Agrace HospiceCare’s grief and spiritual support is available to you through a variety of services and programs. Please ask your hospice counselor for information about any of these opportunities that you would find helpful for yourself or other family members:

- One-on-one grief and spiritual support
- Support groups for adults and children
- Education and outreach
- Memorial events

**Spiritual care resources:**

- **Byock, Ira,** *The Four Things That Matter Most: A Book About Living.*
  New York: Free Press.
- **Callanan, Maggie,** *Final Journeys: A Practical Guide for Bringing Care and Comfort at the End of Life.*
  New York: Bantam.
- **Callanan, Maggie, and Patricia Kelley,** *Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying.*
  New York: Bantam.
- **Dancing Heart, Maria,** *The Last Adventure of Life: Sacred Resources for Living and Dying from a Hospice Counsellor.*
  Scotland: Findhorn Press.
- **Kubler-Ross, Elisabeth,** *On Death and Dying.*
  New York: Touchstone.
- **Schoenbeck, Susan,** *The Final Entrance: Journeys Beyond Life.*
  Madison, WI: Prairie Oak Press.
- **Smith, Doug, and Marilu Pittman,** *The Tao of Dying.*
  Vero Beach, FL: Caring Publishing.

**Respite Care**

Caring for someone at the end of life is hard work on many levels, and all caregivers can benefit from taking an occasional break. Sometimes it is very hard to structure time away as a caregiver, but Agrace’s respite care offers this opportunity.

Whether you need time to catch up on sleep or errands, to get out of town for a short vacation, to attend an important work seminar or to simply take a few days to refresh and pamper yourself, a respite can be essential for re-energizing yourself. Medicare and many insurance providers recognize this, too, which is why respite care is one of the covered levels of hospice care. For up to five nights, Agrace patients can come to Agrace in Madison (or one of our contracted facilities) and receive care around-the-clock from our staff.

If you want or need a respite from caregiving, please discuss this with your Agrace care team, who will help make the necessary arrangements. **Respite care is subject to availability, so advance planning is helpful.**