

Where to find support?

As you grieve, it is important to remember that you find support that works for you

- **Family and friends** may offer practical help and emotional support.
- **Health care services** are also there to support you:
 - Follow-up with your doctor/ nurse
 - Join support groups or other networks
 - Get referrals to community services like counselling.
- **Other sources** of support can include: religion and spirituality, remembering your loved one and meeting with others who have lost someone.

Remember grief is a unique and personal experience.

You might need different supports than other people such as: time alone, reading, reflecting, talking or releasing your emotions

Saskatoon-based resources

Saskatoon Council on Aging:

<http://www.scoa.ca/>

2020 College Drive (located in the Saskatoon Field House) Saskatoon, SK. S7N 2W4
(306) 652-2255

Virtual Hospice:

<http://www.virtualhospice.ca/>

Hospital Bereavement follow-up (Inter-denominational memorial gatherings are followed by coffee and conversation):

<http://www.salges.ca/resources-mainmenu-42/19-support-groups/32-saskatoon-area-hospital-bereavement-follow-up>

- St. Paul's (306-655-5000 ask operator to page Spiritual Care)

- RUH (306-655-1249)

- City Hospital (306-655-8250)

First Nations Support:

https://www.saskatoonhealthregion.ca/locations_services/Services/fnmh/service/Documents/Resources-FNMHS/Patient%20Clients%20%20Information%20Brochure.pdf

Gary Eagle, Saskatoon Health Region- Lead-First Nations and Metis Health (306-655-0518)

Bereavement Resource Libraries:

- W.A. Edwards Family Centre 333-4th Ave. N., Saskatoon (306-244-5577)

- CORE online library

<https://www.core.org/donor-families/bereavement-resource-library/>



Caregiver Bereavement: Honoring your Voices



UNIVERSITY OF
SASKATCHEWAN



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Caregivers are the backbone of end-of-life care in Canada

- **Caregiving is common in Canada.** Almost 50% of all Canadians act as a caregiver for a loved one at some point in their lives. **As a caregiver, you may experience both physical and emotional stress.**
- We did a Metasummary research project of 47 qualitative studies of grieving caregivers. When looking at everyone's experiences together we found many things in common.



What do caregivers experience during bereavement?

When you are dealing with the loss of a loved one, you may feel a range of normal emotions, such as:

- Acceptance & relief
- Sadness & loneliness
- Guilt & regret
- Uncertainty & confusion
- Shock & trauma
- Denial & numbness
- Anger & resentment

You emotions may change many times in a short period of time.

You may feel the loss of both your loved one and your role as a caregiver. **You may find yourself reinventing your life.**

Your grief may be affected by many things: your age, your culture, your gender, the length and intensity of loved one's illness, the quality of health services you received, and your relationship with your loved one.

No two people's grief is the same.

Losing a loved one can bring many changes to your everyday life, such as:

- Living arrangements
- Relationships
- Finances
- Health

Be patient. Give yourself some time to adjust to the many changes