

When someone you know has died...

clear information



Bereavement and loss support for
people with learning disabilities

Understanding loss

Loss can mean different things to different people.

Loss can be when someone you care about is not in your life anymore.

This might be because they have died, moved away or a relationship has ended.

Loss can be when a person loses their belongings, home, job, support or service.

Some losses can hurt more than others.

Loss may make people feel or act differently.

Some people may feel:

- sad
- unwell
- angry
- lonely





When someone you care about has died...

You have the right to be told the truth about your loss and to ask questions.



It can be hard to let people know how you are feeling.



You may want someone you trust to talk to, or someone to listen to you.



There are people to help and support you, for example friends, family, carers and advocates.

After a death, there may be things to think about or choices to make.

You may have to change things such as your home if you lived with the person who has died.



After someone you care about has died, you might have some questions

- Do you want to know anything about the death?
- Do you want to say goodbye to the person who has died?
- Do you want to go to the funeral?
- Do you have anything to remind you of the person who has died?
- Do you need someone to help you with your grief and how you are feeling?



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