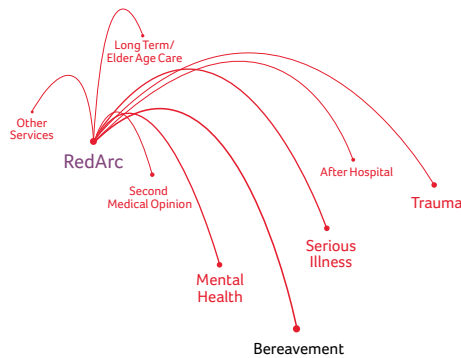


Bereavement



In our experience, friends and family are generally very supportive at the time of death and for many weeks afterwards, but over time this falls away. We know that grief is an ongoing, long term process and people often find that they need help with practical things initially but as times goes on they can benefit from emotional support.

The same Personal Nurse Adviser is available by telephone on an unlimited, ongoing basis and the ways they can help are many and varied, here are a few examples:

- Care Issues – maybe the main carer has passed away. We can provide practical guidance to help to source care
- Safety – helping to ensure that a single elderly person is safe in their own home. We can organise assessments and help the person and their family to get all the help and benefits available to them
- Supporting parents to cope with their child's grief as well as their own
- Sign-posting to local support networks and specialist charities

Integrated services may include complementary therapies or bereavement counselling.

All of our Personal Nurse Advisers have been trained in bereavement support and we have many years of experience in dealing with people who have lost loved ones.

“Bereaved people across Britain are being failed by a lack of support including in the workplace.”

Life after Death, National Council for Palliative Care, in partnership with the Dying Matters Coalition and the National Bereavement Alliance, 2014

Case Study

Mrs M lost her husband to cancer last year; she has struggled to come to terms with his death and the events during the final hours.

Initially Mrs M's Personal Nurse Adviser just allowed her to talk about her husband's illness and deterioration, and to express her sadness freely. Mrs M had felt unable to do this as she was trying to 'protect' her family.

The Personal Nurse Adviser then gently discussed the feelings people can have in relation to bereavement; Mrs M began to understand that her feelings of despair, guilt, anger and sadness, although difficult, were 'normal'.

Mrs M felt some sense of relief that she could talk about them and was reassured that her fears about 'going mad' were unfounded but not unusual. The Personal Nurse Adviser and Mrs M identified that a course of bereavement counselling would be of benefit and it was quickly arranged.

RedArc has continued to support Mrs M throughout her journey and has helped to empower Mrs M to consider new activities and widen her social circle to include new friends and experiences.

“I felt that someone genuinely cared during a really desperate time. I was offered gentle strength and motivation when I was feeling lost and alone.”