



What if I am unable to visit someone at the hospice?

We recognise that if it is not possible for you to visit the hospice it is important for you to maintain close connection with your loved one, and for them to know that you are there for them. Here are a few thoughts on ways to overcome this problem if circumstances get in the way.

- ✓ The hospice has an iPod and an iPad which can be used by your loved one to video call you, if they do not have one themselves.
- ✓ Create a little place at home that helps you to remember them with favourite pictures or objects that provide some comfort.
- ✓ Record a message about your day, the sounds of home, the feelings you have for them or a funny time you had together. We can help you share this with them in your absence.
- ✓ How can you remind yourself of all that has been memorable in your loved one's life? And how can you remind them of yours?
- ✓ Can you share or listen to favourite music, or watch a film or read a book that means something to them or about them?
- ✓ Can you share a cherished story that helps the Rowcroft care team to know a bit more about your loved one, and about you and the family, and close friends?
- ✓ For children, would they like to draw and share pictures with your loved one? Or write and share notes? Or sing a favourite song over the phone? Or read aloud their favourite book?
- ✓ We have pairs of hearts at the hospice, one of which can be with your loved one and the other with you at home as a means of virtual connection and a reminder of the love that you share for each other.

To find out more visit:
rowcrofthospice.org.uk

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