Table of Contents:

Important Phone Numbers ........................................

What To Do Next ........................................................

Funeral Planning .....................................................

Burial and cremation ..............................................

Alternative funeral arrangements ..............................

What if I can’t pay for the funeral? .............................

Children and funerals..............................................

Autopsy Report Follow-up ........................................

Financial and Legal Concerns .................................

Common Initial Grief Reactions ...............................  

Do’s and Don’ts for Family and Friends ........................

Special Days and Holidays ........................................

Bereavement Resources ..........................................

Bibliography and Websites ..............................
Upon the Death of Your Loved One

The staff of the University of Michigan Health System wish to extend our condolences to you on the death of your loved one.

We hope this information will be helpful for you and your family throughout the many transitions that lie ahead. Although we know this information is unable to give you answers to every question you may have, please do not hesitate to contact us if you have additional concerns related to the death of your loved one.

Our thoughts are with you. Please call if you would like our assistance.

Important Phone Numbers at U of M

Contact the Hospital Operator at 734-936-4000 24 hours per day to be directed to any of these or other departments within UMHS.

Nursing Unit: _________________________________
Phone number: _______________________________

Health Care Team Members: ________________________________

Decedent Affairs: 734-232-3919
For questions and resource information about after-death issues, such as questions about autopsy follow-up or funeral/cremation information, anatomical donation, or counseling referrals.

Spiritual Care: 734-936-4041
For spiritual care and referrals to local clergy and/or trusted spiritual leaders.

Social Work: 800-888-9825
For emotional support, counseling, and referrals to community resources.
Office of Clinical Safety:
Mكتبة السلام السريرية: 30-330 734-936.
للأسئلة حول سياسات وإجراءات النظام الصحي لجامعة ميتشجان أو ملفات أو ملاحظات عن العلاج.
For questions regarding UMHS policies and procedures, or concerns and comments about treatment.

Security Services:
734-936-7890
للأسئلة حول الممتلكات الشخصية.
For questions regarding personal belongings.

Business Office:
734-936-6939
أو 734-396-9475
للأسئلة المتعلقة بالفوائد الطبية.
Office of Clinical Safety:
Mكتبة السلام السريرية: 30-330 734-936.
للأسئلة حول سياسات وإجراءات النظام الصحي لجامعة ميتشجان أو ملفات أو ملاحظات عن العلاج.
For questions regarding UMHS policies and procedures, or concerns and comments about treatment.

What To Do Next
ما الذي يجب القيام به تأليباً

• قد تحتاج للاتصال بآخرين أو أصدقاء أو قادة روحيين، أو قادة مجتمع آخرين ليقوموا بتقديم الدعم والمشورة كخلال هذه المراحل الأولى من فترة الحزن. في حال تقدمك كمساعد فيما يتعلق بكيفية اتخاذ القرارات، ووضع الخطط الحالية (مثل تحضير الوداع)، والمساعدة في نشر الخبر.

You may want to contact other family, friends, and spiritual and/or community leaders to support and guide you through these early stages of the grief process. They can help you with decision making, immediate plans (such as meal preparation), and helping to get the word out.

• يمكنك طلب التحدث مع أخصائي عمل اجتماعي أو أحد قضاة الرعاية الروحية قبل مغادرة المستشفى.

You could ask to speak with a social worker or one of the chaplains from spiritual care before you leave the hospital.

• الورقة الوحيدة التي ستحتاج توقيعها قبل مغادرة المستشفى هي ورقة تصريح إجراء تشريح الجثة إذا كنت تستطيع توقيعها على أو رفض القيام بإجراء تشريح الجثة. ويجيب أن يكون من يوقع على الورقة من الأقارب القانونيين وليس من يحمولون وكالة دائمة والتي، للأسف، تنتهي عند الوفاة. الأقارب القانونيون هم: الزوج/الزوجة، ثم البالغ، ثأرب، ثم الأب والأخوة، ومن ثم غيرهم من الأقارب أو الوصي القانوني.

The only paper you will be asked to sign before you leave the hospital is the autopsy permit in which you consent or decline to have an autopsy performed. YOU MUST BE THE LEGAL NEXT OF KIN, NOT The Durable Power Of Attorney which unfortunately ends at the time of death. Legal next of kin is: spouse, then adult child, then parents, then siblings, then other relatives or guardian.

• لا يتعين عليك اتخاذ قرار بشأن دار الوداع، أو الحرق، أو ترتيبات الجنازة قبل مغادرة المستشفى. عند قيامك بالاختيار، سيقوم معهد الجنازة بالأعمال في جمعية ميتشجان لاتخاذ الترتيبات اللازمة لنقل جثمان الشخص العزيز عليك. يمكن حجز الجثمان في الشريحة لمدة أيام لحين اتخاذ الإجراءات. ويجيب على معهد الجنازة طلب منك التوقيع على تفويض يعطي دار الوداع تلك الصلاحية للإذن لاستلام الجثمان من الشريحة. ولا يعتبر هذا التفويض نموذجاً من نماذج المستشفى.

You do not need to decide on the funeral home, cremation society or funeral arrangements before you leave the hospital. Once you do make a selection, the funeral director will contact the Pathology Department at UM to make arrangements for the release and transportation of your loved one’s body. The body can be held in the morgue for a few days while arrangements are being made. The funeral director is required to ask you to sign an authorization giving permission for that funeral home to pick up the body from the morgue. This is not a hospital form.

• عند تمكينك، ستحتاج توقيع مراجعة الوثائق المالية والقانونية. ونقترح عليك الاتصال بالمحامي الخاص بك لمناقشة أي قضايا قانونية. حاول عدم اتخاذ أي قرارات قد تغير من مجريات حياتك خلال أشهر السنة الأولى أو نحو ذلك.

Once you are able, we will need to review legal and financial documents. We suggest you contact your attorney to discuss specific legal issues. Try not to make major, life-changing decisions in the first 6 months or so.
Funeral directors are obligated by law to give you prices over the phone and to produce a price list. It is not unloving to compare prices or to limit services provided by the funeral home if cost is a concern for your family. It is often easier to start with funeral homes in your community that people you know have used and recommended to you. Ultimately, choose the funeral home that respects you, your values, and your budget. Although it may seem difficult, try to remember that you are in control when making the funeral arrangements.

Cremation: The least expensive choice is to have a cremation where the body goes directly to the crematory from the morgue and does not go to the funeral home. A funeral director is required for this arrangement since the body still has to be transported and the death certificate filed. This choice eliminates the cost of visitation, embalming, casket and cemetery plots. But it also eliminates the chance for a viewing, if that is something you or family and friends might need. You do not have to dispose of the ashes immediately. You can take the time to decide where the ashes should ultimately reside. (Ask for information for a funeral home closest to the morgue where the body is being kept to minimize the transportation costs. You can then make an arrangement to pick up the ashes yourself.)

Burial or Cremation?

An important first step is to decide whether to have a burial or a cremation. You can make this decision as a family or with the guidance of a spiritual leader or funeral director. (In Michigan, a funeral director must be involved). The body can be held in the morgue for a few days while decisions are being made. Embalming is not required in the State of Michigan unless the body is going across state lines on a common carrier (such as plane, train, bus).
Anatomical Donation: This process requires the involvement of a funeral home, for the purposes of filing the death certificate and transporting the body. If interested in anatomical donation, hire a funeral home and ask them to contact the Anatomical Donations Program, University of Michigan Medical School, (734) 764-4359. Anatomical Donations staff members are available outside of normal business hours if necessary. The cause of death may affect whether or not the body is acceptable for donation; therefore, even if your loved one made arrangements for anatomical donation prior to death, the Anatomical Donations Program will make a final decision regarding donation at the time of death. See www.med.umich.edu/anatomy/donors

Out of State Transport: You may contact either a local funeral home or the funeral home in the destination city to assist with the plans for out of state transport of your loved one’s body. They will coordinate the arrangements of transport between cities. If the body has to go by plane, train, or bus it will need to be embalmed. If it is going in a private vehicle this is not required. If you have an unusual request (such as a family member transporting the body), it is best to check with the plans for out of state transport of your loved one’s body.

International transport may require the assistance of the country’s embassy. The airfare is an additional cost. The local funeral home can guide you through this process. Another option is to have the body cremated locally and take the remains to the destination city. It is permissible to take the ashes on public transportation.

Alternative Funeral Options:

Tribute by the Generation: This process requires the involvement of a funeral home, for the purposes of filing the death certificate and transporting the body. If interested in anatomical donation, hire a funeral home and ask them to contact the Anatomical Donations Program, University of Michigan Medical School, (734) 764-4359. Anatomical Donations staff members are available outside of normal business hours if necessary. The cause of death may affect whether or not the body is acceptable for donation; therefore, even if your loved one made arrangements for anatomical donation prior to death, the Anatomical Donations Program will make a final decision regarding donation at the time of death. See www.med.umich.edu/anatomy/donors

A cremation may also take place after the body has been viewed by family and friends at the funeral home. If cost is a factor, ask the funeral director whether they offer cremation caskets or caskets on loan. The funeral director can talk with you about these options, help with all of the arrangements, and let you know which of these costs and fees you will be paying.

The funeral: This is the most traditional way to honor the deceased. The body is taken from the funeral home to the church or cemetery and then placed in a casket. The casket is usually covered with flowers and candles. The service is held at the church or cemetery and is followed by the burial. The burial is the most expensive part of the funeral, and it is often the most personal. The casket is placed in the ground and covered with dirt. The family may have a graveside service, and the body is laid to rest. The family may also have a memorial service to honor the deceased.

Burial: There are many costs associated with burials. Think about the type of casket you desire. Casket options can range from a simple metal casket to a more expensive wood casket. The casket is placed in the ground and covered with dirt. The family may have a graveside service, and the body is laid to rest. The family may also have a memorial service to honor the deceased.

Cremation: This is a process where the body is burned. The body is placed in a metal container and heated to a very high temperature. The body is then reduced to ashes. The ashes are then placed in an urn and kept by the family. The cremation process is less expensive than a burial, and it is often more environmentally friendly. The ashes can be spread in a cemetery, or they can be scattered over the ocean. The family may have a memorial service to honor the deceased.

www.med.umich.edu/anatomy/donors

www.afterdeathhomecare.com
BEFORE the burial or cremation takes place. The website for the application is: http://www.michigan.gov/documents/dhs/DHS-1514_239238_7.pdf
See http://www.michigan.gov/dhs

 Veteran Administration: If the person who died was ever in the military, contact the VA to see if there are benefits to help with the funeral. Ask to speak with a Service Officer either through the VA or through veteran’s groups such as VFW, PVA, DW, WA. This person can be helpful in guiding you through the process. See www.cem.va.gov

Insurance Policies: Check to see if there are any insurance policies which might be used to pay for the funeral expenses. Sometimes the funeral home will consider this even if the money is not yet available.

Family, Friends, Community: Contact family and friends, as well as clergy from local religious institutions, civic groups such as Elks, Kiwanis, Rotary Club, co-workers, or even a medical related support group. Every little bit helps.


Home Funerals: This is not widely available in Michigan but there are some people who may be able to help with this process. Ask the funeral home if they will help with this arrangement. One website is: afterdeathhomecare.com

Green Burials: A green or natural burial indicates that there is no embalming. The body is buried in a casket or shroud that easily degrades in the earth. Some cemeteries are setting aside areas for natural burials which might be a natural meadow, no use of pesticides, and boulders as headstones. These cemeteries would not use a concrete vault.

What if I need help paying for the funeral?

If you think you will have difficulty paying for the funeral, here are some suggestions:

- Funeral Director: The funeral home may be able to work out a payment schedule for you. Please ask. Often the funeral director knows about local sources of help. You may find that the funeral homes that cost the least do not take payment plans.

- Department of Human Services: DHS offers emergency burial money to go towards the expenses of a funeral or cremation, but does not cover the full amount. To see if you qualify, please contact your local county DHS office (which can be found in the phone book under State Government)
We may share stories, laugh, and even cry.” Another good guide for explaining this is using who, what, where, when and why. This is also a time to share any spiritual beliefs you have about death and explain the meaning of the rituals or traditions they may see. After you have answered all their questions about the funeral, it is then appropriate to ask them if they would want to attend. It is also important that if the child chooses not to attend the funeral, they must not be pressured or made to feel guilty.

Most children at some point will experience the death of a relative or friend. Very commonly your first reaction is to shield them from grief. This is natural. You may feel as though you are protecting them from the pain that you are personally experiencing. Unfortunately, this is not always the healthiest thing for the child. Children who aren’t able to cope openly with grief can develop lasting emotional and developmental problems. Instead of trying to avoid the sadness, we have to help our children to experience it in a healthy way.

Often the question arises, “Should I take children to the funeral?” There is no right answer to this question. What children understand, and how much information they can handle, depends on their age, developmental level and previous experiences with death, as well as the degree of comfort on the part of the parents/family.

Including children in funerals whether through attendance or other participation helps them to accept the reality of the death and begin the process of letting go.

Only you and your child can decide what is right for them not to attend there are still ways that they can be involved. You can ask them if they would like to make something that could be included in the casket, or maybe a letter to be read at the service. You could also take pictures and be able to walk through the service with them after the fact in the comfort of your own home, so they can see what it looked like and feel as though they were a part of it.
If you think your own grief might prevent you from helping your child at this difficult time, ask a friend or family member whom you trust to be the support person for your child during the service. Choose someone your child is comfortable with and who wouldn’t mind leaving the service with the child if necessary.

Many parents worry about letting their children witness their own grief. It is important for you to know that allowing your child to see your pain shows that crying is a natural reaction to loss. And it can make children more comfortable sharing their own feelings.

Finally, remember that children appreciate choices as much as adults do. This is a time of sadness and confusion for them. Giving them the information that they can handle, as well as providing choices for them, allows them to feel as though they are a valued member of the family and that their opinion counts, even during this difficult time.

For more information you can also check with the child’s pediatrician, school counselor or school social worker.

And you can consult "UM Office of Decedent Affairs" at 734-232-4919.
Grief Reactions

"Grieving is as natural as crying when you are hurt, sleeping when you are tired, eating when you are hungry. It is nature’s way of healing a broken heart.”

– Doug Manning

"Grief is like a long, winding valley where any bend may reveal a totally new landscape.”

– C.S. Lewis

• The grief: Some people cry a lot, others not so much. Tears are a way of releasing stress hormones that build up in our bodies.

• Guilt: This is the feeling that not enough was done to help. Or that the things that needed to be said were left unspoken.

• Anger: This can be a confusing but common reaction to the loss of a loved one. It is a way of feeling the helplessness and frustration that you can no longer have this person in your life.

• Denial: It is hard to believe that the world has really changed because the person you loved is no longer in it. We try to pretend that nothing has happened, that this can’t be real.

• Numbness: This can be a way we block out the overwhelming feelings of pain and loss.

• Confusion: This can show up as absent-mindedness, forgetfulness, trouble putting thoughts in order.

Initial Grief Reactions: Be patient. Grief reactions come and go, and can show up over many months. Most grief reactions begin to soften over time. Every person’s timeline is different.

Normal Physical Symptoms of Grief: Rest assured, these symptoms go away over time.

• Change in appetite, either overeating or undereating.

• Low energy level or fatigue, even when there has been no physical activity.

• The grief: Certain grief reactions can be confusing and may last for many months. Over time, these reactions will soften.

• Anger: This is a normal expression of the normal process of grief.

• Denial: It can be hard to believe that the world has really changed because the person you loved is no longer in it. We try to pretend that nothing has happened, that this can’t be real.

• Numbness: This can be a way we block out the overwhelming feelings of pain and loss.

• Confusion: This can show up as absent-mindedness, forgetfulness, trouble putting thoughts in order.

• The grief: Certain grief reactions can be confusing and may last for many months. Over time, these reactions will soften.

• Anger: This is a normal expression of the normal process of grief.

• Denial: It can be hard to believe that the world has really changed because the person you loved is no longer in it. We try to pretend that nothing has happened, that this can’t be real.

• Numbness: This can be a way we block out the overwhelming feelings of pain and loss.

• Confusion: This can show up as absent-mindedness, forgetfulness, trouble putting thoughts in order.

• The grief: Certain grief reactions can be confusing and may last for many months. Over time, these reactions will soften.

• Anger: This is a normal expression of the normal process of grief.

• Denial: It can be hard to believe that the world has really changed because the person you loved is no longer in it. We try to pretend that nothing has happened, that this can’t be real.

• Numbness: This can be a way we block out the overwhelming feelings of pain and loss.

• Confusion: This can show up as absent-mindedness, forgetfulness, trouble putting thoughts in order.
You may also contact UMHS Depression Center at 734-936-4400, www.med.umich.edu/depression/ or the Psychiatric Emergency Room of your local hospital.

You may also contact UMHS Depression Center at 734-936-4400, www.med.umich.edu/depression/ or the Psychiatric Emergency Room of your local hospital.

<table>
<thead>
<tr>
<th>طرق للتغلب مع الشعور بالخيبة للفقدان:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• عبر عن مشاعرك (تحدث مع صديق، أكتب في دفتر اليوميات، حاول التنفس عن مشاعرك بأي طريقة).</td>
</tr>
<tr>
<td>Express your feelings (talk to a friend, write in a journal, somehow vent your feelings).</td>
</tr>
<tr>
<td>• أبحث عن أشخاص يهتمون (مجموعات دعم، أفراد عائلة وأقارب، شخص لديه القدرة على الاستماع).</td>
</tr>
<tr>
<td>Seek caring people (support group, family and relatives, someone who has the ability to listen.)</td>
</tr>
<tr>
<td>• تجنب اتخاذ قرارات قد تغير من مجرى حياتك خلال الشهر السنة الأولي إذا كان بالإمكان، مثل الانتقال لمكان سكن آخر أو تغيير الوظائف.</td>
</tr>
<tr>
<td>Avoid making major life changes for the first 6 months if possible, such as moving, changing jobs.</td>
</tr>
<tr>
<td>• تأكد من العناية بصحتك، كجیداً ومارس التمارين الرياضية، حتى لو كان ذلك المشي لمدة 20 دقيقة في اليوم.</td>
</tr>
<tr>
<td>Make sure to look after your own health. Eat well and exercise, even a 20-minute walk a day.</td>
</tr>
<tr>
<td>• كن صبوراً؛ قد يتطلب الأمر شهوراً أو سنوات حتى تبدأ بقبول الفقدان.</td>
</tr>
<tr>
<td>Be patient; it may take months or years to begin to accept your loss.</td>
</tr>
</tbody>
</table>

(مأخوذ من العلاج النفسي والإرشاد للحزن: جي وليام وردن)
(Adapted from Grief Counseling and Grief Therapy: J. William Worden)

If you are experiencing any of these emotional and physical responses, and they become extremely difficult, unbearable or intrusive, or are hindering your ability to function on a daily basis, please talk with your doctor, mental health provider, or spiritual leader. They can assist you in dealing with your grief.
Financial and Legal Concerns

Social Security

800-772-1213 or www.ssa.gov/pubs/deathbenefits.htm

A one-time payment of $255 (as of 2010) can be paid to the surviving spouse if he or she was living with the deceased; or if living apart, was receiving certain Social Security Benefits on the decedent’s record. An eligible child may receive this benefit if there is no surviving spouse. Check with SSA to determine eligibility.

Certain family members may be eligible to receive monthly benefits, such as:

• Zوج/زوجة علي قيد الحياة بعمر 60 سنة أو أكثر
• زوج/زوجة علي قيد الحياة بعمر 50 سنة أو أكثر إذا كان عاجز
• زوج/زوجة علي قيد الحياة بأي عمر إذا كان يعتني بأبناء الموتى الذين في عمر 16 سنة أو العجزين (قيود الدخل)

You can obtain copies of the Death Certificate from the County Clerk’s Office in the county in which the decedent died. UMHS is located in Washtenaw County. The Washtenaw County Clerk/Register of Deeds Office can be contacted at 734-222-6720 or www.ewashtenaw.org/government. There is a cost.

The funeral director or your local county office can assist with the process, and give you an idea of the number of copies you will need. It is the responsibility of the funeral director to have the death certificate filed.
Other Financial and Legal Concerns:

- Check all life and casualty insurance benefits, including Social Security, credit unions, trade unions, places of employment, and fraternal organizations. Ask about possible income from all these sources.
- Promptly check on all the decedent's debts and installment payments. Some may carry insurance clauses that cancel future payments. Also, if there will be a delay in meeting any payments, notify the creditors and make arrangements for additional time.
- Notify insurance companies such as life, automobile, home, etc.

If the decedent was employed by the Civil Service Commission, your benefits can be applied for at any federal agency.

Necessary Papers for Filing for Various Benefits and to Take Care of Financial Matters:

- Death Certificate (usually a certified copy)
- Marriage Certificate (available at the county clerk where the marriage license was issued)
- If you wish to obtain a flag for use at the funeral, you may apply for the flag by completing VA Form 21-2008, Application for United States Flag for Burial Purposes. You may get a flag at any VA regional office or U.S. Post Office. Generally, the funeral director will help you obtain the flag.
Autopsy Follow-Up

If an autopsy has been performed, the results will not be available for at least 60 days. If you would like a copy of the autopsy sent to you or your physician, and did not request one at the time of death, please contact Decedent Affairs 734-232-4919 for further information. There is no charge for the report unless the autopsy was under the jurisdiction of the Medical Examiner. To request a Medical Examiner's autopsy report write to:

Washtenaw County Medical Examiner's Office
300 N. Ingalls
Room N12D2
Ann Arbor, MI 48109

1. Indicate the name of the deceased and the date of death

2. Indicate how many copies you would like.

3. Include a check or money order for $25.00 per copy

4. Include the address of where the report should be sent

For questions call 734-232-1127

* Decedent refers to the person who died.

Birth Certificates for the decedent and all dependent children (available at either the state or county public records office where the person was born)

Social Security numbers for the decedent’s spouse and dependent children

Discharge papers (DD-214) if the decedent was a veteran. (National Personnel Records Center, 9700 Page Boulevard, St. Louis, MO 63132-5200, attn: to Branch of Service in which decedent served)

Original Will – It may be in the decedent’s personal belongings or with the attorney who originally wrote the will.

Recent Income Tax Returns (if not readily available you must complete IRS Form 4506, and attach documentation that you are authorized to act on behalf of decedent)

List of decedent’s property and assets (examples: real estate, stocks, bonds, bank accounts, deeds, and personal property)

www.aarp.org (Grief and Loss section) for additional information if necessary.
Do’s and Don’ts for Friends and Family

Condolence is the Art of Giving Courage

1. Be a good listener. People need to talk a lot about the death of their loved one. The more they talk, the more they process the reality.

2. Don’t be judgmental. There is no timetable for completing the grieving process. People frequently resent being told, “You should be over it by now.” Moving toward reconciliation is a lengthy process—even if people return to work quickly.

3. Talk about the person that died. Don’t be afraid to bring up the subject for fear of making the person feel worse. They are already feeling bad and think about their loved one most of the time. By talking about the loved one, you validate that he or she was important to you as well and is not forgotten.

4. Inquire about the well-being of friends and family members. Some people may be presumed to be okay when, in fact, they are not.

5. Stay in touch. People will not have the energy to call you. Reach out and make the contact by phone or a personal visit. Invite the bereaved family out for a meal.

6. Don’t use clichés. Be honest with your own feelings. If you have trouble thinking of something to say, just be there for the person. Extend a touch or send a card. Saying too little is better than too much.

7. Try to understand the grieving process. There are many good reference books on the market and in libraries.

8. Look for an immediate need and fill it. This could be shopping, preparing a meal, answering the telephone, babysitting or helping with out-of-town relatives. Check back periodically to offer support.

References:

Beyond Endurance. Ronald J. Knapp; Schocken Books; 1986
Helping Children Cope With Grief. Alan Wolfelt; Accelerated Development, Inc; 1983
Bereavement & Special Days

Unfortunately, no matter how well prepared you try to be, you may find yourself blindsided with grief, particularly during the first year without your loved one. Special days such as holidays, birthdays, and anniversaries may be difficult. Think about altering traditions if they are too painful in the absence of a family member.

• Find comfort in helping others. Donate time or money to a special cause. Donate a gift or money in your loved one’s name.

• Give yourself permission to relax and do something nice for yourself.

• Don’t wear yourself out. If shopping seems to be too much, have a relative or close friend help you. Consider shopping through a catalogue or the internet.

• Be careful of “shoulds”. Instead, try and do what is most helpful for you and your family. If a special tradition seems difficult to keep; don’t get involved if possible.

• Change can make things less painful; give yourself permission to do things differently. For example, let others take over tasks, attend a new place of worship, celebrate in someone else’s home or have dinner at a different time.

Here are some tips to help you cope:

• Decide what you can handle comfortably and then let your family and friends know. Consider whether you’d like to talk about the death openly; whether you’d prefer someone else take on traditional tasks, such as the family dinner, or whether you will stay home or get away to someplace new.

• Share your concerns, feelings, apprehensions, etc. with a relative or friend as the special day approaches. Tell them that this is a difficult time for you. Accept their help. You will appreciate their love and support at this time.

• Consider ways you can memorialize your loved one to acknowledge their absence. For example display a photo, light a special candle, or make a toast.

• Find a way to honor the person who has died.

• Cooking and cleaning the house can get out of proportion. If these chores are enjoyable, go ahead, but not to the point that it is tiring. You could buy precooked meals or order carry out.

• Decide whether you’d like to talk about the death openly; whether you’d prefer someone else take on traditional tasks, such as the family dinner, or whether you will stay home or get away to someplace new.

• Be prepared for mood swings leading up to that special day no matter how well you are coping and let others know that the day is approaching.

• If shopping seems to be too much, have a relative or close friend help you. Consider shopping through a catalogue or the internet.

• Be careful of “shoulds”. Instead, try and do what is most helpful for you and your family. If a special tradition seems difficult to keep; don’t get involved if possible.

• Change can make things less painful; give yourself permission to do things differently. For example, let others take over tasks, attend a new place of worship, celebrate in someone else’s home or have dinner at a different time.

• Decide what you can handle comfortably and then let your family and friends know. Consider whether you’d like to talk about the death openly; whether you’d prefer someone else take on traditional tasks, such as the family dinner, or whether you will stay home or get away to someplace new.

• Share your concerns, feelings, apprehensions, etc. with a relative or friend as the special day approaches. Tell them that this is a difficult time for you. Accept their help. You will appreciate their love and support at this time.

• Find a way to honor the person who has died.

• Cooking and cleaning the house can get out of proportion. If these chores are enjoyable, go ahead, but not to the point that it is tiring. You could buy precooked meals or order carry out.

• Be careful of “shoulds”. Instead, try and do what is most helpful for you and your family. If a special tradition seems difficult to keep; don’t get involved if possible.

• Change can make things less painful; give yourself permission to do things differently. For example, let others take over tasks, attend a new place of worship, celebrate in someone else’s home or have dinner at a different time.
Special days often magnify feelings of loss of a loved one. It is important and natural to experience the sadness that comes. Keep the positive memory of the loved one alive.

Everyone recovers differently from a loss. The person who died will always be important to you but their absence during special days can become less difficult with time. Some people will expect that you will be "over it" within a year. Be patient with yourself and ask others to do the same. Eventually special days can become enjoyable again.

Mandatory field

**Bereavement Resources:**

An Abridged Bibliography on Grief and Loss and Websites

For Adults:

- When Bad Things Happen to Good People
- Janice Harris Lord 2006
- No Time for Goodbyes
- Elizabeth Levang 1998
- How To Go On Living When Someone You Love Dies
- Therese A. Rando 1991
- A Grief Like no Other
- Kathleen Ohara 2006
- I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One
- Brook Noel 2008
- Finding Your Way After a Spouse Dies
- Marta Felber 2000

**For Children:**

- I’m Not Ready to Say Goodbye
- Janice Harris Lord 2006
- No Time for Goodbyes
- Elizabeth Levang 1998
- How To Go On Living When Someone You Love Dies
- Therese A. Rando 1991
- A Grief Like no Other
- Kathleen Ohara 2006
- I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One
- Brook Noel 2008
- Finding Your Way After a Spouse Dies
- Marta Felber 2000

Mandatory field
<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
<th>Year(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teenagers Face to Face with Bereavement</td>
<td>Earl Grollman</td>
<td>1990</td>
</tr>
<tr>
<td>Talking About Death: A Dialogue between Parent and Child</td>
<td>Joy Johnson and Brad Donner</td>
<td>2006</td>
</tr>
<tr>
<td>A Complete Book about Death for Kids</td>
<td>Ronald Knapp</td>
<td>1986</td>
</tr>
<tr>
<td>Beyond Endurance / When a Child Dies</td>
<td>Earl Grollman</td>
<td>1995</td>
</tr>
<tr>
<td>Bereaved Children and Teens</td>
<td>Alan Wolfelt, Alzheimer's Family Care</td>
<td>2012</td>
</tr>
<tr>
<td>Companioning the Grieving Child</td>
<td>Alan Wolfelt</td>
<td>2001</td>
</tr>
<tr>
<td>Healing a Child’s Grieving Heart</td>
<td>Alan Wolfelt</td>
<td>2003</td>
</tr>
<tr>
<td>Healing Your Grieving Heart</td>
<td>Alan Wolfelt</td>
<td>2000</td>
</tr>
<tr>
<td>Healing a Spouse’s Grieving Heart</td>
<td>Alan Wolfelt</td>
<td>2003</td>
</tr>
<tr>
<td>Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies</td>
<td>Ed Gray</td>
<td>2009</td>
</tr>
<tr>
<td>Living Through Mourning</td>
<td>Harriet Schiff</td>
<td>1987</td>
</tr>
<tr>
<td>For Parents and Children:</td>
<td>Emswiler and Emswiler</td>
<td>August 2000</td>
</tr>
<tr>
<td>Guiding Your Child Through Grief</td>
<td>Bryan Mellonie and Robert Ingpen</td>
<td>1983</td>
</tr>
<tr>
<td>Lifetimes</td>
<td></td>
<td>1969</td>
</tr>
<tr>
<td>On Death and Dying</td>
<td>Elizabeth Kubler Ross</td>
<td></td>
</tr>
<tr>
<td>For Parents and Children:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOW TO TELL THE CHILDREN?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A STEP-BY-STEP GUIDE FOR HELPING CHILDREN COPE WHEN SOMEONE DIES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children and Grief: When a Parent Dies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bereaved Children and Teens</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beyond Endurance / When a Child Dies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bereaved Children and Teens</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Companioning the Grieving Child</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healing a Child’s Grieving Heart</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healing Your Grieving Heart</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healing a Spouse’s Grieving Heart</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Essence of Grieving: Using Poetry as a Guide for the Grieving Process</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Living Through Mourning</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For Parents and Children:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOW TO TELL THE CHILDREN?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A STEP-BY-STEP GUIDE FOR HELPING CHILDREN COPE WHEN SOMEONE DIES</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Community Bereavement Services and Grief Support Groups may be listed in your local newspaper, or found by contacting your local funeral home, hospice organization, or a local place of worship.

**For grief support groups ongoing**

- www.arborhospice.org
- www.kitenetwork.org
- www.elesplace.org
- www.caringinfo.org

**For one on one peer support**

- www.caringinfo.org

**Ele’s place for families and children**

- www.elesplace.org

Caring Connections, a program of the National Hospice and Palliative Care Organization (NHPCO). The program can provide you with information regarding support groups in your area.

Phone: 800-854-3402

**Grief Net**

Grief Net is an online support group to assist people with loss and grief issues. The website offers many links to resources as well.

Phone: 866-218-0101

www.caringinfo.org

www.griefnet.org

www.compassionatefriends.org
www.dougy.org
The Dougy Center for Grieving Children
 مركز دوغي للأطفال الحزينين
رقم الهاتف: 866-775-5683
www.growthhouse.org
Growth House, Inc., offers a search engine to help you access the Internet’s comprehensive collection of reviewed resources for post death healing.
Growth House, Inc., تقدم آلية بحث لمساعدتك على الدخول إلى مجموعة الإنترنت الشاملة للموارد حول التعافي ما بعد الوفاة.
www.aarp.org/relationships/grief-loss
AARP offers general bereavement resources and useful tips
AARP يقدم موارد عامة ونصائح مفيدة للفاجعة
National Association of Social Workers Grief Information and Support.
المجتمعية للمساعدة المتعلقة بفقدان الأخوة
www.counsellingstlouis.net
For help with sibling loss
للمساعدة المتعلقة بفقدان الأخوة

Translated by UMHS Interpreter Services
01/20/2017