

GRIEVING

Renowned grief counselor Dr. Allan D. Wolfelt believes although grief is different for every person and every circumstance, the following emotions and behaviors are experienced by most following the death of a loved one: shock, confusion, anxiety, anger, guilt, a sense of abandonment, sadness and physical health challenges.

You may ask yourself "How long will I feel this way?" There really is no established timetable for grief resolution. The grief process varies and is different for each person. It may be hard for you to believe you'll ever get through the tragedy of death. You will. Over time, and with the support of others, support groups and/or grief therapy, you can and will learn to reconcile the death of your loved one.

INFORMATION

For additional helpful information, including funeral planning and grief support following the death of a loved one, please feel free to contact McLaren Oakland Spiritual Care Services at (248) 338-5738.



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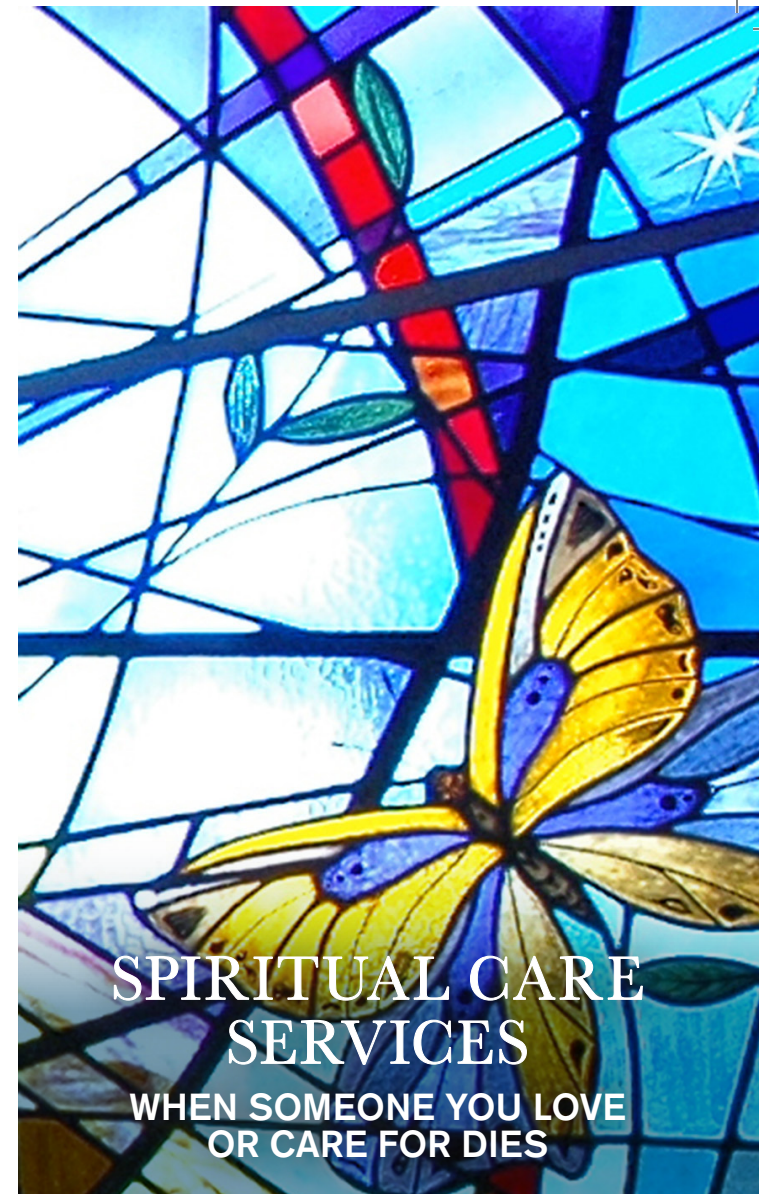
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SPIRITUAL CARE SERVICES

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This brochure provides general information only. It does not constitute medical or legal advice and may not apply to your individual situation.

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SPIRITUAL CARE
SERVICES

WHEN SOMEONE YOU LOVE
OR CARE FOR DIES



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IMMEDIATE TASKS WHEN A DEATH OCCURS

When a death occurs in your family, you will be faced with important tasks and decision-making during a very difficult time. The following checklist will help guide you through the steps you will need to take immediately after a death has occurred:

- Call your close family members and friends to be with you at the hospital or your home immediately after the death of your loved one.
- Select and contact a funeral director. The funeral director you select will help coordinate all of the funeral details when you meet for an arrangement conference. Following are some questions the funeral director may ask when you call:
 - What is the full name of the deceased?
 - What is the location of the deceased?
 - Will the deceased be transported first to the office of the medical examiner for an examination or autopsy?

- What is your name, address and telephone number?
- What is your relationship to the deceased?
- If you are not the immediate next of kin, what is the name, address and telephone number of the immediate next of kin?
- Notify McLaren Oakland staff of the name of the funeral director you have selected.
- Make a list of other family, friends, business colleagues and employer, and notify each by phone. You may wish to use a “branching” system: make a few phone calls to other relatives or friends and ask each of them to make a phone call or two to specific people.
- Before you make decisions regarding the kind of funeral or final disposition of your loved one, it may be helpful to consult other family members who will be most affected by the death. Inviting them to be active planning participants, and not just passive spectators, can serve as a healthy outlet for their grief and anxiety.

When someone you love or care for dies, especially if the death is both sudden and unexpected, the first few hours, days and weeks following the death can be very challenging. You may feel numb and overwhelmed with all the details requiring attention. You may have no idea what to do. You may also fear doing the wrong things.

Slow down, breathe and realize you are not alone. Many good people are ready to assist you with all that must be done in the days and weeks ahead.

