

## Where to find support?

As you grieve, it is important to find supports that work 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 or 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 and reflection, writing, talking or releasing your emotions

## Video Resources

Check out these videos of caregivers telling their stories:



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Honoring voices:  
life after caregiving

<https://vimeo.com/142840098>

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Caregiving 101: Dick Strayer  
- His story

<https://vimeo.com/163745672>

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Reinventing a life: Sherill Miller  
– Her story

<https://vimeo.com/163953251>

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## Caregiver Bereavement: Honoring your Voices



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CIHR IRSC  
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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**

