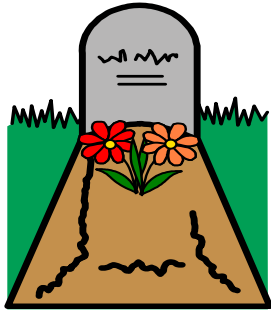




Northern Health
and Social Care Trust



When someone dies

An easy read leaflet to help to support people
with learning disabilities through a bereavement

This booklet has been created to support people with learning disabilities following a bereavement.

It is anticipated that the person with a learning disability will be supported by a family member, friend, care giver or professional to work through the booklet. This support is important to help the person with a learning disability understand the written content and also to give them the opportunity to talk about the person who has died, their feelings and to ask any questions they may have.

A complementary support leaflet is also available, which provides information and practical strategies for those who are supporting somebody with a learning disability through a bereavement. Please refer to :

'When someone dies. A support booklet'

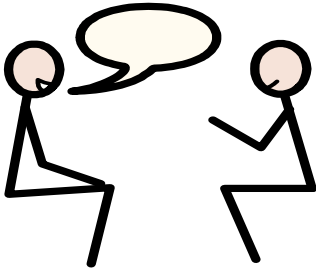
Whilst this booklet was developed to help meet the needs of people with a learning disability, much of the information and strategies may be useful when working with young children.



Insert photograph of the person who
has died



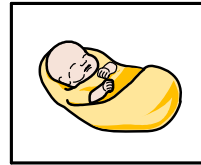
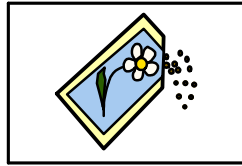
_____ has died.



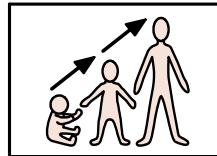
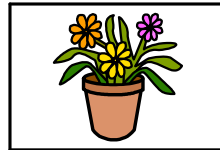
Let's talk about what that means....

Life's journey

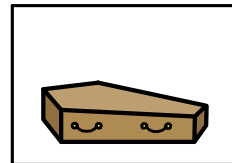
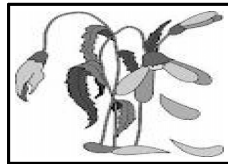
Every living thing is created.



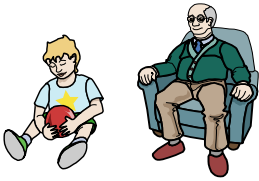
Every living thing grows.



Every living thing dies.



Why do people die?



Some people die when they are young and others die when they are old.



Some people die after an accident.



Some people die when they are really sick.



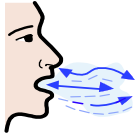
It is not your fault that someone has died.

What does dying mean?

When people are alive they



When people are dead they



Breathe



Stop breathing



Talk



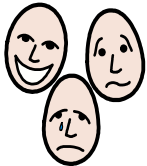
Stop talking



Move



Stop moving

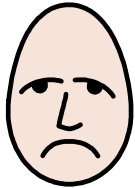


Feel

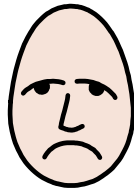


Stop feeling

When someone dies you might:



feel sad



feel angry



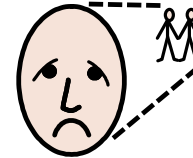
feel tired



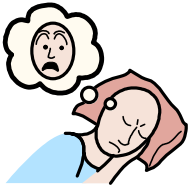
want to be by yourself



have a sore head



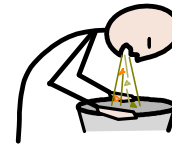
feel lonely



have nightmares



feel scared or worried

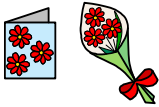


feel sick

What happens after someone dies?



People will visit the family of the person who has died.



People may bring flowers and cards.



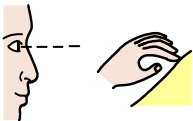
People will talk about the person who has died.



Sometimes the coffin will be in the house.



Some people want to go to see the person in the coffin so they can say good bye. It is up to you whether you go and see the person.



If you visit the person in their coffin you might notice that the person looks and feels different.

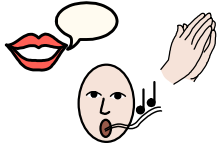
What is a funeral?



After someone dies there is a funeral. The funeral is usually lead by a priest or a minister.



It is a time for family and friends to say good bye.



At most funerals people will talk, pray and sing.



Some people will cry and some people will not. It is OK to cry.



Some people will be buried in a graveyard and some people will be cremated.



Some people want to go to a funeral, others do not. It is up to you whether you go or don't go to the funeral.



After the funeral



You might feel sad some days and other days you might feel OK.



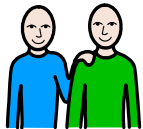
You will not be able to see the person who has died but you can think or talk about them.



As time passes you should start to feel better.



You might feel really sad again on special occasions like christmas and birthdays. It is OK to feel sad.



If you do not start to feel better ask friends, family or someone like your doctor or social worker for help.

Things that might help you feel better



Remember - it is OK to cry if you need to.



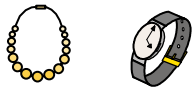
Try and do the things that you would normally do.



It is OK to talk about the person who has died.



You can visit the persons grave or go to a special place to remember them.



Keep a special object that belonged to the person who has died.



Keep some photographs of the person who has died.

