



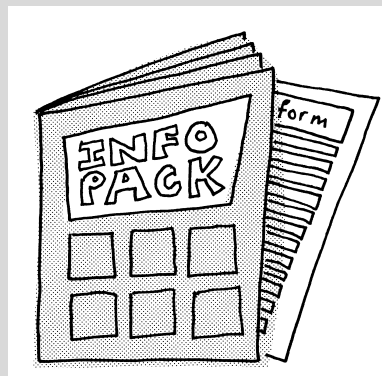
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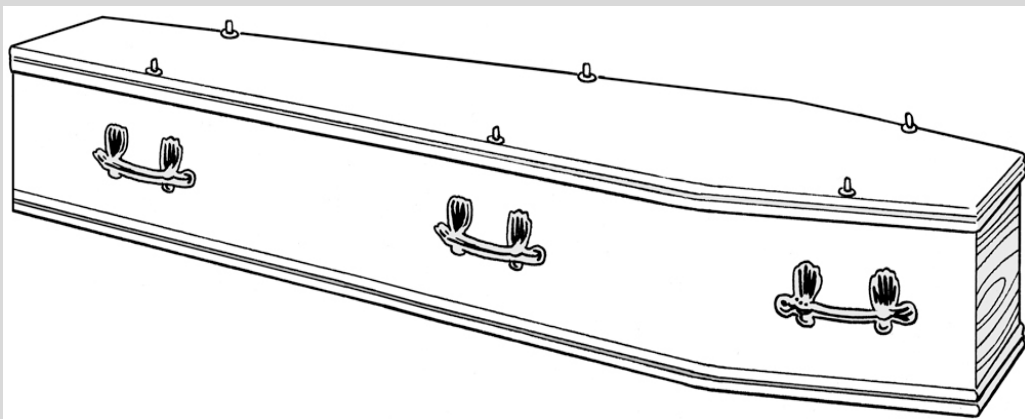
Aneurin Bevan Health Board

Learning Disability Psychology Service

Understanding and coping:



When someone you know has died

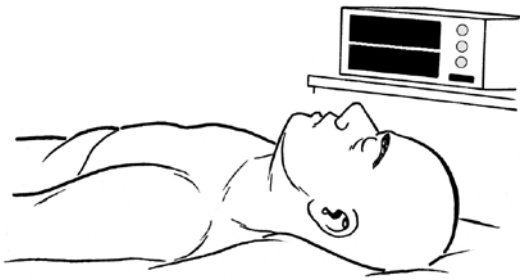


Contents Page

When someone you know has died

- What is death? Page 3
- Why do people die? Page 4
- What happens when someone dies? Page 6
- The funeral Page 8
- What might happen to you when someone you know has died Page 10
- What you can do when someone you know has died Page 12
- Where to get more information from Page 13

What is death?



When a person dies, they stop living. This means their body stops working and their body cannot be fixed.



Most people die when they are very old.

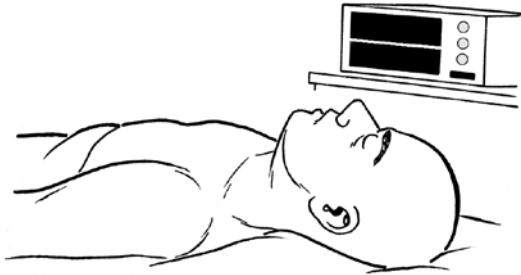


Some people die when they are younger.



Everybody dies eventually.

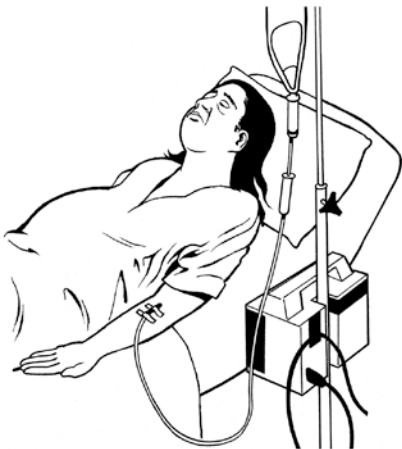
Why do people die?



There is always a reason why someone dies.



Some people die quickly, maybe after an accident.



Some people die slowly, maybe because of an illness.

Why do people die?



Some people die because of old age.



Nothing you say can make a person die.

What happens when someone dies?



A dead person does not think or feel anything.



So a dead person does not feel sad or feel pain.

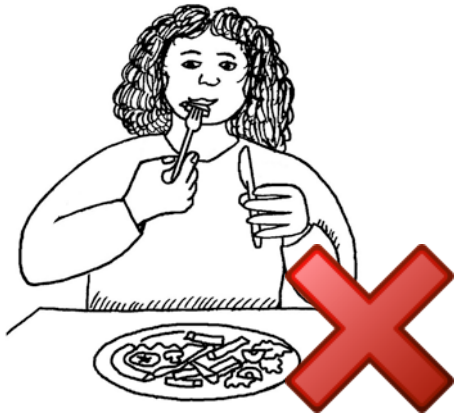


A dead person does not breathe.



A dead person does not move.

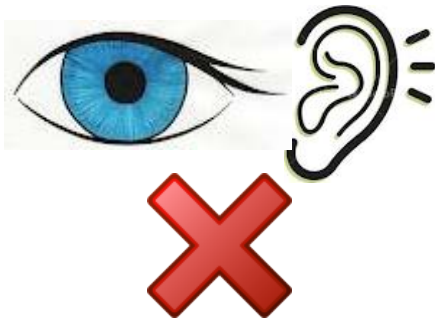
What happens when someone dies?



A dead person does not eat or drink.



A dead person does not talk.



A dead person cannot hear or see anything.

The funeral



When a person has died, there will usually be a funeral.



A funeral is a way of bringing together friends and family to say goodbye to the dead person.



Friends and family can choose to see the dead person before the funeral.

The dead person will look a bit different and their skin might feel cold.



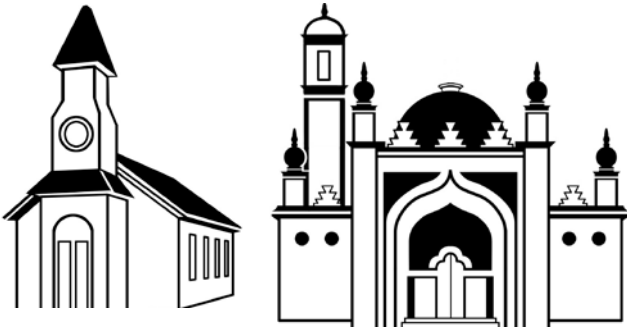
All funerals are different.

The type of funeral depends on the religion and culture of the dead person.

The funeral

All funerals are different, but most funerals will have the 3 parts described on this page.

Part 1. The service



Most funerals have a service.

The service might be in a church, mosque, synagogue, crematorium or different building.

This depends on the religion of the dead person.



Part 2. The burial or cremation

After the service, the person who has died will be cremated or buried.



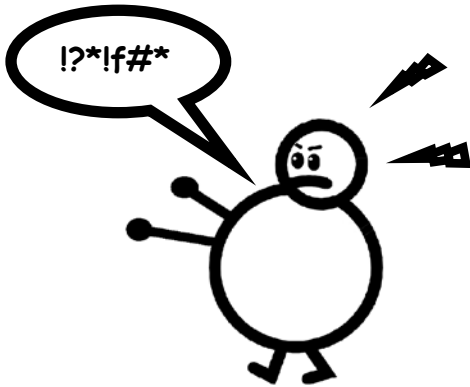
Part 3. Getting together afterwards

After the burial or cremation, family and friends of the person who has died might meet up. When the friends and family meet up, they usually eat and drink and talk about the dead person.

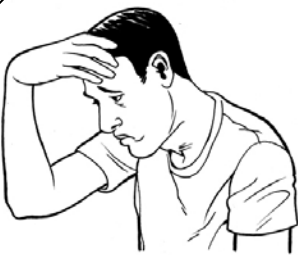
Some people call this the wake.

What might happen to you when someone you know has died?

When someone you know has died:



You may behave differently.

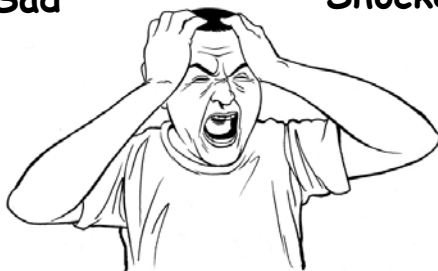


Sad



Shocked

You may feel sad, shocked and angry.



Angry



You may feel like crying.

It's ok to cry.

Crying might make you feel better.

What might happen to you when someone you know has died?

When someone you know has died:



You might not sleep well at night.



You might feel angry with the doctors and nurses for not being able to save the person.



It may take a while to remember that the dead person is not coming back.



It's normal to feel all of these things.

You won't always feel this way.

What you can do when someone you know has died



It's important to talk about the dead person when you want to.

Talking about the dead person helps you remember them.



Some people don't like to talk about death. It makes them sad. This is OK.



You can keep photographs of the person who died.

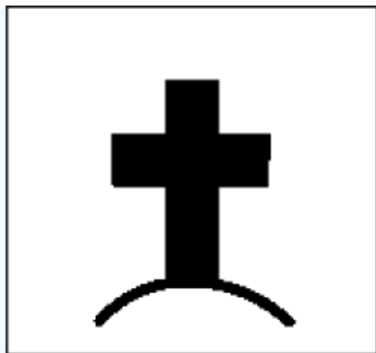


And you can visit their grave or go somewhere special to remember the person who died.

Where to get more information from



If you have questions about death or want to know more about death, you can ask someone you know well like your carer or a friend.



You can ask for a leaflet called "**When someone dies**". This leaflet was written by NHS Fife in Scotland. The leaflet talks about what happens when someone dies. Someone you know well could read this leaflet with you.

This leaflet was created by the Aneurin Bevan Health Board Learning Disability Psychology Service

Author: Mariëlle Wilcox
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