

COVID- 19 (novel coronavirus) End of Life Information for Aged Residential Care GRIEVING FROM AFAR

If you have been unable to provide the support you would have liked at the end of your loved ones life, your grief and grieving can become even more challenging. You are not only grieving their loss, you are also grieving the missed opportunity to show your love and support.

As you try to make sense of your loss, these can be important and helpful:

- Recognize the relationship you have lost
 - It can be easy to minimize the importance of our loved ones when we are not able to be with them at important times, don't underestimate their place in your life
 - Keep remembering that there were extraordinary circumstances that prevented you from giving the support you would have liked to give
 - Keep remembering that these circumstances were outside of your control
 - Acknowledge the changes that the loss of this relationship will have on your world
- Acknowledge your loss in the ways that you are able
 - Let your friends know of your loss
 - Make the death public in ways that have meaning to you (newspapers, appropriate social media)
 - Seek spiritual support and guidance if this is important
 - Notify groups your loved one was part of
 - Let your support network know of your loved ones death and the circumstances that kept you from being there
- Find out the circumstances of the death if you need to
 - As we process our losses, we all need information , some more than others
 - It is okay to ask those who were present to share with you the circumstances of the death
 - It is okay to ask questions so that you get the information that you need
- Recognize and acknowledge that you were excluded from your loved ones death
 - It is okay to feel and express the sadness of the situation
 - Acknowledge the grief of not only the loss but also not being able to be present
 - Recognize that nothing can change what has happened, but we can honour our relationship
- Remember that we all grieve differently
 - There is no right way or wrong way to grieve
 - Create rituals to honour your loved one and your relationship with them
 - Take time to process and don't underestimate the all-encompassing nature of grief, especially in extraordinary circumstances

Be gentle with yourself, be gentle with those around you, and allow yourself the space you need to process the extraordinary situations we now live in and the challenge they bring. Reach out to others and seek help, it will be available even in the extraordinary times.