences that have shaped the person’s life? |
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| Name of the person  you are supporting  Personal meaning in life |