

# Supporting Families and Communities through Bereavement

## RIPPLE EFFECT OF A DEATH IN A FAMILY AND ON THE COMMUNITY

A death can have a far- and wide-reaching impact. It may be your first experience of death. The person who died may have meant something to you that no one else was aware of and they may have played an important role in your life. There may have been a role this person took on in the family or community that now feels empty. We can feel a whole range of feelings in the aftermath of a death and when grieving.



### One death - multiple relationships - different impact/reactions - different needs

Considering and respecting everyone's individual need and individual experience of grief. One member of the family or community may seek comfort in weekly visits to a grave, where for others they may never visit. One person may be able to laugh and speak fondly of the person who has died, someone else may become distressed and avoid any conversation about the person.

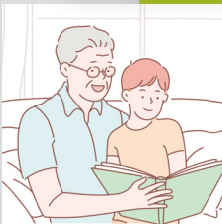
## SUPPORT AND RESPONDING

We may not understand someone else's reaction, but we can be with them through it. We don't have to understand to support or be there for others. We can experience loneliness surrounded by those around us who are responding differently to how we are. Not everyone is comfortable in discussing death or expressing their emotions openly. Families and communities are resourceful and resilient in integrating life's adversity and challenges.



## MAINTAINING CONNECTIONS

There are many ways to honour the relationship, the role in the family and the community. Celebrating birthdays. Mark events that are significant. Keeping memories alive through photographs and storytelling and sharing. Respecting each individual member of the family and community's way of doing this.



Reach out and check in - Kindness and Generosity also have a ripple effect.

For more information please contact:  
**Curragh Family Resource Centre**  
[www.curraghfrc.ie](http://www.curraghfrc.ie) / Phone 045 456883

