

# Bereavement

## Information about death

**Name:**



Created by:

CWP Learning Disability Psychology

If you do things differently during the funeral you can skip that section and move onto the section where you can write down what is going to happen at the funeral.

## In this book

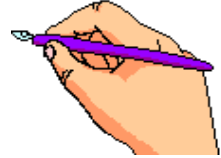
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- ◆ You do not need to read the whole book.
- ◆ Read the parts that are useful to you.
- ◆ Ask for help if you find it hard.
- ◆ If you know about death, but need help with the feelings, read 'Grief and ways of coping'.
- ◆ There is also a book for carers.

# About death

⇒ Write below what you think death is

Write here



## Life and death

All living things like plants, animals and people are born, grow and then die.



When seeds are thrown on to the earth a plant can be born.



The plant grows.



The plant will die one day.

The same happens with animals.



A baby animal is born.



The animal grows.



The animal will die one day.

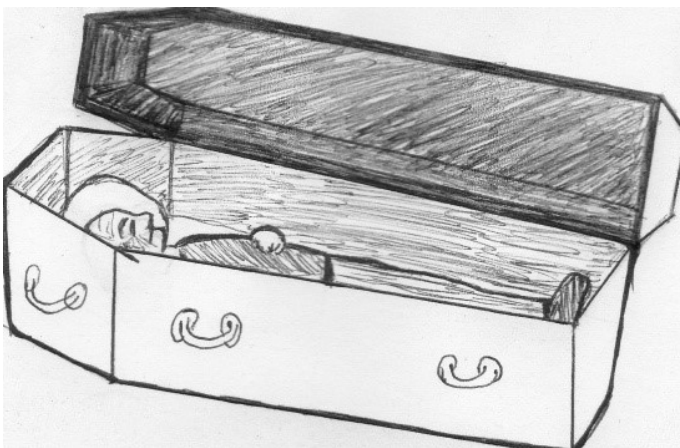
The same happens with people.



A person is born.



The person grows.



The person will die one day.

## Different ways people die



People can die because of an accident.

- Sometimes this happens suddenly.
- Not everyone who has an accident dies.



People can die because they get very ill.

- Sometimes they can be ill for a long time.
- Not everyone who gets ill dies.



- People can live a long life and die from old age.

- Nobody lives forever.
- When someone dies they stay dead.



## The body

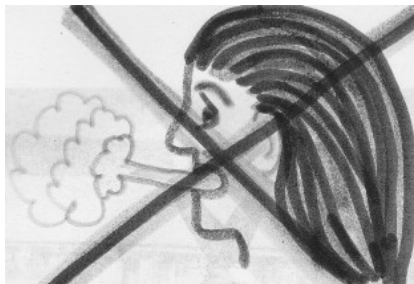
When people die they stop doing everything.



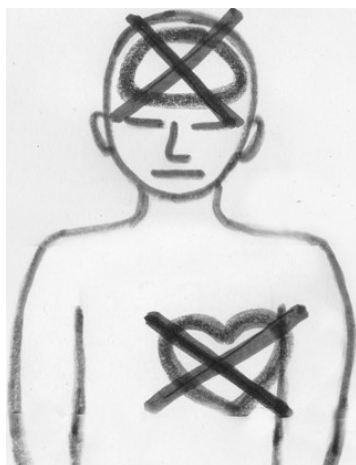
- They do not see, hear, smell, eat, or speak.



- They do not move.



- They do not breathe.



- Their heart and brain no longer work.

- This means that they do not think or feel.
- They do not need to sleep.

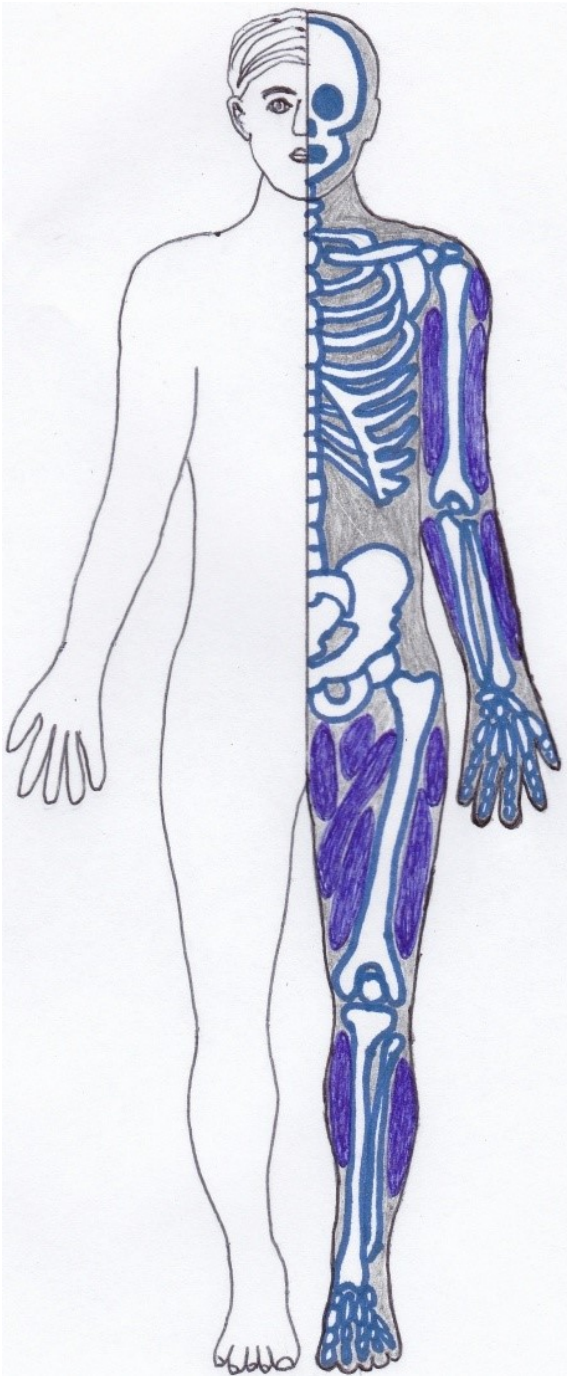
When someone close to you dies you may be able to go and look at their body.



The body might be in a box called a coffin.

You can see that there is only a body left and it does not work any more.

- It might feel strange
- They might look different
- You do not have to go, it is your choice.
- It might help you to understand what has happened.



After a person dies all that is left is a body made up of skin, muscle, fat and bone

- It is not needed any more.
- It does not work
- It can seem like the person has gone and left the body.
- People often wonder where the person they remember has gone.

## The person

People have many different ideas about what happens.

The truth is nobody knows for sure what happens to the person you knew after they die.

The important part

- Their character
- Their personality
- Their feelings
- Their thoughts

Some people call this the soul or spirit and believe it goes somewhere else.

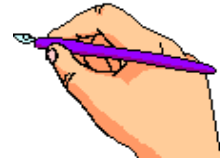


Other people think we keep that part of them just in our memory.

- Ask people around you what they think.
- Or you might like to think of your own answer.

⇒ Write below what you think happens to the person

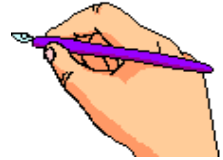
Write here



# After someone dies

⇒ Write below what you think will happen after the death.

Write here



## The funeral service

If you do things differently then you can skip this section and go to the section where you can write what you would do at the funeral

The funeral service is when friends and family get together to say goodbye to the person who has died.



People might read out stories, pray, sing or say something about the person.



You can take flowers and a card.

Often people wear black clothes to funerals.



They may look sad or cry.

This is OK.



It might be in a church.

- The coffin will be there.
- The coffin might be open or it might be closed
- If you do not want to see the body then you should ask if it will be closed.
- It is a good idea to ask what the funeral will be like.



The coffin will then be put in a hearse (a funeral car made to carry the coffin).



## Different kinds of funeral

The coffin and body might be **cremated** or buried in the ground.

Cremated means that it will be burned to make ash.



This would happen in a building called a crematorium.



The ashes can be put in a pot and taken home.

Or they can be sprinkled somewhere nice.

A sign can be put up to remember the person.



If the coffin is going to be buried it will be taken to a graveyard.

- There will be a hole in the ground for the coffin to go in.
- Soil will be put on top of the coffin.
- Over time grass will grow over the soil or you can put flowers there.
- Over time it will become part of the ground.
- You can visit the grave again later if you want to.
- It is your choice



After the funeral people often get together for something to eat and drink.

If someone close to you dies it can help to talk about the person with people who knew them.

Start reading again here if you have missed the last section

- It is your choice if you want to go to the funeral.
- If you decide you want to go you could find out what it will be like
  - You could visit some of the places.
  - You could ask people questions.

⇒ Write below what will happen at the funeral.

⇒ If you decide to go write how you would like to take part

Write here



Maybe someone close to you died a long time ago and the funeral has already happened

⇒ You can put together **mementos** (things that help you remember) of the funeral.

Maybe someone close died and you missed the service.

⇒ To help you say goodbye you can have your own service.

If someone close to you has died and you are finding it very difficult please ask for our self-help guide: **Grief and Ways of Coping**.

- It will help you notice your feelings, thoughts and how you behave.
- It has lots of ideas in it about different ways you can remember the person who has died.

Carers can get information from our carers' pack.

## Contact for help

The contact details below are for the Community Learning Disability Teams where you can get further information. If you complete the feedback form on the next page please send it to the local team.

### Wirral

Address: The Stein Centre, St Catherine's Hospital, Derby Road, Birkenhead, Wirral, CH42 0LQ

Tel: 0151 488 8100

### West Cheshire

Address: Eastway, Countess of Chester Health Park, Liverpool Road, CHESTER, CH2 1BQ

Tel: 01244 397222

### East Cheshire

#### Stalbridge Road Clinic

Address: 54 Stalbridge Road, Crewe, Cheshire CW2 7LP

Tel: 01270 656 335

#### Rosemount

Address: Chester Road, Macclesfield, Cheshire, SK11 8QA

Tel: 01625 509 013

### Trafford

Address: Waterside House, Waterside, SALE, M33 7ZF

Tel: 0161 912 2810

Fill out the form below if you want to let us know what you think of this pack.

⇒ Tick the face you agree with most.

• **How did you feel before you used this book?**

Really Good	Good	OK	Bad	Really Bad

• **How do you feel since using this book?**

Really Good	Good	OK	Bad	Really Bad

• **Do you think you have learned much from this book?**

Yes, Lots	Some	Not sure	Not Really	No, Nothing

• **How useful have you found this book?**

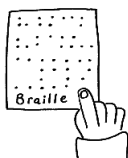
Really Useful	Useful	Quite Useful	Not Very	Useless

• **How easy to use did you think this book was?**

Really Easy	Easy	Easy and hard	Hard	Really Hard

- **What did you like or find useful?**
- **What did you dislike or think was not useful?**
- **Is there anything you would change?**

This leaflet is available in other languages or formats



For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

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