



HOSPICE MESSAGES OF HOPE

Death of a Grandparent

The loss of a grandparent may be one of the hardest things you ever experience. It is often the first experience you will have of losing someone close to you. And while you will never forget your grandparent or what their loss means to you, there are ways to deal with the emotions you are feeling and begin to heal over time.

ACCEPTING GRIEF

There is no timeline for grief – take whatever time you need. You may feel disconnected or emotionally numb but this does not mean you are not affected by the loss. You may just need extra time to process what you’ve been through. Some people take less time than others, and you shouldn’t get down on yourself if you feel like you’ve been in grief for a long time.

Don’t bottle up your emotions – repressing your emotions can make it more difficult to cope later. You may be wary of showing your emotions, especially if a grieving parent or your other grandparent needs you for support. You should let those feelings out some time, whether it’s with a friend, an understanding family member or by yourself.

FAMILY SUPPORT

Your family will need each other at times like these. You may want to help out with daily tasks such as doing housework or babysitting. Try to create a supportive and comfortable environment for you and your loved ones to express your feelings. A large majority of support is provided by just listening. The most important thing is that you should be present.

HONOR THEIR MEMORY

You will probably not ever stop thinking about your grandparent entirely. You can always keep him or her in your heart and memory. Look back often to the good times, the conversations and the experiences you shared. If you had some disagreements or bad times together, think about those too. It’s not about only treasuring the good times and forgetting the bad, but honoring their memory. You can:

- Record your memories in a journal or scrapbook
- Collect and safeguard old photos
- Start researching your family tree
- Ask family members to share stories
- Treasure any keepsakes you were given
- Visit your grandparent’s grave
- Return to doing things you used to do together

SEEK HELP IF NEEDED

After many months have gone by, if you still feel you’re grieving and feeling just as bad as you did when they passed then you may need to seek additional help. You can see a grief counselor, try group therapy or even talk to a doctor if you feel like nothing is working. There’s no shame in admitting you need more help getting through this difficult time.

OSF Home Care Services is here to support you and wants to meet you wherever you are in your grief journey.

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FOR MORE INFORMATION

Call (800) 673-5288 or visit our website at www.osfhomecare.org.



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