

A guide to dealing with grief and loss



DAUGHTERS OF CHARITY
Disability Support Services

How to use this guide:

- This book serves only as a guide and is open to interpretation.
- Please feel free to elaborate on both your own and the service user's personal experiences.
- Each service user should be guided through this document at their own pace. You may want to go through this over the course of several days or weeks.
- You may want to introduce this guide either individually, or in a group setting.
- You can personalise this according to each individual service user.
- Please be respectful of each service user's culture and beliefs when using this guide.
- It is also advisable for staff to read 'Bereavement, Grief & Loss of People with Intellectual Disabilities - A Guide for Care'
- Bereavement supports are available in the service. Please do not hesitate to seek more support.

What is Grief?

Grief is the really bad, sad feeling we get when somebody we love dies.



It is important to know that all living things:

Are born:



Grow:



Die:



Our world shows us that all life keeps on changing:



The leaves on the trees, flowers, fruits and vegetables grow every Spring, and die every Autumn.



Birds and butterflies live for a while and then die.



Our pet dog, cat, fish or donkey also die, which can make us feel very sad.

Why do people die?



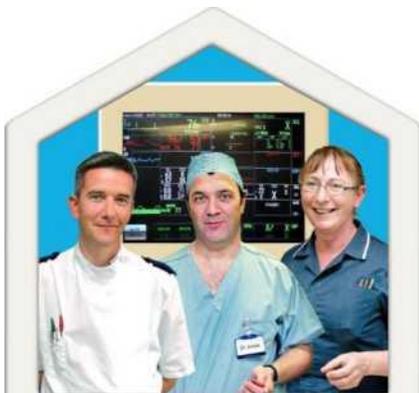
People die when they are old and their bodies do not work anymore. At this time most people are ready to die.



Sometimes people die because they have a bad accident and they cannot get better.

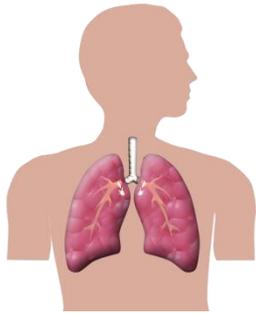


People sometimes get very sick and important parts of their bodies do not work anymore and this causes them to die.



Doctors and nurses work to make sick people better, but this does not always work and sometimes people die. This is nobody's fault; it is the way life is.

What happens to our bodies when we die?



We stop breathing.



We cannot see, hear or talk or feel.



We do not feel pain, fear, anger.



We will look peaceful, like we are in a very deep sleep.



Soon after we die our bodies are buried or cremated.



**We all have a soul that
never dies.**

**The soul of our friend who
has died goes to heaven to
be with God.**

**Heaven is a beautiful
place.**



In heaven...



Souls will meet their friends and family.



They will be watching out for you and praying for you.



They will be very happy and there will be no more pain and sadness.

A Funeral



The funeral happens a few days after the person dies.



A funeral is a ceremony when someone dies.



People come together to remember, and talk about the person they loved.



They sing songs/hymns and say prayers.

It usually helps to go to the funeral, but its okay if you don't want to go.

When someone you love dies you might have lots of different feelings. You may feel;

<p>Sad</p> 	<p>Upset</p> 
<p>Afraid/ Frightened</p> 	<p>Angry/ Cross</p> 
<p>Lonely/ Alone</p> 	<p>Confused/ Mixed Up</p> 

How my body might feel?

You might have pains in your stomachs or head.



You may feel sick and unwell and need to vomit.



You may not be able to eat.



You might feel hungry all the time.



You might find it hard to sleep.



You might feel like you don't want to get out of bed.



You might have thoughts like:

It's not true.



What is going to happen to me?



I feel afraid and lonely.



Will I die?



I don't understand what is happening



It's okay....



To have lots of
different feelings.



To Cry



To talk about it if
you want to.



Not to talk about it
of you don't want
to.

Things you can do to help you through this time



Talk to someone about how you feel.



You can meet and spend time with people to talk about the person who died.



Take your time. You might not want to go back to your daily activities or work straight away.

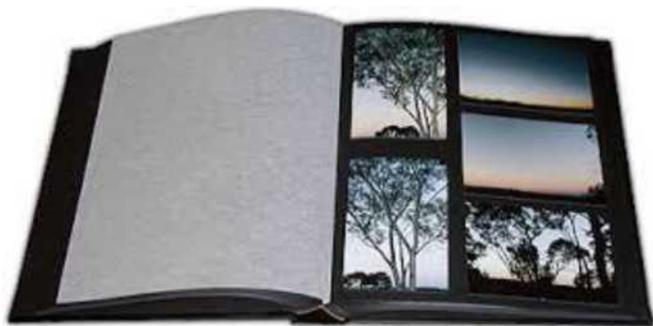
Things you can do to help you through this time



Do nice things like bringing flowers to the person's grave or a place that reminds you of them.



You can say a prayer for the person



You can make of photo album with pictures of the person you loved to help you remember them. You might also might to make a memory box.

Things you can do to help you through this time



You can do things that relax you like listen to music, reflexology, massage or meditation.



You can light a candle.



You can go for a walk.

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