

About Grief

Grief is a natural reaction to loss. It is through the grief process that you gradually adjust to life without your loved one. Often, people don't feel the full impact of the loss right away. This usually comes later, when all the activity surrounding the funeral is over and the initial shock has worn off. While the acute phase of grief may last weeks or months, the entire readjustment process may take much longer.

Take the time you need. Ask for specific help. Friends and family members, who are there for you may not know how to assist you at this time. Tell them what you need. Acknowledge your loss and find out about the grief process and how you can help yourself at this time.

The following are some common feelings you may experience. You may have some or all of them and in no particular order.

- Shock and Denial
- Emotional Release
- Anger
- Sadness
- Loneliness
- Pain
- Panic
- Guilt/Regret
- Healing
- Readjustment

Caring for Yourself: Allow yourself the time that grieving takes. Find out as much information about the grieving process as possible. Grief is as unique as you are and each of us will grieve differently. Seek support through your community, your Church or faith groups, your doctor or professional services, or funeral homes. Bereavement Services are also available through Near North Palliative Care Network.

*"When you can't change the direction of the wind-
adjust your sails." ~ H. Jackson Brown*

NNPCN offers Bereavement and Grief support sessions with specially trained volunteers. Sessions can be individual, group sessions, by phone, or on Skype. We also support family members of NNPCN Hospice clients experiencing anticipatory grief. For further information on our free services, please contact us.

Our Mission

To enhance the comfort, dignity and quality of life of individuals with a terminal illness and to offer bereavement support throughout the community.



Near North Palliative Care Network

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North Bay, Ontario P1B 2C1

705-497-9239
1-800-287-9441
nnpcn@bellnet.ca



After A Loved One Dies...

*When someone you love becomes a memory, that
memory becomes a wonderful treasure to always
hold in your heart.*

Miss you forever & always.

www.nnpcn.com



What do I do now?

Coping with a loved one's death is a difficult process. It is often painful, exhausting and confusing.

During the next few hours and days you will be called upon to make many decisions—some you are required to do, others you may choose to do.

Grief in the first few days can be very intense and you may become overwhelmed. If you find yourself in need of more assistance than your family or friends can provide, please do not hesitate to call any of the services listed in this pamphlet.

Immediate considerations: If you are alone, call someone immediately to be your emotional support and to assist you. Contact the Executor/Executrix. The will may contain information pertinent to funeral plans.

As soon as you are able: Contact family members and advise them of the death. Ask someone to help: answer the phone and keep a list of the people who call; answer the door and keep a list of the people who bring food or who come to support you. If you are the Executor, call the funeral home to arrange for funeral arrangements.

Other things: Arrange for care of children or family pets. Ask for help with daily household chores and meals. You may need some immediate grief or bereavement support for family members or yourself. Don't be afraid to reach out for spiritual or bereavement support.

Arranging a Funeral: Making funeral plans and attending the funeral are important steps in coming to terms with the death of a loved one. If you loved one has not pre-planned the

funeral arrangements, as a first step, you must choose a funeral home. They have staff on-call 24 hours a day and are listed in the yellow pages or on-line. Funeral directors are trained to assist people of all religious faiths.

Funeral customs vary from family to family. An important guideline is to plan what feels comfortable to you and your family, in accordance with any wishes of the deceased.

In order to make funeral arrangements you will need the person's

- social insurance number,
- marital status (spouses name) and
- deceased's father and mother's name.

Social Services: Municipal Social Services provide funds for a simple yet dignified funeral for those with limited income and assets. To assess eligibility and for referral to the office most convenient to you in the Near North Region contact:

District of Nipissing Social Services at:
705-474-2151 or 1-877-829-5121

Social Services can assist you with steps in applying and working with them.

Documents you will need:

- Copy of the Will
- Proof of Death Certificate (from funeral director)

Copies of the Death Certificate will be required for legal matters, banking, insurance purposes, government agencies or others.

If you or your spouse are receiving old age security, contact Service Canada to discuss any change in benefits. 1-800-277-9914.

If the loss of your spouse has left you in financial difficulty, contact your Municipal Social Services Department. In North Bay call 705-474-2151.

After the Funeral: There are a number of people and organizations that should be notified of the death of our loved one.

- Lawyer/accountant regarding probate.
- Service Canada for Old Age Security, Canada Pension Plan, Employment Insurance and Family Benefits.
- Employer regarding benefits/insurance
- Insurance company
- Bank or Financial Institutions
- Landlord (if applicable)
- Post office(for forwarding address)
- Credit Card companies
- Creditors (about delays in payments due to settling the estate)
- Department of Veteran Affairs (1-866-522-2122)
- Ministry of Transportation (North Bay and area Service Ontario at (706-497-6822 or 1-800-268-1154
- Health Card (Service Ontario)
- Other service clubs (Legion, Auto Club, Trade Unions etc)

"Courage is not the absence of fear, but the willingness to proceed in its presence"