

Building hope

Building hope involves simultaneously acknowledging the struggles and difficulties a patient goes through as well as recognising creative, life-giving options that remain open to them.

Building hope involves finding a voice to express what matters most to patient, allowing them to re-evaluate their lives, their values and priorities.

Many patients tell us that the experience of illness makes them ask a lot of questions about their lives, re-thinking their priorities and even their values. There are lots of ways to help:

- (a)** allowing a patient to talk through what is important to them.
- (b)** acknowledging and validating what is important to the patient.
- (c)** encouraging the patient to find ways of expressing their thoughts, feelings, experiences, hopes and dreams. This could be done through artwork, days out, contact with friends or family, writing a diary or life-story, recording their thoughts, memories or experiences on audio or video, rekindling friendships, revisiting old hobbies or beginning new ones.

The words of Dame Cicely Saunders summarises this when she writes, *"You matter to the last moment of your life and we will do all we can, not only to help you die peacefully, but to live until you die"*.