

CareSearch is a website that has been developed to help patients and their families find quality information about palliative care. Pages can be downloaded or printed to read later. You can find these pages at www.caresearch.com.au in the Patient-Family section.



BEREAVEMENT, GRIEF AND LOSS AT THE END OF LIFE BROCHURE SERIES: 7

Further information:

CareSearch is an online resource funded by the Department of Health and Ageing to help patients and their families find helpful information about palliative care. There are over 600 pages in the website and over 100 have been written specifically for patients, family members and others in the community. These pages include links to other quality web resources and provide information on state and national services and organisations.

It is free to use and available now at
www.caresearch.com.au



www.caresearch.com.au

1. CareSearch is funded by the Australian Government Department of Health and Ageing as part of the National Palliative Care Program.
2. CareSearch is managed by the Department of Palliative and Supportive Services, Flinders University.



Shock and distress are common when someone dies, even if it is an expected death after a long illness. The death of that person changes things forever. Each individual will react differently when someone dies and there is no right or wrong way to grieve.

GRIEF AND SADNESS

People are often quite shocked in the weeks following the death of a loved one. For some, it can lead, at least for a time, to all consuming grief and sadness. Coping with grief and loss often requires a substantial emotional and physical effort and can sometimes be overwhelming.

After someone has died, people may avoid mentioning them for fear of causing distress. However, sometimes taking the initiative and talking about the person who has died can be a relief. It can help family and friends feel more comfortable talking about what has happened and how they are feeling.

CHILDREN AND GRIEF

Children grieve in different ways from adults. Grief may affect their behaviour, the way in which they take in information, and their need for support. How they respond to the loss will depend on whether they are a child or teenager, their age, and their emotional maturity. It will also depend on who has died, how they died, and the child's relationship with them.

LOSS OF A CHILD

Losing a child is devastating for the parents and for the rest of the family. No amount of awareness of the impending loss prepares a parent or other family members for when it actually happens. Parental grief has been described as being more intense than grief in response to any other losses, regardless of the age of the child.

SEEKING HELP

Sometimes, if grief is overwhelming, people may need professional help to cope with their grief and loss. There are resources in the community that can be used to support those needing help.

RECOVERING AND REMEMBERING

Often following a death, people take time to reflect on and to acknowledge the person's life. It is comforting to think that those who have died still have a voice, a story, or a connection that remains behind with those who love them.

There are different ways in which to remember the person who has died. Although sadness and loss will still be there, it is important to remember and share happy moments also.

There are a number of grief, loss and bereavement resources on the CareSearch website that can help.

