

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.

Brochures

Hope and Sons and our Bereavement Support Service have developed a series of brochures that you may find helpful:

- ***Ongoing Bereavement Support***
- ***Caring for Grieving People***
- ***After a Loss in Pregnancy***
- ***After the Death of Your Child***
- ***Caring for Parents***
- ***Children Grieve Too***
- ***Supporting Grief***



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.



Today was a Difficult Day

“Today was a Difficult Day,” said Pooh.

There was a pause.

“Do you want to talk about it?” asked Piglet.

“No,” said Pooh after a bit. “No, I don’t think I do.”

“That’s okay,” said Piglet, and he came and sat beside his friend.

“What are you doing?” asked Pooh.

“Nothing, really,” said Piglet. “Only, I know what Difficult Days are like. I quite often don’t feel like talking about it on my Difficult Days either.

“But goodness,” continued Piglet, “Difficult Days are so much easier when you know you’ve got someone there for you. And I’ll always be here for you, Pooh.”

And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs...he thought that his best friend had never been more right.



BEREAVEMENT SUPPORT SERVICE

The Bereavement Support Service extends the care we give to the families we serve.

Some of our families may not need this additional service, others will need and benefit from it.

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 allow you to talk about the person you love and miss so much.

We can provide support; a phone call, a letter or email, or a visit. There is always someone to talk to.



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