
Worksheet 6

Spirituality

Those who do have a religion or spiritual worldview may use this Worksheet to reflect on the things that make a good spiritual life for their relative with a learning disability.

We hope this Worksheet will help put the pieces together to answer the question, 'Who will ensure that the beliefs that our family member has developed over the years are continued when we are no longer around?'

Is going to a place of worship important to your family member? _____

How often do they like to go? _____

Do they need support to get there? _____

Where is that place? _____

Who is the main contact person? _____

Name and contact details _____

Is there any other organisation connected with their faith that they wish to be a part of?

Do they need support to do this? _____

Who is the main contact person? _____

Name and contact details _____

Does your relative's spiritual belief system involve any special dietary requirements?

If so, please explain.

Are there daily habits, for example prayer at mealtime, that are important to your relative?

What kind of support is needed to make this happen?

Are there any icons or pictures that should be with your family member, either in their house or carried or worn by them to keep their faith alive? _____

Are there any special days or festivals that should be celebrated? _____

How should this be done? _____

Is there anything else about your relative's spiritual belief system that should be noted?

Is there anything needed to make communication easier at the place of worship?

Is your family member accepted by the other worshippers? _____

Is anything needed to make full participation easier, for example, a loop system, large print books, and so on? _____

Are there any physical barriers that prevent full participation? _____

If you are not around at the time of your relative's death, have you left instructions about the wishes for the type of funeral it should be? _____
