

# Upon the Death of Your Loved One

## Table of Contents

## Page

When a Loved One Dies at Home .....	2
Where Do I Begin After a Loved One Dies? .....	3
Funeral Planning .....	4
Memorial Funds .....	5
How Do I Get Copies of the Death Certificate? .....	5
About Autopsy .....	6
What Will the Future Be Like For Me? .....	7
Dealing With Your Grief .....	8
Getting Through the Holidays .....	10
How Can I Help Young Surviving Children? .....	11
Do's and Don'ts For Friends and Families .....	13
Recommended Reading .....	14

## When a Loved One Dies at Home

Caring for anyone in the final stages of a terminal illness is a challenge for both the family and the health care team. As health care providers, we support your decision to take your loved one home. We want you to know that you are not alone. Please call us anytime to talk about your loved one's or family's needs.

*You matter because you are you.  
You matter to the last moment of your life  
and we will do all we can  
not only to help you die peacefully,  
but to live until you die.*

Dr. Cecily Saunders  
Founder of modern hospice care  
St. Christopher's Hospice  
London, England

I recall that very day in the oncologist's office. The doctor told me in private that my wife, Julie was not doing well but had several weeks or months left to live. I did not believe him. While she was receiving a transfusion, he approached me and revealed some blood tests which showed that Julie's blood levels were very abnormal. Her body's systems were failing. "More like a few days," he commented.

The nurse then asked me if we wanted home health care, which I refused. Julie was a nurse, I'm a physician. What couldn't we handle?

I took Julie home that evening. She was often incoherent, but appeared comfortable. I am now so relieved that we had those last two days alone together with the children. In our situation, the ending was so much more peaceful and unguarded. At the moment Julie died, her mother, father and sister were at her side, along with myself. She looked at us and smiled, and then quickly passed into tranquility and died.

In retrospect, I have always wished that Julie and I could have talked more about the inevitable. Things progressed so rapidly, quicker than I ever imagined. It was also far too painful for her to discuss. I think this was mainly because of the children. Our youngest was 18 months old at the time of her death. However, I will always cherish those last days at home. It was somehow cathartic seeing Julie in such a natural environment--our home. It is an image that stays with me to this day. Sometimes, a tear comes to my eye and often a smile. But always I know that she is content in heaven, probably looking down at us and right now, smiling in her own angelic way.

*Compassion is our way of sharing the pain of others.*  
Anonymous

## Where Do I Begin After a Loved One Dies?

Often, after you return home, you may have questions or concerns about the events of your loved one's death. Something may not be clear to you. Sometimes, just talking with someone from the hospital who was with you at the time of death may be helpful. We encourage you to call or write us so we can answer your questions.

Some hospital units provide a follow-up program. These programs are designed to help bereaved families through the immediate crisis of the death of their loved one and to offer ongoing support. During the next few months, you may be contacted by your loved one's nurse, social worker or chaplain. Depending on the unit or hospital he or she was in, you may either receive a note or telephone call.

After you have arrived home from the hospital, you may wish to call:

- Your relatives and friends
- The funeral home of your choice
- Your local newspaper if an obituary is desired (The funeral home may also help you with this)
- Your loved one's employer or organizations
- Your clergy, or religious organization
- Your attorney (if you have one) who will be able to assist you with any legal issues
- 

Please inform the health care team of the funeral home you choose. We would like to know.

## Funeral Planning

You may contact a funeral home while at the hospital or after you return home. If you would like clergy from your faith to conduct the service, you should contact them now. Hospital staff can help with these calls or can locate a telephone in a private area for you to use.

The doctor will fill out a death certificate which is delivered to the funeral director. If your loved one is to be cremated, the funeral director will need to get a special certificate from the medical examiner. The funeral home will know how to contact the hospital to arrange transportation of your loved one.

### ***How much will the funeral cost?***

The cost of the funeral depends upon a number of things. These include whether you choose burial or cremation, type of casket selected, embalming, and use of funeral home cars. Prices vary between different funeral homes. Generally, cremation costs less. Remember that a simple service can honor your loved one as much as an elaborate, more costly one. Your funeral director can answer these questions.

### ***How can I get financial help to pay for the funeral?***

Help is available from several sources. To decide if you qualify, most agencies will need to review information about your family's income, property and bills.

If your loved one was a veteran (of the Armed Forces), call the Veteran's Affairs Office in your county to find out what financial and other benefits are available to you. If your loved one was receiving Medicaid benefits, you can probably get help through Department of Social Services (DSS) Emergency Needs Burial Program. Call the local office in your county to apply. Ask the funeral director if they will accept payment from DSS. Funeral home personnel can transport your loved one from the hospital to the funeral home before you go to DSS. However, in order to receive funding, you will probably need to go in person to the DSS Office before your loved one is buried or cremated. To avoid waits and having to explain your situation to more than one person, call ahead to make an appointment. You should also ask DSS what forms or paperwork you will need to bring to your appointment. The hospital staff can give you a handwritten note stating that your loved one has died. If you do not qualify for help through DSS, you may wish to discuss an affordable payment schedule with the funeral director. If you have other questions, talk with your social worker.

### ***Should siblings or young children attend the funeral?***

No child is too young to attend a funeral. Don't automatically exclude them. They are part of the family. They will notice the loss.

If you decide a young child will attend, be honest. Try to explain in simple terms what they will see. If children are old enough, give them a choice about attending.

## Memorial Funds

Families often want to set up memorial funds so money can be donated in memory of their loved one. Listed below are a few choices for donations:

- The unit where your loved one died
- The hospital where your loved one died
- Housing that you may have used while your loved one was in the hospital (For example, The Transplant House)
- Funds for research if your loved one died of a particular disease

Your funeral director can help you set up a memorial fund. Consult your social worker or nurse for information on research or groups for specific illnesses.

*To love at all is to be vulnerable. Love anything, and your heart will certainly be wrung and possibly be broken. If you want to make sure of keeping it intact, you must give your heart to no one, not even to an animal. It will not be broken; it will become unbreakable, impenetrable, irredeemable.*

C.S. Lewis

## How Do I Get Copies of the Death Certificate?

You can get copies of the death certificate from the funeral director or from the County Clerk's Office in the county where your loved one died. The University Hospital is located in Washtenaw County.

If you are writing for a death certificate you will need to give the following information:

- Type of record (death certificate)
- Number of copies desired
- Your loved one's full name as it should appear on the death certificate
- Date of death
- Place of death (Name of hospital, county, state)

The cost is usually around \$10.00 for a copy of the death certificate. Generally, the County Clerk's Office will only accept a personal check if it is certified. They usually ask you to send cash or a money order. Be sure to include your return address and phone number. Enclosing a stamped, self-addressed envelope will usually speed up the process.

If you prefer to go in person to request a copy of the death certificate, go to the County Building in your city.

## About Autopsy

When your loved one died, one of the doctors may have asked if you wanted an autopsy done. An autopsy, or necropsy, is an examination of the body after death. It is done to learn the actual cause(s) of death and to discover any other abnormalities which may have been present. This may be a good way for the health care team to learn something that could help other people. Having an autopsy is not disfiguring. You can still have an open casket. Autopsies should not delay the funeral. Most take two to three hours to complete.

It usually takes three to six months to receive the autopsy results. When giving permission for the autopsy, let the doctor know if you want the results and where to send them. You may also want the results sent to your family doctor. If an autopsy was done and you didn't ask for the results, just let your doctor know if you change your mind. The results can still be sent to you.

Usually, the autopsy results can best be explained to you by the doctor who cared for your loved one. This doctor knows the details of the illness or injury and is familiar with the clinical details, as well as the autopsy findings. Many families have benefited from actually having the written results. Often, families still have questions as to why their loved one died. The autopsy results are a written report stating the cause of death. This report can be reassuring to your family and friends.

## What Will The Future Be Like For Me?

People are different and will grieve in their own way. The circumstances of your loved one's death, and his or her own special relationship with you, will influence your experience during bereavement and the years to follow.

*Having faith is a necessary step toward one of two things. Being healed is one of them. Peace of mind, if healing doesn't come, is the other. Either one will suffice.*

Brian Steinberg paralyzed from the neck down due to a trampoline accident.

There are some emotional states that most families experience following the death of their loved one. Initially, you may feel shock and disbelief. Other bereaved families have described themselves as "numb" or "spaced out." You might experience "denial", difficulty in accepting that your loved one has died. Many people understand the death intellectually, but their emotions tell them it isn't true. You may experience periods of disorganization and confusion. There may be feelings of anger, guilt, and depression. Other people tell us of appetite and sleep problems during the initial weeks following their loved one's death. Reactions of this kind are normal.

It is important for you and your surviving family members to eat a balanced diet, rest, and get moderate exercise. Avoid the use of alcohol and drugs. If you are feeling extremely overwhelmed, contact your doctor. Medication should be taken only under the supervision of your doctor. Many substances are addictive. They can delay the necessary grieving process.

Friends, relatives, and co-workers may be uncomfortable around you. They might not know what to say or how to act. Try to take the initiative and help them understand how to be supportive. Some people fear that they will make you sadder. You may need to let them know that you are already and most always very sad. Their presence can be comforting when you cry or remember your loved one.

It may seem "backwards" to suggest that a person in grief might be the one to reach out to others. It is unfortunate that we live in a society that does not teach most people how to be supportive and comforting to the bereaved. Your friends and family may only need to hear from you, to know that their company, their words, and "their shoulders," can help you get through another day.

After the initial weeks and months following your loved one's death, you may find that friends and relatives contact you less often. They may expect that you should be coping with your loss differently than you actually are. This may be a good time to consider joining a support group for bereaved families or starting therapy with a bereavement counselor.

Many people question and challenge their faith or philosophy of life when a loved one dies. The questioning of old beliefs can be a growth process. Feel free to talk about it with your clergy.

*Your pain is the breaking of the shell that encloses your understanding. Even as the stone of the fruit must break, that its heart may stand in the sun, so must you know pain.*

Kahlil Gibran  
The Prophet, 1923

## Dealing With Your Grief

Psychotherapists refer to the process a bereaved person will encounter as "grief work." This is because the process is not one that just happens to you, or that will be healed only with time. "Grief work" means tackling some very difficult emotional tasks. Those families who work through these tasks do eventually experience relief from the intense pain. It has been said that there is no way around grief. You must go *through* it in order to come out of it.

*Grief is not an illness to be cured. Rather it is an opportunity for growth if the bereaved can avoid being trapped between the past, which cannot be retrieved, and the future yet to be planned.*

Sr. Teresa M. McIntier and Nan R. Kenton

A well-known psychologist, William Worden, Ph.D., has explained the tasks of grief. These tasks are discussed below. Working through your grief can take many, many months.

### **1. Accepting the reality of loss**

When a loved one dies, people often experience a sense that it isn't true. The first task of grieving is to come to the realization that this person is gone, and that reuniting with him or her, at least in this life, will not happen.

Some families tell us they sense their loved one's presence through sound, sight, smell or touch. Whether or not these experiences are "real" is a matter of belief. However, they are common and not a sign that one is "going crazy".

### **2. Working through the pain of grief**

One of the goals of grief counselors is to help people through this difficult time, so that they do not carry their deep pain with them throughout their entire life. Those people who allow themselves to feel and work through the deep pain find that the pain lessens.

Some things may prevent this experience. Friends, relatives, and co-workers may give subtle or not so subtle messages to "pick yourself up and go on" as if nothing has happened. Or, sometimes family members cut off their feelings and deny that pain is present.

Allow yourself the time to cry or to be angry. Many people find these feelings appear while going through their daily routines such as grocery shopping or driving to work. Know that these experiences, though very hard, are normal.

### **3. Adjusting to an environment in which your loved one is no longer present**

Your loved one had a special place in your heart and in your family. They can never be replaced. But bereaved families can eventually adjust to the absence of a loved one. This process might involve finding new ways of interacting with your surviving family members and friends.

**4. Withdrawing emotional energy and reinvesting it in other relationships**

Many people misunderstand this task and believe it means forgetting about their loved one. They believe that this would be dishonoring their loved one's memory. This task is simply a continuation of the first three tasks. It involves the process of allowing yourself to make relationships with others. It does not mean that you care any less about your loved one or that you will not keep your special memories.

Kenneth J. Doka, PhD, has added a fifth task:

**5. Rebuilding faith, beliefs and values that are tested by the loss of a loved one.**

The loss of a loved one can test your faith and philosophical views of life. Talking with a spiritual leader or advisor such as a rabbi, priest, minister or holy person may be helpful since they have experience counseling others who have experienced a loss.

Many bereaved families, whom we have known over several years, can remember their loved one and smile. Sometimes there is still sadness, though it does not come as often and is not as draining. Over time and through these "tasks", you will begin to remember your loved one without experiencing the unbearable pain. It will be a different kind of sadness.

Do not hesitate to seek professional help. Counselors are trained to assist you in working through these tasks and other issues you may be facing. It is okay to ask for one session with a therapist to see if you both will be able to work together.

## Getting Through the Holidays

We must realize that, as grieving persons, we have definite limits. We do not function at normal capacity. We must reevaluate our priorities and decide what is really meaningful for ourselves and our families.

### **1. We must decide what we can handle comfortably and let these needs be known to family, friends and relatives:**

- whether or not to talk about our loved one openly
- whether we can handle the responsibility of the family dinner, holiday parties, etc., or if we wish someone else to take over some of these traditional tasks
- whether we will stay home for the holidays, or choose to "get away for a while" to a totally different holiday environment this year.

### **2. Don't be afraid to make changes: it really can make things less painful!**

- Open holiday gifts at a different time
- have dinner at a different time
- attend a different place of worship
- let others take over holiday tasks such as food preparation, decorating the house.

### **3. Our greatest comfort may come in doing something for others. Some people feel they can acknowledge their loss more meaningfully by:**

- donating the money they would have spent on their loved one's gift to a particular charity
- adopting a needy family for the holidays
- inviting a guest (foreign student, senior citizen, etc.) to share family festivities

### **4. Whether it's holiday baking, decorating the house, having a big family dinner, ask these questions before making any decisions:**

- have I involved or considered my other family members?
- do I really enjoy doing this? Do other family members really enjoy doing this?
- is this a task that can be shared by other family members?

*Light a special candle in celebration of life and love shared.  
Be honest in what you expect to be able to do.*

### **Remember to Take One Day At a Time**

Be realistic and recognize that we need to set limits and do those things which are meaningful to ourselves and our families.

Know that whatever you choose to do this year, you may decide to handle things differently next year. Growth and change go hand in hand.

And don't forget that comforting discovery that many people have confirmed: the realization that when that "special day" arrives, it's truly not as bad, by any means, as we expected.

*A very small amount of light can dispel an awful lot of darkness.*  
Quaker saying



## How Can I Help Young Surviving Children?

It is painful for parents to see their children in distress. Try to remember that it is even harder for children not to have the death of a loved one explained to them. It is better for a child to mourn in the company of family than to mourn alone, wondering, yet afraid to ask questions. As a parent, you can take the lead by explaining that while you might not understand everything about death, you will still try to answer the child's questions as best you can. You know your child best. You will have to sense how much of an answer, and how much detail the child is asking for. You might ask your child to repeat back to you what you have said, because you "want to be sure you explained it right."

*Imagination is often far worse than reality.*

You are experiencing your own grief which is intense. There are many decisions and details to be handled. Although family and friends cannot take your pain away or change what happened, they may be a comfort during the first difficult weeks. Children also need a support network. A parent is the most important part of the network.

Parents who openly talk about their grief, cry, and express frustration, send a message to their children that it is okay for them to do so. Because children cannot carry the burden of all your pain, try to maintain times for play and talk without conversation about the dead person. Balance, as best you can, the sharing of sad feelings, with the sharing of more pleasant activities and times shared together. This lets your surviving children know how much they are valued.

If your child has had an experience with death, (perhaps a pet, or a grandparent), it may be easier to explain the death. Here are some questions which many children wonder about and some suggested answers.

### **Is death like sleeping?**

Death is different from sleeping. When you go to sleep your body still works. You still breathe and your heart beats and you dream. When a person is dead, his or her body doesn't work anymore. Remember that children who are told that death is like sleeping may develop fears about falling asleep.

### **Why did they die?**

If the death was from an illness, explain that the person's body couldn't fight the sickness any more. It stopped working. Make sure your children know that if they get the flu or a cold, or if mom or dad get sick, their bodies can fight the illness and get better. Their bodies still work. Explain that people do not usually die when they get sick. Most people get better. If the death was from an accident, explain that the person was hurt so badly that his or her body stopping working. Explain that when most people get hurt they can get better and live a long, long time.

### **Will you die? Will I die?**

Children are looking for reassurance. Let your child know that most people live for a very long time. Children also need to know who will take care of them if a parent or guardian dies. Let them know who to go to for help if there is a family emergency.

**Did I do or think something bad to cause the death?**

Maybe your child had a fight with the person who died. Maybe your child wished this person wasn't around to get so much attention from other family members. Maybe your child said, "I wish you'd go away from me," or even "I wish you were dead." Reassure your children that saying and wishing things do not cause a death to happen.

**Will they come back?**

"Forever" is a hard concept for young children to understand. They see that people go away and come back. Cartoon characters die and then jump up again. Young children may need to be told several times that the person won't be back ever.

**Is she cold? What will he eat?**

Young children may think the dead body still has feelings and walks and talks under the ground. Some children might imagine a cemetery as a sort of "underground apartment complex." You may need to explain that the body doesn't work anymore. It can't breathe, walk, talk or eat anymore.

**Why did God let this happen?**

Answer questions related to God and your faith according to your own beliefs. You may also want the counsel of your clergy. It's okay to not have answers for everything. Children can accept that you, too, have a hard time understanding some things. It is best to avoid suggesting God "took" someone to be with him, or that "only the good die young". Some children may fear that God will take them away too. They may try to be "bad" so that they won't die, also.

**Returning to School**

Going back to school following a death can be difficult. You can make this easier by helping your children with possible answers to questions and remarks. Schoolmates may not always be sensitive to your children's feelings. Tell the child that, if they don't want to, they don't have to answer questions. Explain that others may be uncomfortable talking about the person who died. Your home can be a place where you and your child can talk about and remember the loved one. You may want to talk with the school principal, your child's teacher, the school social worker, or counselor, to plan for a surviving child's return to school. You may also want to discuss what information you would like shared with his/her classmates.

*The journey through grief is a major life task. The process of healing calls for moments of aloneness, moments of companionship.*

Chris Byrne  
Canadian Mental Health Association

## Do's and Don'ts for Friends and Families

As a friend or family member, you may not know what to say or how to act. There are few rights or wrongs. There are, however, some things that may be more helpful than others. Here are a few suggestions that may help you.

1. Just 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 grief process. People resent being told "You should be over it by now." Moving toward acceptance is a lengthy process even if people return to work quickly.
3. Talk about the person who died. Don't be afraid to bring up the subject for fear of making the family feel worse. They are already feeling bad and think about their loved one most of the time. They'll know that this person was also important to you and not forgotten.
4. Inquire about the well-being of all family members and loved ones--men as well as women. Men are frequently 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 cliches. Be honest with your own feelings. If you have trouble thinking of something to say, just be there for the person. You can extend a touch, or send a card. Saying too little is better than too much.
7. Look for an immediate need and fill it. This could be shopping, preparing a meal, answering the phone, baby-sitting, helping with out of town relatives. Check back often to offer support.
8. Try to understand the grieving process. There are many good reference books for sale and in libraries.

*The most important thing any of us can do to comfort the grieving is to listen when they want to talk and to accept their silence if they are unable to speak about their loss.*

Susan Jacoby

### **Some Suggested References:**

Knapp, Ronald. *Beyond Endurance*

Schocken Books

Accelerated Development, Muncie, IN, 1983.

Wolfelt, Alan. *Helping Children Cope With Grief*

Accelerated Development, Inc., 1983.

Zonin, Leonard and Hilary. *The Art of Condolence*

Harper Collins, 1991.

*Kindness is the oil that takes the friction out of life.*

## Recommended Reading on Grief

We've listed some books that you may find helpful. However, any list of recommended reading may seem overwhelming to you. Finding the energy and time to go to a bookstore may also seem out of the question. To make things easier, we've included two organizations that offer a catalog of book lists. You can call or write them for a list.

### **Centering Corporation**

1531 N. Saddle Creek Road  
Omaha, NE 68104-5064  
(402) 553-1200

### **Compassionate Friends**

P.O. Box 3696  
Oak Brook, IL 60522-3696  
(708) 990-0010

### **Widows/Widowers**

Baker Nye, Miriam. *But I Never Thought He'd Die: Practical Help for Widows*. Westminster, 1978. A practical guide to help widows adjust to a life without a spouse.

Caine, Lynn. *Being A Widow*. New York, Bantam, 1987. A young widow with two small children talks about her husband's death.

Campbell and Silverman. *Widowers: When Men Are Left Alone*. First hand accounts of how men face the loss of a spouse.

Staudacher, C. *Men And Grief*. Oakland, CA: New Harbinger Publications, Inc., 1991. A guide for men surviving the death of a loved one.

### **Parents Dealing With the Death of a Child**

Schiff, B., *The Bereaved Parent*. N.Y.: Crown Publishers, 1977. A book of counsel for those who experience the death of a child.

### **Grandparents**

Gerber, M.H., *For Bereaved Grandparents*. Centering Corporation. 1531 Saddle Creek Road, Omaha, NE 68104. Talks about grief, helping your child and yourself, plus a good section on listening skills.

Ilse, S., and Leininger, L., *Grieving Grandparents*. Wayzata, MN: Pregnancy and Infant Loss Center, 1985. Written especially for grandparents to help them with their grief and to help them support their own child.

### **Helping Children Deal with Death/Grief**

*The world breaks everyone, and afterward many are strong at the broken places.* - Ernest Hemingway

Scherago, M. *Sibling Grief*. P.O. Box 89, Redmond, WA 98073-0089, Medic Publishing Company, 1987.

Krementz, J. *How It Feels When A Parent Dies*. N.Y.: Alfred A. Knopf, 1988. Good for adolescent-aged young people.

Bode, Janet. *Death is Hard To Live With*. Bantam, Inc. 1994. Teenagers talk about how they cope with loss.

Richter, E., *Losing Someone You Love: When a Brother or Sister Dies*. N.Y., Putnam, 1986. A collection of candid interviews with 16 young people who have lost a brother or sister.

Blackburn, L. *I Know I Made It Happen*. Centering Corporation, 1991. 1531 North Saddle Creek Road, Omaha, Nebraska, 68104. A gentle book about feeling guilty, especially for children who feel responsible. (School age to adolescent).

Buscaglia, L. *The Fall Of Freddie The Leaf*. Slack, Inc., 1982. Simple story about a leaf which illustrates the balance between life and death. (Preschool, young children).

Johnson, J. and Johnson, M. *Where's Jess?* Centering Corporation, 1531 North Saddle Creek Road, Omaha, Nebraska, 68104. Ideal for parents concerned about caring for their surviving children. (Preschool, young children).

Mellonie, B. and Inghpen, R. *Lifetimes - The Beautiful Way To Explain Death To Children*. N.Y.: Bantam Books, 1983. Life and death of animals and people illustrated. (Preschool - age 8).

*Don't be afraid to have fun. Laughter is a good medicine. Allow yourself opportunities for diversion and freshness. Children and pets are great providers of healing.* – Donna O'Toole

### **Suicide ... Grief of the Survivors**

Bolton, I. *My Son, My Son*. Compassionate Friends, P.O. Box 3696, Oak Brook, Illinois, 60522. A mother's story of a tragedy and an eventual triumph to begin life again.

### **Organ/Tissue Donor Families**

National Kidney Foundation. N.Y.: 1990. *For Those Who Give and Grieve*.

### **Funerals/Cremation**

Johnson, J. and Johnson, M. *Tell Me Papa*. Centering Corporation, 1978. A family book for children's questions about death and funerals.

Madenski, Melissa. *Some of the Pieces*. Centering Corporation. If you have had a cremation in your family, you really want this beautiful story. The book combines memories and feelings in an especially readable form.

### **Other Publications**

Kushner, H. S. *When Bad Things Happen to Good People*. N.Y.: Schocken, 1981. Author journeys through suffering to understanding regarding the death of his son. Bestseller.

Centering Corporation, *The Saddest Time*. 1531 North Saddle Creek Road., Omaha, NE 68104. Presents three different deaths. Treats death and grief in a matter-of-fact manner that makes it a rich, normal part of life. Excellent for schools.

Centering Corporation, *When Parents Die: A Guide for Adults*. Speaks to the loss of older parents. Talks about neglected grief, childhood, parenthood and death, sudden death, the burden of slow decline, funerals, lawsuits and much more.

Johnson, J., *Remember Rafferty*. Centering Corporation. Deals with the death of a pet. You'll identify with the unique grief we have all felt.

Kander, Jenny. *So Will I Comfort You*. Centering Corporation. Includes 18 listings under how to cope, 8 specific situations of grieving and recovery from abortion, AIDS, healing, sibling grief and more.

Kubler-Ross, E. *On Death and Dying*. Centering Corporation. A timeless classic. The early book that started it all.

Nuland, Sherwin B.. *How We Die: Reflections on Life's Final Chapter*. Alfred A. Knopf: New York, 1994.

Rando, T., *Grief, Dying and Death: Clinical Interventions for Caregivers*. Centering Corporation. Guides you to knowledge of your own feelings about death, helping the dying patient, and supporting the bereaved person. Personal and ethical issues are covered.

Schiff, H.S., *Living Through Mourning*. Penguin Books. A positive book for finding hope after the loss of a loved one.

Stearns, A.K., *Living Through Personal Crisis*. New York: Ballantine Books, 1984. A national bestseller. This book helps us understand that to find freedom and healing, we must face our loss and not deny it.

### **Magazines**

Bereavement Publishing, Inc.  
8133 Telegraph Drive  
Colorado Springs, Colorado 80920  
(719) 282-1948

A magazine that discusses different grief situations through stories, articles, poems and shared personal experiences. Often you will find experiences and feelings similar to your own. Sometimes, you will discover new perspectives.

Bereavement and Loss Resources  
Rivendell Resources, Inc.  
P.O. Box 3272  
Ann Arbor, Michigan 48106-3272  
(734) 761-1960

A bimonthly bulletin of resources for the bereaved and caregivers.

Extracted from the booklet, "Upon the Death of Your Loved One"  
Written by Peggy Brown, BSN, RN – UMHS , 1995