

Muscular Dystrophy Association Motor Neuron Disease Clinic

At
The University of Utah
Department of Neurology

SPIRITUALITY

Spirituality means different things to different people. For some, it is the same as their religion. For others, it may be different. Spirituality is considered to be an important component of a patient's mental well being. It is a time when a person asks what meaning their life has had. In this sense, everyone has a spiritual side.

Faith or Belief?

Formal religion can be a very important factor in a person's whole life. Religion can be very comforting. Talking to religious leaders can help direct thoughts. If attending services is not possible, clergy can come to your home.

Sometimes returning to religion can be important if it has not occupied a prominent position previously. Clergy understand this, and one should not stay away because of this.

Everyone has some element of belief or order that gives meaning to their life. This may not be obvious, but will come out with some thought and discussion. Finding a trusted person to discuss these issues is important.

Importance and Influence?

Understanding how faith or belief has influenced you, especially at this time of your life, is helpful for the future. This can help you manage some of the issues for you and your family at time of closure.

Spiritual Assessment

From past experience, a number of issues and questions have been voiced by patients with terminal illnesses. We offer these for your consideration (adapted from KD Singh).

Who have I been?

How have I used my gift as a human life?

What do I need to "clear up" or "let go of" in order to be more peaceful?

For what am I grateful?

What have I learned?

How truthfully have I learned to live?

What have I learned about love?

How have I learned to love?

What have I learned of the human condition?

How great is my compassion?

How am I handling my suffering?

How can I best share what I have learned?

What will give me strength as I die?