

# When someone you know has died...

people with learning disabilities  
supporting each other



## Understanding loss



Loss can mean different things to different people.

Loss can be when a person or pet you care about has died or moved away.



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

Some losses can hurt more than others.



Sometimes people don't understand how much these losses can hurt.

## When a person or pet you care about has died



Sometimes it can be hard to say how you feel and to let others know how upset you are.



Help and support from other people can be very important. Help and support can come at different times from different people.



These are some of the people who can help and support you:

- family and friends
- people who are trained to support you
- someone from your local faith group.

## How we worked together to make this booklet

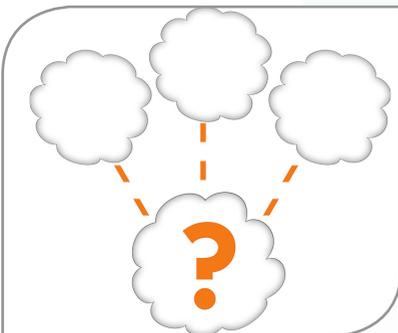


People from Keele University worked with two speaking up groups, Reach in Staffordshire and Voice in Wrexham.



This booklet uses thoughts and ideas from our work.

We shared our own stories about people and pets who have died.



We have made up the stories in this booklet to help you think about ways to cope with loss.

There is space for you to write and draw your thoughts and ideas.

## How to use this booklet



You can keep this booklet to yourself or share it with someone you trust.



You can work in groups to help each other to cope with loss.



You can work with people trained to support you to:

- share how you feel
- find out how to cope
- look at ways of moving on.



“I feel shocked,  
sad and lonely...”



## Linda's Story

Linda is 47 and lives in a home with support from staff.



Linda has always been very close to her family.

Linda's mum died suddenly but no one told Linda.

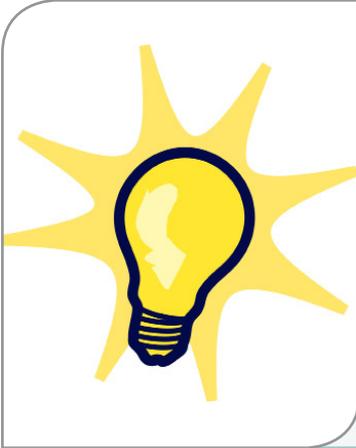


Linda only found out about her mum when her dad visited a few weeks after the funeral.

You can think about this story and write notes.



**How might Linda feel?**



**What might help Linda?**



**Who might be able to help Linda?**

# What could help Linda?

Please  tick the 'yes' or 'no' box to show what could help Linda.

Visiting the resting place (for example cemetery or garden of remembrance)	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Talking with her dad	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Having support to ask the 'right' questions	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Having information about what happened	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Talking about how others cope	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Talking about how she feels	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Telling her story by drawing and writing	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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**What else could help Linda?**



“Talking and sharing feelings with other people really helps.”

“I feel guilty because I wasn't there when Poppy died.”

## John's Story

John is 15 and lives at home with his mum and dad.

John had two dogs, called Poppy and Patch.



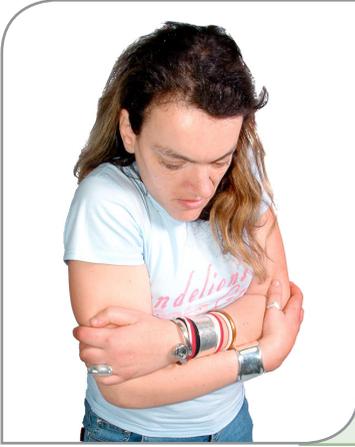
Poppy had problems with her stomach.

The vet had to put Poppy to sleep which means that Poppy died.

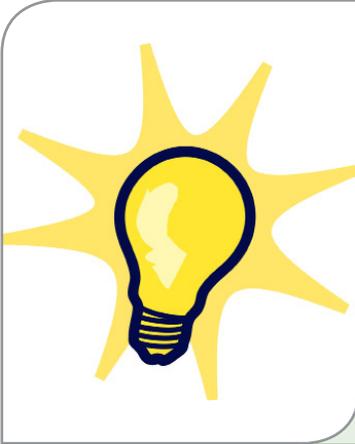


John cannot understand why this happened.

You can think about this story and write notes.



**How might John feel?**



**What might help John?**



**Who might be able to help John?**

# What could help John?

Please  tick the 'yes' or 'no' box to show what could help John.

Knowing that people grieve over different losses, including pets

Yes

No

Talking with the vet

Yes

No

Information about what happened and why

Yes

No

Having someone to talk to

Yes

No

Knowing that it's alright to be upset

Yes

No

Being able to share his feelings

Yes

No

Having something that helps John to remember Poppy

Yes

No

What else could help John?



“ I have lots of happy memories, I will never forget Poppy. ”



“I feel all mixed up, crying, headaches and I can't eat.”

## Karen's Story

Karen is 25 and lives with her partner far away from her mum, dad and sister, Emily.



Karen knew her younger sister was really poorly with cancer, and had been ill for a long time.

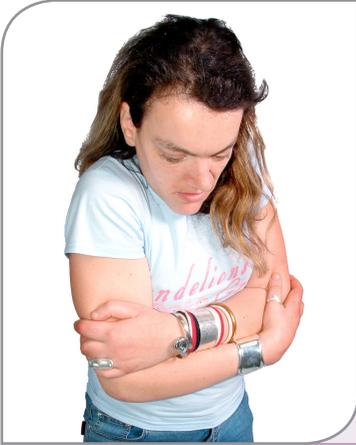


Karen still wasn't expecting Emily to die.

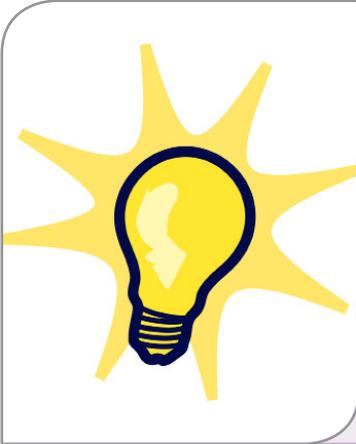


It was a real shock when she died.

You can think about this story and write notes.



**How might Karen feel?**



**What might help Karen?**



**Who might be able to help Karen?**

# What could help Karen?

Please  tick the 'yes' or 'no' box to show what could help Karen.

Knowing about what happened and why

Yes

No

Having someone to talk to

Yes

No

Having help and support to talk with her family

Yes

No

Talking about how she feels and what's worrying her

Yes

No

Finding out about how others coped

Yes

No

Thinking about how she coped with other losses

Yes

No

Having a place nearby to visit where she can remember Emily

Yes

No

What else could help Karen?



“Visiting the cemetery makes me feel better.”

**Now think about what could help you**  
if you lost a person or pet that you care about.



**What would you want to find out?**



**Who could you talk to and ask for help?**



**What would you want to do?**

# Remember...



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

You have the right to ask questions.



Having support to work through your feelings and worries can help you to cope with your loss.



Every person is different and everyone will grieve in their own way.

Memories are important and can help you to live with loss.

This booklet is funded by



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Voice



Reach

Clear communication by  part of 

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