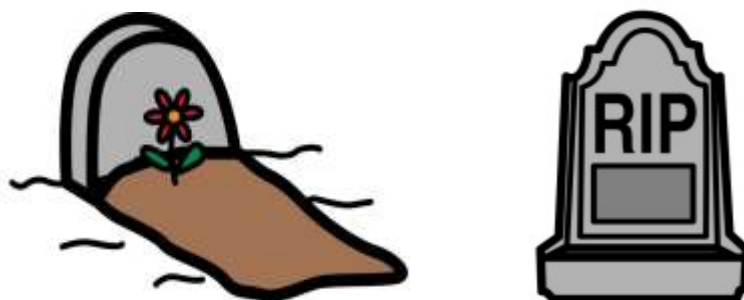


When Someone Dies



A booklet to help support you
when someone you know dies

To staff: Please read separate guidance document on how to use this booklet to support a service user who has experienced the death of someone they know.



Created by NHST Learning Disability and Palliative Care Working Group and approved by the NHST
ALD Service User Forum. Review Date: March 2027

If you wish to reproduce this resource please contact
Palliativecare.events@northerntrust.hscni.net

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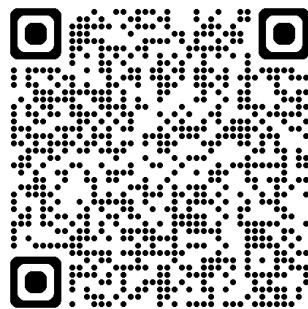


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Using This Resource

This resource has been created to help families, carers and health professionals support a person with a learning disability to understand more about what happens when someone they know dies. This could apply to a range of people e.g. family member, friend, colleague or famous person.

Please read the separate guidance notes which can be accessed via hard copy or by the following QR code



The Person Who Has Died



_____ has died



Let's Talk About What Dying Means

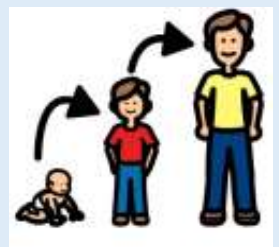
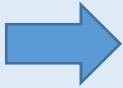
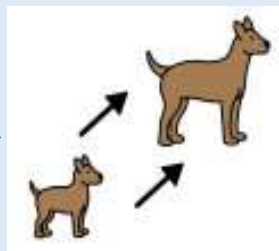
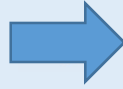


What Does Dying Mean?

Every living thing
is born

Every living thing
grows

Every living thing
dies



Why Do People Die?



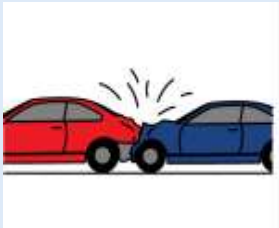
Some people die when they are old.



Some people die when they are young.



Some people die when they are really sick.



Some people die after an accident.



It is not your fault that someone has died.

What Happens When Someone Dies?

When people are **alive** they:



Can breathe



Can talk



Can move



When people are **dead** they:



Stop breathing



Stop talking



Stop moving

How Might I Feel When Someone Dies?

You might feel lots of things when someone dies. Remember - these feelings are all normal.

You might:



Feel sad



Cry



Feel angry



Feel worried



Feel scared



Feel lonely



Feel sick



Not want to do things you normally like to do



Feel like you'll never get over this

How Might I Feel When Someone Dies?

You might:



Want to be alone



Have a sore head



Find it hard to concentrate



Eat more food



Eat less food



Sleep more



Sleep less



unsure



It is normal to have these feelings.

It is important to give yourself time to start feeling better.

What Happens After Someone Dies?



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



People may bring flowers and cards.



Sometimes people will talk about the person who has died.

What Happens After Someone Dies?



The person who has died will be in a coffin.

A coffin is a box for the person who has died to lie in. It can be different colours.



The coffin might be open or closed.

If the coffin is open, you will see the person who has died.



If the coffin is closed, you will not see the person who has died.

What Happens After Someone Dies?



Some people go to visit the person in the coffin.

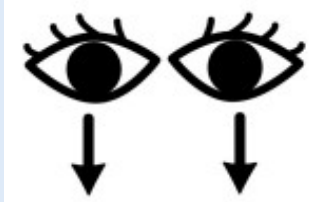


Some people want to go see the person in the coffin so they can say goodbye.



It is up to you whether you go to see the person in the coffin.

What Happens After Someone Dies?



If you see the person in their coffin, you might notice the person looks different and feels different.



The person in the coffin will:

- look different
- have their eyes closed
- be cold to touch
- be wearing their own clothes.

What is a Funeral?



After someone dies there is a funeral.



A funeral is when family and friends come together when someone dies.



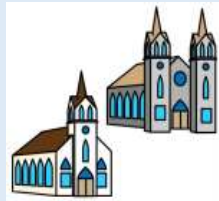
Sometimes the coffin will be in a special car called a hearse.

The hearse will take the coffin to the funeral and then to the graveyard or crematorium.

What is a Funeral?



Where someone has their funeral depends on their religion and what they want.



What is a Funeral?



A funeral is a time for family and friends to say goodbye to the person who has died.



At most funerals, people will talk, pray or sing.



Some people will cry, some people will not.

It is OK to cry.
It is OK not to cry.

What is a Funeral?



Some people will be buried in a graveyard.



Some people will be cremated at a crematorium.

This means they will be put into a special warm room and turned to soft ashes. These ashes are put into a special container called an urn.

What is a Funeral?



Some people want
to go to a funeral,
others do not.



It is OK if you do not
go to the funeral.

_____’s Funeral



I will say goodbye to



_____’s

funeral will be on



_____’s

funeral will be at

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.



You will not be able to do the things you used to do with them.

After the Funeral



As time passes you should start to feel better.



You might feel really sad on special days 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 carer for help.

What is Grief?



After someone dies, it is normal to get a feeling called 'grief'.

Grief is another word for sadness or feeling sad.

Grief is the feeling we get after losing something or someone important to us.



Grief is a normal feeling.

What is Grief?

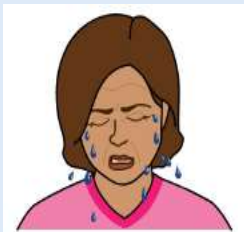


Some days, grief might be a big feeling.



Some days, grief might be a small feeling.

Things That Might Help You Feel Better



Remember it is OK to cry if you need too.



Try and do things you normally would do.



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

Things That Might Help You Feel Better



You can visit the person's grave or go to a special place to remember them.



You can keep a special object that belonged to the person who has died.



You can keep photographs of the person who has died.

Rest in Peace



Acknowledgments

Thank you to those who helped co-produce these resources.

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- Palliative Care Colleagues & all members of the NHSCT Learning Disability and Palliative Care Working Group.
- NHSCT ALD Service User forum

Photos, symbols and visuals used include;

- Tobii Dynavox Picture Communication Symbols® (PCS)
<https://uk.tobiidynavox.com/products/picture-communication-symbols-pcs>
- Photo Symbols UK <https://www.photosymbols.com/>

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Please email any comments to:

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