



# GUIDANCE ON SUPPORTING YOUR CARER IF THEIR LOVED ONE DIES

If a carer's loved one passes away, it can be hard to know how to respond and some suggestions are given below.

1

Send a card to send your condolences.

A suggested message is:

*"I am so sorry to hear that X has died.*

*Over the course of our sessions, I came to understand that X was a person who... and I know you will truly miss him/her.*

*My thoughts are with you"*

2

Show compassion: Acknowledge a person's loss and how you appreciate how sad this can be. There are no right words to say in this situation but Cruse Bereavement Care offers the following dos and don'ts for helping people:

DO

Be there for the person who is grieving – pick up the phone, write a letter/email, call by or arrange to visit

Be aware that grief can take a long time

Create an environment in which the bereaved person can be themselves and show their feelings, rather than having to put on a front

Accept that everyone grieves in their own way – there is no 'normal' way

Listen to them

Contact the person at difficult times – special anniversaries and birthdays, for example

Encourage the person to talk

Offer practical help

DON'T

Use clichés: 'I understand how you feel'; 'You'll get over it'; 'Time heals.'

Avoid someone who has been bereaved

Tell them it's time to move on, they should be over it – how long a person needs to grieve is entirely individual

3

Decide if you would like to continue coaching. It is important that coaching doesn't become counselling. It will not help the carer if you find this hard to handle. Make a decision and if you want to continue ask the carer if they would find this helpful. If you feel that this will be too hard, explain this to your carer. The Coach4care service will offer your carer a bereavement counsellor in any case. If the carer wishes, and you are happy to, you can attend part of the first meeting with the counsellor.