



Galway Hospice  
Medical Social  
Work Department  
Bereavement  
Support Services

# What is Grief?

Grief is a natural and normal response to loss. Everyone grieves in different ways depending on the kind of person you are, the relationship you had with the person who died, the length of time you spent together, and whether the death was sudden or expected.

## What can I expect?

We cannot fully prepare for the impact death will have on us. There is no magic formula or short cuts through grief. Each person, even within the same family, may respond differently. There is no time scale for grief but the acute pain does end and a time comes when there is a change from the overwhelming feelings of loss. Energy levels may be low and concentration or memory poor. These are all normal responses to grief and loss.

## Remembering the Relationship

Your life has been changed forever but the memory of the relationship with the person who died will continue to be important in your life. You need time to grieve and time to readjust.

Finding a meaningful way to maintain a connection to the person who died by chatting about them, looking at photos and sharing memories with family and friends can sometimes help.

## Children Grieve Too

Children's understanding of death and how they grieve will depend on their age and stage of development. Even very young children can have an understanding of death. It is important to use honest simple, clear language to explain death to children. Similar to adults, children grieve in different ways. Many children cope with grief through the support of caring adults. The Medical Social Work Department can offer guidance in communication with children and supporting them with the loss of a significant person.

# What we can offer at Galway Hospice

Most people cope with grief with the support of friends and family. Some individuals may benefit from talking to professionals about their loss. However if you are feeling overwhelmed with the loss, it may be helpful to discuss this with your GP.

The Bereavement Service provided by the Medical Social Work Department is available to Adults, Children and Families who have been bereaved by the loss of someone under the care of Galway Hospice. It is free-of-charge and non-denominational.

## Bereavement Support for Adults

- Individual bereavement support and counselling
- Group work with bereaved adults

## Bereavement Support for Children and Families

- Individual counselling and support
- Group work with bereaved children (7-12) and young people
- Support to parents in caring for bereaved children
- Family Bereavement Support

## Bereavement Support Service Volunteers (BSSV)

The Medical Social Work Department works alongside the Bereavement Support Service Volunteers, a team of trained volunteers who offer:

- A confidential listening service
- Individual Support/ Telephone Support
- Adult Bereavement groups
- Remembrance Evenings

**Resources:**

[www.bereaved.ie](http://www.bereaved.ie)


[www.childhoodbereavement.ie](http://www.childhoodbereavement.ie)



Registered

[www.coru.ie](http://www.coru.ie)

If you would like to avail of Bereavement Support Services through the Medical Social Work Team, Please contact us on 091 770868.  
Mon- Fri 9.30am - 4.30pm

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*Every Moment Matters...*