

## Family Memento/Keepsakes & Bereavement Resources

When someone is dying, the use of mementos may provide comfort and a physical connection between the patient, their families and carers. Memory making to support bereavement is not new with its roots predominately in neonatal and paediatric care. Where appropriate the use of mementos in adult care should be promoted.

Below is a list of mementos with a brief explanation on how to use:



### Knitted Hearts

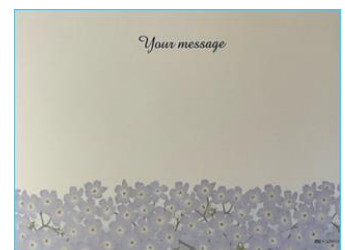
Hearts are donated by volunteers and they come in pairs. One can be given to the patient and another to the family or carers. Additional hearts are available upon request. Knitted hearts can be obtained from the Support and Information Centres in your local hospital. In Glasgow Royal Infirmary they are available from the Information and Bereavement Centre.

**A small stock should be kept at ward level.**

### "Your Message" Card

These cards can be used in a variety of ways. A written message may be offered from the patient to their loved ones, or from the family to the patient.

Ward staff can help write these cards if required.



### Family Tree Fingerprints

The patient's fingerprint (using a supplied ink pad) is placed on a card containing an image of a tree. The family can be involved and add their own fingerprint(s).

### Hand printing with Inkless Wipes

The patient's handprint is obtained using an inkless wipe and card.

The card must be used smooth surface up and placed on top of a hard surface.

The dry wipe is then opened and wiped over the palm and fingers. The patient's hand is placed firmly on the card for 5-10 seconds. Excessive pressure will result in darker print with less detail. Care must be taken as smudging can occur. The image will darken over a few minutes.



**Mementos should be returned to the family.**

**A small supply of mementos are available from your local hospital palliative care team.**

Below is a link to a 2020 NMSGC article about knitted hearts:

[COVID-19: using 'knitted hearts' in end-of-life care to enable continuing bonds and memory making](#)

Ref: International Journal of Palliative Nursing, Vol. 26, No. 8