

Session 3: Caring for Others

Best Practices:

Create a plan to support grieving coworkers:

- Involve experienced colleagues
- Bereavement teams can assist primary staff caregivers and residents when there is a resident death
- Trade tasking or be a listening ear
- Sharing care plans helps everyone know what is needed

Have a formal protocol when a death occurs in the building. Include in the protocol:

- A communication plan for how to notify staff, residents, and decedent's family
- Reminder to family/friends to not post on social media until immediate family has been notified

Understanding Anger:

To live past and grow around grief, the angry self and the yearning self (grief) need to emerge.

| Anger can be valuable: | Watch for the physical symptoms of anger: |
|---|---|
| <ul style="list-style-type: none"> • Anger can awaken you out of complacency. • Anger can show you how you care more than you realize. • Anger can make you feel alive, especially when in the muck of grief. • Anger can expel feelings of anxiety. • Anger can be a powerful ally. | <ul style="list-style-type: none"> • Body is tight • Jaw hurts • Belly aches • Mind is racing and unable to concentrate • Cold or hot sensations |

Grief Support Dos and Don'ts:



Help yourself and others

- Relationships are critical to our well-being.
- When someone dies, that connection can be a source of pain.
- Supporting grieving persons can help.
- These Do's and Don't's are based on 60+ hours of conversation with persons living and working in long term care.
- Their advice comes from repeated experience with deaths and the dying.

Source: Alfa Bravo | Renderforest (Dr. Toni Miles)

| ✓ DOS | ✗ DON'TS |
|----------------------|--|
| ✿ Reach out | ✿ Be afraid of emotions |
| ✿ Be a listening ear | ✿ Say I know how you feel or Get over it |
| ✿ Show care | ✿ Fear naming the loss |
| ✿ Attend memorials | ✿ Judge their responses |
| ✿ Walk the bereaved | ✿ Rush the process |

Discussion Questions:

- Do we have action plans that support grieving coworkers?
- Let's identify resources within our home. Supportive staff members, Employee Assistance Programs, Chaplains? Social Workers?
- Let's identify resources within our community. Churches? Hospice Support Groups?