

As time goes by

- Don't assume they are "over it", or have enough help. If you're unsure how to help, just ask.
- Don't avoid mentioning the person who has died. Most bereaved people welcome the chance to talk. You don't lessen the grief by avoiding the subject.
- Don't offer advice on how they should feel, act or get on with their lives. Allow them the space to make their own decisions.
- Try not to make vague offers of help like 'Call me if you need anything'. Bereaved people may find it hard to reach out and ask for that help. Make specific offers of help – cook dinner, cut the grass, go for a walk with them.
- Don't feel offended if they refuse your offer of help or turn to someone else for comfort.
- Try to remember special occasions like birthdays and anniversaries.
- Finally, mind yourself. Supporting a bereaved person is hard work. Know your limits and only offer to do what you can reasonably do.

Useful Resources

www.hse.ie/grief

Irish Hospice Foundation

Further suggested reading is available from our Thérèse Brady Library, library@hospicefoundation.ie

Bereavement & Loss Hub

www.bereaved.ie

Bereavement Support Line

Freephone 1800 80 70 77. Available Monday to Friday, 10am-1pm. In partnership with the HSE.

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When Someone You Care About is Bereaved



Grief is our natural response to loss. While everyone grieves in their own way, it's important to remember that feeling irritable, confused, relieved, bitter, angry or guilty is just as much a part of grieving as feeling sad and lonely.

Following a death, bereaved people often find it hard to take care of day-to-day tasks. Their energy levels may be low, sleeping and eating patterns may be disrupted and their concentration and memory may be poor.

Grieving doesn't follow any set of stages, nor do people feel a bit better as time passes. Bereaved people are likely to have some days when they feel they're doing quite well and other days when they feel overwhelmed by their loss. Sometimes a difficult day may be triggered by an anniversary or a special day. Hearing a certain song on the radio, seeing a familiar looking figure on the street or smelling a certain scent can also impact on their grief, unexpectedly flooding them with memories.



The needs of a bereaved person are often quite simple – they may need some emotional support, a listening ear, a shared cup of tea. They may also need some practical help – someone to answer the phone or pick the children up from school.

You may worry that you're intruding, or that you're not qualified, and may do or say the wrong thing. Remember, you don't need any particular skills or training to be supportive. More important than who you are, is how you are in the company of the grieving person. Often the best help you can offer is your company and a willingness to listen and accept how they feel.

Sometimes in our desire to help we end up hurrying people along in their grief. We try to cheer them up, to take them out of themselves and to encourage them to get on with their lives. While some distraction can be useful at times, it's important to let the bereaved person find their own way through their grief.

When someone you care about is bereaved

- Try to attend the removal or funeral, if this is appropriate.
- Take the time to make contact either by writing or by phone. A personal note that expresses your condolences and mentions any fond memories you have of the person who died can be very comforting.
- Express your sympathy in a simple way. Avoid clichés such as 'it was for the best', or 'life goes on' as they may give offence. Phrases such as 'I'm so sorry' or 'you are in my thoughts' are better. There are no words that will take away the pain.

- Make a brief visit and offer your practical help.
- Don't avoid a bereaved person out of embarrassment or a fear of upsetting them. They may believe you don't care enough to sympathise with them.
- Try not to tell them you know how they feel; you can never truly know how someone else feels.
- Your own losses may be triggered when you talk to a bereaved person, but try not to recount stories of your own or other people's losses. It is rarely helpful.

Most people experience a sense of shock when they are first bereaved. It's difficult to absorb what has happened. Grief may begin with thoughts like; "I can't believe she's dead", "it all feels like a bad dream". This numbing sense of shock and disbelief can last days, weeks or months and your friend may appear to be coping well as life goes on. But for many bereaved people it's in the months after the death that the full force of what has happened begins to hit them and everyday tasks from working and parenting to shopping and paying bills become very difficult. This seems to coincide with a time when people who were so supportive at the time of the death stop calling. While friends and neighbours resume their normal lives, the bereaved face into months and years of reminders of their loss and adjustments that need to be made. Our recent experience of COVID 19 and it's accompanying restrictions has made grief more challenging for those who are grieving and for those supporting them.