

BROCHURES

Our Bereavement Support Service has developed a series of brochures that may be helpful:

- *Ongoing Support after the Funeral*
- *Caring for Grieving People*
- *After a Loss in Pregnancy*
- *After the Death of Your Child*
- *Caring for Parents*



BEREAVEMENT SUPPORT SERVICE

Although very important, the funeral is only the first step we take in 'saying goodbye'. As you begin to work through your grief, the road ahead may seem long and lonely. Relatives and friends will be especially helpful at the time of death and at the funeral.

However, as the weeks and months pass after the death, they may not always be available to comfort you and to allow you to talk about the person you love and miss so much.

After the funeral, therefore, at no cost to our clients, Hope and Sons provides a bereavement support service to extend the care we give to families we serve.

Some of our families may not need this additional service; others will need it and benefit from it. It involves a phone call, a letter or a visit from our coordinator and follow-up as required.

In addition, we are available to speak to community groups on the topics of death and how to cope with grief. Clients are also free to use our extensive library of informative literature on these topics.

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Caring for Grieving People



Bereavement Support Service

Some help *for the way we care for those grieving*

- Listen and hear what is being said.
- Acknowledge that each griever's style of grieving will be unique.
- Remember that nobody has to justify their feelings.
- Realise the bereaved has suffered a loss.
- Do not prevent the bereaved from expressing their guilt or anger if they need to.
- Help the bereaved to realise the deceased "is not coming home".
- Allow the griever time to grieve.
- Allow the griever to have real memories of a real relationship with the deceased.
- Encourage the griever to express emotion and to work through their grief.
- Allow children to share in the grief process with the adults.
- Remember that many who give support immediately after a death do not always continue to give that support.
- Recognise the intensity of grief that will be experienced at certain significant times.
- Do not be turned off by repetitive knockbacks to your efforts to assist.
- Encourage those who have a common grief to support one another if they can.
- Encourage the griever to live and love again when they are ready to do this.

TO HELP A FRIEND IN GRIEF

Be aware:

- Remember that grief is a normal and necessary process.

Be there:

- Learn to be with the person, not to solve the problem.

Be sensitive:

- Allow the pain. Learn to enter into it, not to try to take it away.

Be human:

- Allow expression of feelings (guilt, anger, sorrow, depression) without judgement.

Be ready:

- To listen when the story is told over and over again.

Be patient:

- Remember that the process of mourning takes time.

