

Patient: G.S. is a 75-year-old married woman diagnosed with ALS

Practitioner: Spiritual Care

Gertrude, who goes by Trudy, describes herself as being “scared”, as she looks at her hands. She’s scared about the uncertainty of how her disease will progress. She doesn’t like uncertainty and not knowing.

She has a strong, supportive network, which includes her kids and quilting gild, who come in to see her in the hospital. Quilting is very important to her. She enjoys making things and being creative and values every stage of the process: planning the project, choosing the fabric, making the quilt, socializing with everyone in the gild, and finally, giving the quilt as a gift to someone in her family. Sharing her love for her family in this way holds a lot of meaning and value for her.

Trudy said she has big feelings in her heart. It has a “squeezy, tightness to it that can feel sharp”. She experiences this when she worries about not getting all her quilting projects done. She’s worried that there will be some projects not completed and that not all the family will have one of her quilts. Trudy would like support in working with these difficult feelings and would like follow-up from the spiritual care practitioner.