

GUIDELINES for HELPING

Make contact. Make a phone call, send a card, attend the funeral, bake and deliver cookies.

Provide practical help. Decide on a task you can help with and make the offer.

Be available and accepting. Accept the words and feelings expressed and avoid telling them how they should feel or what they should do.

Be a good listener. Many in grief need to talk about their loss; the person, related events, and their reactions. Allow griever to tell their stories and express their feelings.

Exercise patience. Give bereaved people “permission” to grieve for as long or short a time as needed.

Encourage self-care. Encourage bereaved people to attend to physical needs, postpone major decisions, allow themselves to grieve and to recover.

Model good self-care. It’s important for you to maintain a realistic and positive perspective, to maintain your own life and responsibilities.



After
a
Loss

Our Mission is:
*Providing Compassion and Care
with Dignity*



928.453.2111
HospiceHavasus.org
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Lake Havasu City | Bullhead City | Resale Store | Polidori House

Hospice of Havasu complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Hospice of Havasu cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

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Practical ways
for adults
to give *and*
receive help

Hospice of Havasu Bereavement Services:

- Individual and family bereavement support – up to six sessions
- Bereavement support groups
- Referrals to community resources
- Education on grief and loss
- Support to local schools and organizations following a sudden loss
- Annual Celebration of Life
- Elementary school programs

Adult Bereavement Support Groups

Hospice of Havasu offers several support groups for those who have lost a loved one:

Support Groups for those dealing with grief and loss. These are casual, drop-in groups offered free of charge. Call for locations, dates and times.

Life after Loss is an 8-week structured and educationally focused support group. Call for locations, dates and times. Registration is required.

There is no fee for bereavement services. Our programs are sponsored by generous community donations, individual memorial contributions, and fundraising events.

WHAT IS GRIEF?

Grief is a normal and natural, though often painful, response to loss. The more significant the loss, the more intense the grief is likely to be.

Each individual experiences and expresses grief differently. For example, one person may withdraw and feel helpless, while another might be angry and want to take some action. No matter what the reaction, the grieving person needs the support of others.



THE FIVE STAGES OF GRIEF.

The process of grieving in response to a significant loss requires time, patience, courage, and support. The grieving person will likely experience many changes throughout the process. Those changes may include:

DENIAL is often the initial reaction to loss. Shock is the person's emotional protection from being too suddenly overwhelmed by the loss. The grieving person may feel stunned, numb or in disbelief concerning the loss.

ANGER is a frequent response to feeling powerless, frustrated, or even abandoned and may be directed to self, at God, at life in general for the injustice of the loss, at others involved, or at the deceased for dying.

BARGAINING may take the form of a temporary truce. We may become lost in a maze of "if onlys" or "what if" statements. Guilt is often bargaining's companion. Guilt is a common reaction to things the griever did or failed to do before the loss. For example, a griever may reproach him/herself for hurtful things said or loving things left unsaid.

SADNESS/DEPRESSION is often triggered by reminders of the loss and its permanence. It is the appropriate response to a great loss.

ACCEPTANCE is about accepting the reality that our loved one is physically gone and recognizing that this is the new reality and it is the permanent reality. We must learn to reorganize, reassess and reinvent ourselves.