

Welcome to



GRIEF INSIGHTS
Week

30 minutes to understanding

www.cruse.org.uk

By *Cruse* Bereavement
Support

The Long Goodbye

ANTICIPATORY GRIEF



Vassilia Williams
Therapist, Trainer & Volunteer

House keeping



You will be on Mute through the presentation

Confidentiality & Keeping Safe

Keep information safe and 'in the room', do not pass personal information shared in the webinar onto others.

Do not record the sessions, as sensitive content may be discussed.

Keep yourself safe

This topic can be intense, if you need to, at times, turn your camera off

Questions will be taken at the end

Place your questions in the chat box and we will review them at the end

Cruse

Our vision

Our vision is that we live in a world where everyone grieving is supported, respected and understood.

Our mission

Our mission is that we support people through one of the most painful times in life – with bereavement support, information and campaigning.



You're not alone

Cruse Bereavement Support

We are the UK's leading bereavement charity reaching over 100,000 people across the UK each year. We help people through one of the most painful times in life – with bereavement support, information and campaigning.

It is NOT dependent on cause of death

Major incidents team

National Helpline

1 to 1 support (mainly on the phone & ZOOM)

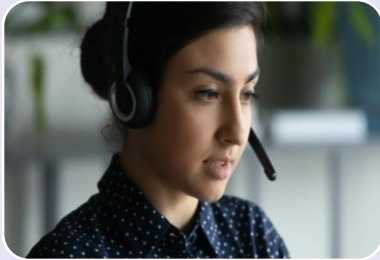


In numbers



Direct support

- Last year over 55,000 people received bereavement support
- Nearly 7,000 of those were children or young people
- Figures are forecast to increase by 50%



Helpline


- 27,000 calls have been answered since 1st April 2020
- This is an increase of 14,000 year on year
- 40% of callers are referred for direct support




Volunteers

- Over 4000 volunteers work with Cruse to support those who need it
- 2020 saw a significant increase in interest in volunteering and former volunteers have returned to Cruse

Overview of The Long Goodbye



**What is
Anticipatory
Grief?**



**What can
help?**



**Questions
from Chat**

What is Anticipatory Grief?



Term was first used by Erich Lindeman in 1944 to explain the dread and emotional preparation of families who tried to accept the high incidence of death of loved ones who were soldiers during World War II

It is often used to describe feelings of grief experienced prior to the actual loss of a loved one, which may be when living with cancer or other terminal illnesses.

Examples where you may Anticipate Loss

Work Related	Promotion/ Demotion	Job move	Redundancy	Status	Getting the sack	Retirement
Health Related	Illness or accident	Having a baby	Dementia	Addictive behaviours	Loss of Sight, hearing etc	Mental health
Culture, Customs, Beliefs	Loss of culture	Not using native language	Moving into care home	Loss of faith	Lockdown	Prison
Life Stages	Growing up	Moving house	Missed opportunities	Marriage/ Divorce	Body Image	Death

Anticipatory Grief

The Long Goodbye

The Long Goodbye

“I can’t believe this is happening to my Dad” are the words that I screamed inside my head every day for months.

Claire March 2021

Bereavement



Based upon Dr Richard Wilson's Whirlpool of Grief

[The long goodbye - Cruse Bereavement Support](#)

Anticipatory Grief



Occurs before a loss which is strongly believed to be highly possible
eg terminal diagnosis, dementia



It is similar to grief after a death



Fear of upcoming change(s), financial emotional relationship etc



Start to grieve the loss of planned future together



They are still the same person as before they became ill – there is an opportunity to talk



Balance making the most of the remaining time vs starting to let go



You may grieve as well as needing to care for the person who is dying



Coping with loss of capacity – mental and physical

How it might impact

Feelings

Shock & Numbness
Sadness & Loneliness
Anger, Frustration
Helplessness, Worthlessness
Guilt, Anxiety
Fear

Physical Sensations

Exhaustion
Hollowness in stomach
Tightness in the chest
Tightness in the throat
Breathlessness
Lack of energy
Dry mouth



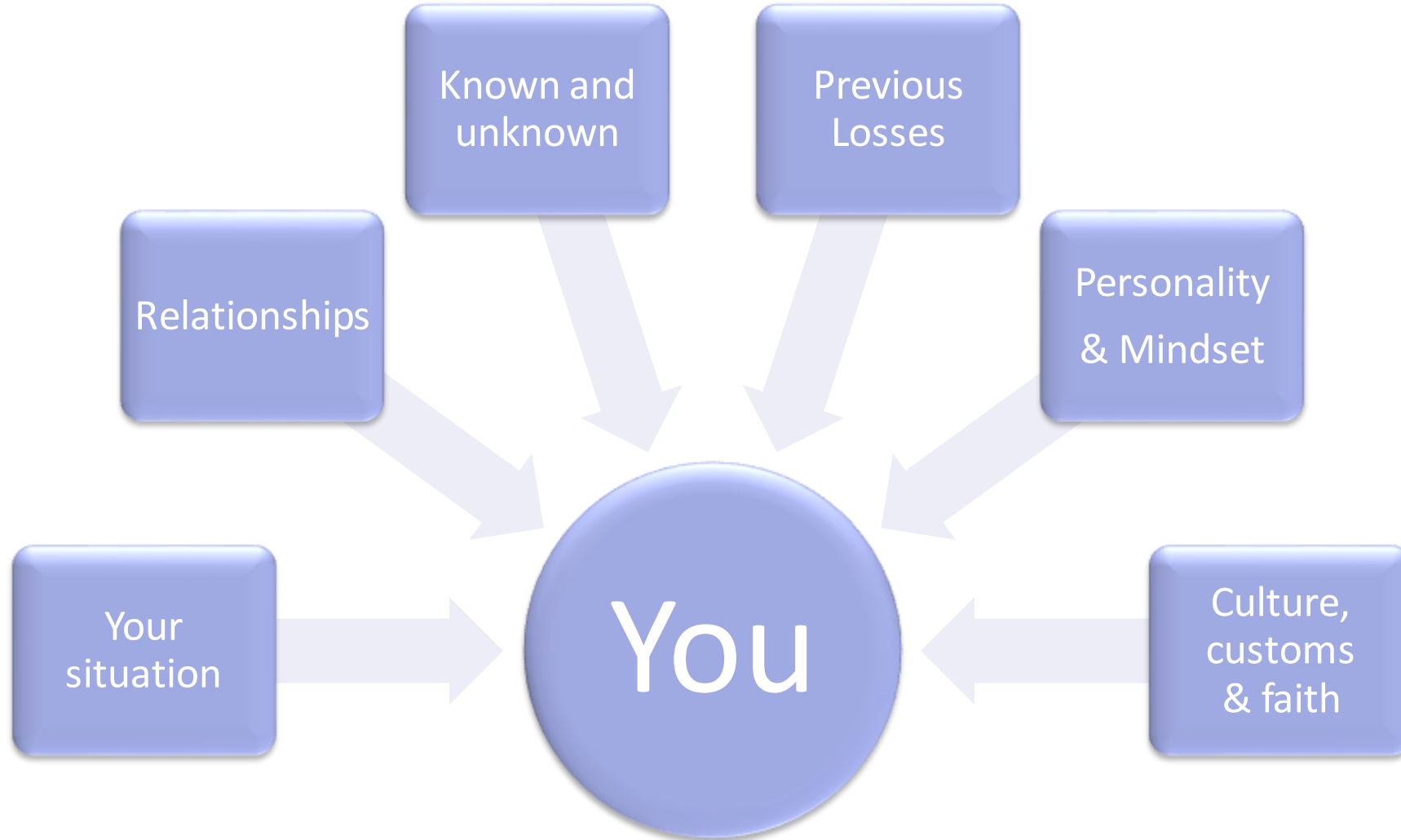
Cognitions

Disbelief
Confusion
Lack of concentration
Slower to process
Picturing what it might be like after

Behaviour

Sleep disturbance,
Loss of appetite
Absent mindedness
Crying
Hyperactivity

It is as unique as you are



What can help?

BE kind to yourself
Forgiveness
Compassion
Kindness

Allow yourself time and space to grieve

Write down your thoughts and feelings

Allow yourself space to be honest

Recognise when you need support

Taking care of YOU!
Quiet time
Busy time
Do the thing you enjoy

Ask

Find out about the condition, treatments, side effects, end of life, palliative care, Doula support, respite care etc

Ask friends and family for their help

Remember online support too

Understand your situation

What are your coping strategies?
Could you do with help?

You cannot carry everyone's problems

Be realistic about how much you can cope with

Focus on the day in hand



Questions from Chat

GETTING SUPPORT

Who can help? The following
Organisations may be able to help.



Scan for the comprehensive
Cruse Bereavement Support
Signposting document

Cruse
Bereavement
Support

Alzheimer's Society

www.alzheimers.org.uk

Marie Curie

www.mariecurie.org.uk

MACMILLAN

www.macmillan.org.uk

Local Hospices/Dying Matters

www.hospiceuk.org

Your Local District Council

www.gov.uk/find-local-council

National End Of Life Care

www.nhs.uk/conditions/end-of-life-care/

Carers UK

www.carersuk.org

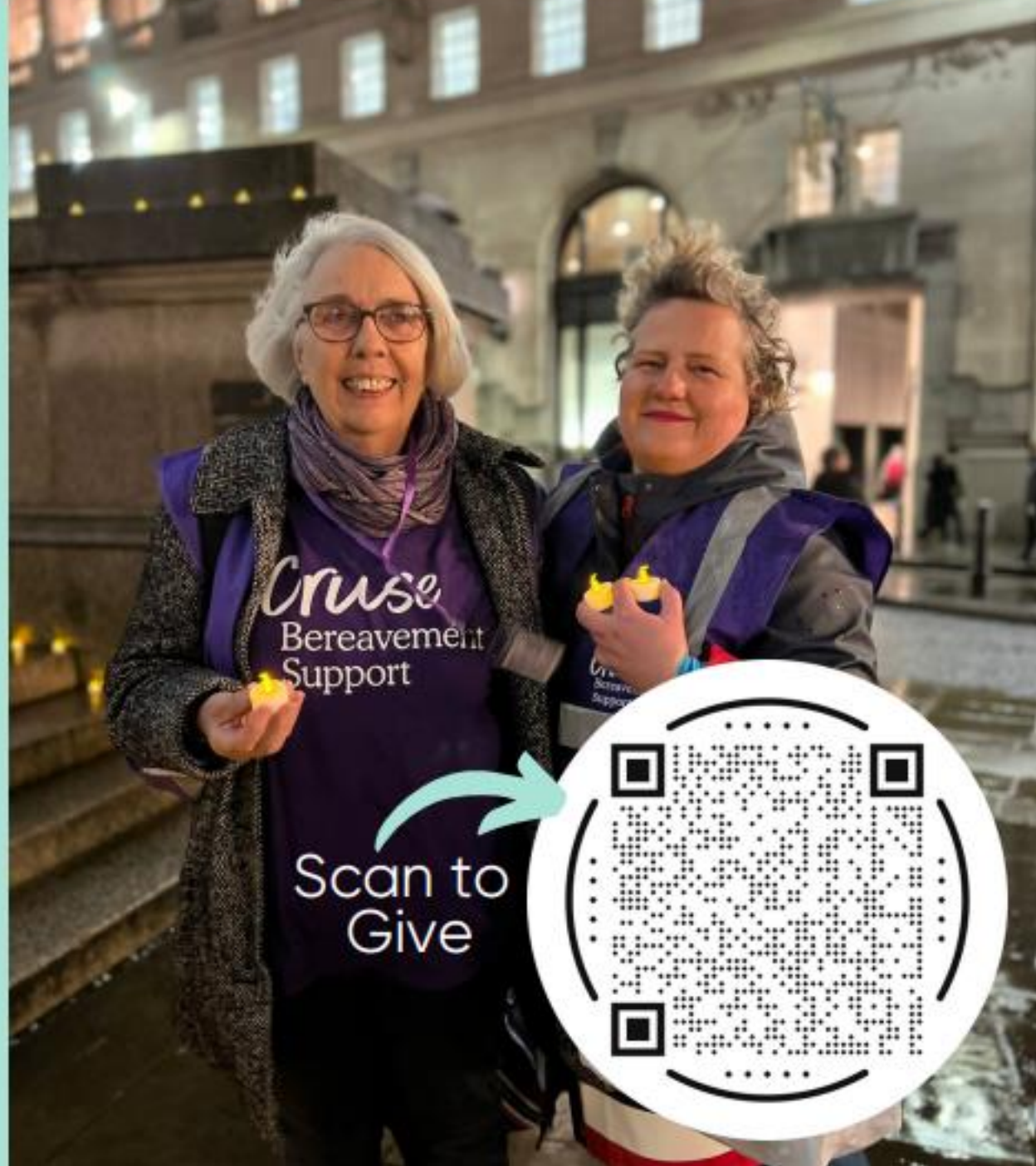
We hope you found this seminar insightful & beneficial.

Your support can make a profound difference.
Please consider contributing to our
Life Changers Appeal. Your donation helps us
continue our vital work, ensuring that no one
faces grief alone.

Every contribution, large or small, enables
Cruse Bereavement Support to provide essential
services to those coping with loss.

Thank you

Cruse Bereavement
Support



TRAINING

For more information about our training and consultancy products & services please visit our website www.cruse.org.uk/workplace or contact us via training@cruse.org.uk

Cruse Bereavement Support



Working with Children &
Young People following a
Bereavement



Grief First Aid



Supporting those bereaved
by Suicide

IF YOU NEED SUPPORT

Call out helpline

0808 808 1677

Cruse Bereavement
Support



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