



# Grief & Bereavement in Long Term Care

*Supporting You Through Loss with Compassion, Dignity, and Respect*

## You Are Not Alone

Losing someone you love is one of life's most difficult experiences. In long-term care, families, friends, residents, staff, and volunteers often develop meaningful relationships, and the death of a resident can affect many people. Our team is here to support you before, during, and after the death of your loved one.

## Understanding Grief

Grief is the natural response to losing someone important to you. It affects everyone differently, and there is no "right" way or timeline for grieving.

You may experience:

- Sadness, loneliness, or tearfulness
- Difficulty sleeping or concentrating
- Changes in appetite or energy
- Anger, guilt, relief, anxiety, or disbelief
- A desire to be with others—or to spend quiet time alone
- Questions about meaning, faith, or spirituality

These feelings often come and go. Birthdays, holidays, anniversaries, and other special dates may bring renewed feelings of grief.

## How We Can Support You

Our long-term care home is committed to providing compassionate bereavement support.

Support may include:

- Caring conversations with members of the healthcare team
- Social work support or referrals (where available)
- Spiritual or faith-based support, if desired
- Memorial or remembrance opportunities
- Information about community bereavement services and support groups
- Help connecting with additional resources



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## Caring for Yourself

Grief looks different for everyone. During this time, it may help to:

- Be patient and gentle with yourself.
- Accept that grieving takes time.
- Stay connected with supportive family and friends.
- Eat regularly, stay hydrated, rest, and move your body when able.
- Take part in cultural, spiritual, or personal traditions that are meaningful to you.
- Share your feelings through conversation, writing, creative activities, or quiet reflection.

## When Extra Support May Help

Sometimes grief becomes especially difficult to manage. Please reach out if you:

- Feel overwhelmed for a prolonged period.
- Find it difficult to care for yourself or manage daily activities.
- Feel increasingly isolated or hopeless.
- Have thoughts of harming yourself or feel that life is no longer worth living.

**If you are in an immediate crisis, please tell a staff member or contact emergency services immediately.**

## Remember

Grief is a reflection of love and connection.

Healing does not mean forgetting—it means learning to carry your loved one's memory forward while continuing your own journey.

**Whether you are a family member, resident, staff member, volunteer, or friend, you do not have to go through this alone. *We are here to support you.***



**Questions?** Please speak with your nursing team.  
***We are here to support you and your family.***

