

GRIEF AND LOSS

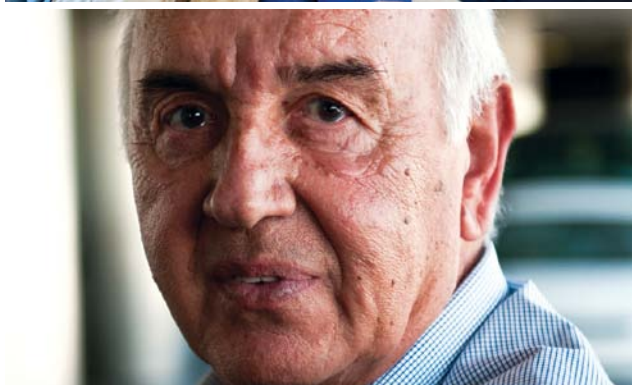
Palliative care is all about support.



When George died quickly from chronic lung disease, Jeanie lost the love of her life. Three years on, Jeanie still cries daily, remains deeply distressed and has not been able to get on with her life at all. Jeanie's loss feels as fresh as when it first happened. She also finds that no-one will speak with her about George. Jeanie feels so isolated and doesn't know where to turn. She desperately needs advice or someone to talk to who understands.



Marianne's son was diagnosed with AIDS at the age of 22. There had been years of treatments and the false promises of periods of remission. Finally accepting the illness took its toll on the whole family. Marianne and her husband found themselves grieving differently. Marianne could not contain her grief, while her husband kept it all inside. Each dealt with it in their own way. It wasn't until the couple sought help that they came back together again.



Roger grieved for years before his wife Beth died from Alzheimer's disease. Roger found he needed support as he watched the slow, progressive disease take his wife. After Beth died, Roger felt a void in his life, as well as a loss of direction and meaning. He had to deal with grief twice, both before and after Beth's death. Roger sought help during both phases of his grief and managed to find his way through.

When someone dies, those who have been caring can feel a range of intense feelings, such as sadness, anger, relief, disbelief, numbness or anxiety. People can also start to grieve before someone dies.

CareSearch provides information and resources for people who are experiencing grief and loss.

CareSearch has information especially for you. You may need to know about [grief and sadness](#), [how to help children grieve](#), [remembering loved ones](#), or a range of other everyday issues.

If you are grieving the loss of a loved one, visit www.caresearch.com.au.