What is Legacy Work and Why Is It Important?

A form of Meaning Base Coping

› Occurs when people can find meaning and purpose during a stressful event
› Develops awareness of the beauty, value, and significance in the moment
› Allows people to shift focus to positive emotions and priorities that have deeper meaning
› Assists in beginning the process of healing

Bullington & Yoder, 2017
How is Legacy Work Practiced?

- Hand print impression kits
- Thumb prints
- Photos
- Creating cards
- Journaling
- Letter writing
- Painted hand prints
  - on decorative paper, canvases, book covers, rocks, stuffed animals
- ECG tracings
- Special events
- Services of Remembrance

Think outside of the box!
“How do I talk to families about Legacy Work?”

- EOL vs. chronic, serious illness
  - Long-hospitalizations
  - Poor/uncertain prognosis
- Visuals help!
- Meet them where they are
- Legacy work = CONNECTION
- Normalize emotional responses
- Encourage participation
Transforming Grief at the Bedside…
CORAL Carts: Children’s Organizational Resource Acknowledging Life and loss