

Many people think about their finances before their death and your relative or friend may have written a will and planned for funeral costs. For example, they may have insurance cover or a prepaid funeral plan. Information about this and any personal wishes about their funeral may be in a will, if this exists. If there is no provision for funeral costs it may be possible to get financial support if the person organising the funeral receives certain benefits.

Useful contacts

Cruse

0844 477 9400

www.crusebereavementcare.org.uk

Age UK

0800 169 6565

www.ageuk.org.uk

Leeds Samaritans

0113 245 6789

www.samaritans.org

Leeds Bereavement Forum – directory of available services

0113 225 3975

www.lbforum.org.uk

The Welfare Rights Unit

0113 376 0452

welfare.rights@leeds.gov.uk

www.leeds.gov.uk

Monday to Wednesday 9.00am to 4.30pm

Thursday 9.00am to 3.30pm

Friday 9.00am to 4.00pm

Contact us

District Nursing Team

You can contact your community nurses at their neighbourhood base.

Opening times: Monday to Thursday
8.30am-5.00pm, Friday 8.30am-4.30pm

Help us get it right

If you have a complaint, concern, comment or compliment, please let us know. We use your feedback to improve our services.

If you have a concern, please speak to a member of staff. If you would rather talk to someone outside the service, you can contact PALS.

Patient Advice and Liaison Service (PALS)

PALS provides confidential non-medical advice about local NHS services.

Monday to Friday 8.30am–4.30pm.

Call free on 0800 0525 270.

We can make this information available in Braille, large print, audio or other languages. We can also provide interpreters for languages or signing. Please let us know how we can help.

www.leedscommunityhealthcare.nhs.uk

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Leeds Community Healthcare

When someone dies

Information for families and carers following a recent bereavement



If you are reading this leaflet you may have had a recent bereavement. If that is the case please accept our sincere condolences at this difficult time.

This leaflet provides what we hope is helpful information, particularly in the first few days and weeks after someone has died.

You will find information about practical matters as well as the different ways grief can affect you and some useful contact numbers.

What happens next?

After your relative or friend has died this will need to be confirmed by a doctor or nurse. At this time you will need to decide which funeral director you want to use. Once you have chosen a **funeral director** they will visit to collect your relative or friend. They can also talk through what happens next and offer help with funeral arrangements, if needed. You may also want to inform relatives, friends, employer or where children are affected, their school.

A GP from your relative or friend's surgery will be able to sign a **Medical Certificate of Cause of Death**, which you need to register a death. Sometimes the GP will need to speak to a Coroner before they can sign this certificate. If that is the case the nurse can explain the reasons for this.

You will need to **register the death** of your relative or friend within five days. We can give you a Leeds City Council leaflet which explains how to do this and who can register a death. It is likely at a later date you may need more copies of the **Registration of Death Certificate** and these can be provided for £3.50 per copy.

Role of community nurses in bereavement care

At a time of bereavement, many people find they have all the support they need from those around them. If community nurses have been involved in providing care, they can also offer support in the first few weeks following a bereavement. If other professionals have been involved, they may also like to offer support.

Bereavement support from community nurses can vary depending what you want. However they will usually offer to visit in the first few weeks, to see how you are and provide any information or support you need. This may be:

- community nurses' contact numbers;
- information leaflets; or
- information about other support, such as the hospice bereavement service.

For most, this support will be all that they want or need. You may feel you need more than this. Community nurses can talk to you about what support they can offer.

Community nurses are not specialists in bereavement care but can suggest some other options, such as referring you to a bereavement specialist. Any help or support will only be arranged with your agreement.

Feelings of grief

Grieving is a natural reaction following the death of someone close and most people are deeply affected by this experience. However, people can react and feel very differently, and at times this may make it difficult to talk about your feelings.

Many people feel sadness, distress and also more unexpected feelings such as disbelief, anger, guilt and panic. This is a normal part of the grieving process, the feeling may come and go without warning, and at times can be difficult to understand.

It may help to talk about these feelings and community nurses are very happy to offer this support if it would be helpful.

It is also common to have less appetite than normal and difficulty sleeping, which can make you feel very tired.

Finance

After someone dies their financial matters can be complex and if you need advice The Welfare Rights Unit can help you:

The Welfare Rights Unit 0113 376 0452