



## Tips for Careworkers: Spiritual Care

**What it is:** Spirituality can be a person's connection to other people, to nature, or to what gives them meaning and purpose.

Spirituality depends on the person. It is not always about religion.

**Why it matters:** For many people, spirituality is important throughout life and at the end of life. Spiritual pain may lead to a physical response (e.g., increased pain) or an emotional response (e.g., anxiety, depression, or anger).

**What I need to know:** Spiritual support is an important aspect of palliative care. Showing respect and support for a person's spirituality can reduce the distress of being ill or dying.

People may appreciate opportunity for discussion with chaplaincy staff, spiritual care practitioners, or faith representatives.

**Do** When you interact with the person use:

- appropriate touch
- eye contact if appropriate
- a welcoming unhurried approach to conversation and listening so that the person feels heard and valued.

**Do** Be sensitive and respectful of the spiritual, cultural and religious needs of people in your care and their families.

**Do** Offer opportunities for a connection with spiritual practices outside of those in the place of care.

**Name:**

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## My reflections:

What can I do to support someone's spirituality?

How could my own beliefs affect how I care for other people?

## My notes:

See related palliAGED Practice  
Tip Sheets:

Distress at the End of Life  
Grief and Loss among Older People,  
Families and Residents  
Talking About Dying

References used to develop this sheet are available at  
[www.palliaged.com.au](http://www.palliaged.com.au)