

Beyond the Door Visualisation

This is a simple but effective technique that healthcare staff and family members can use to help the patient feel connected to those outside, at a time when they cannot physically be with them.



Families may prefer to explain this in their own way, the aim is to help Pat visualise the love and connection in his life, when you are not physically present. Healthcare staff can also prompt Pat by reminding him that 'beyond that door, everyone you care about is thinking about you and sending you love.'

OTHER WAYS TO FEEL CONNECTED

Human connection is based on feeling close to people and places we care about. Think about/ask what the person would like from home. This may include; cards and letters from family and friends, artwork from children, family photos, favourite books, music, scents and personal or spiritual belongings. Video messages from loved ones, video footage or imagery of much loved pets can all help. Use of regular phone calls & video calls are an easy way to stay connected.

The medical social worker is available to provide support around emotional and practical concerns held by the person or family members (including support to learn to make video calls). Please ask staff to contact the social worker if needed.