



# When someone dies



Thinking about when someone dies can be upsetting. You might want to look at this leaflet with someone you trust like a healthcare worker

# When someone dies

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# What is death?

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When a person dies they stop living.  
This means their body stops working  
and their body cannot be fixed



Most people die when they are very old  
  
Some people die when they are younger



People use different words to say that  
someone has died such as

- He passed away
- She passed
- We lost her last year
- He is deceased
- She's at peace

# Why do people die?

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There is always a reason why someone dies



Some people die quickly maybe after an accident



Some people die slowly maybe because of an illness



Some people die because of old age



Nothing you say can make a person die

# What happens when someone dies?

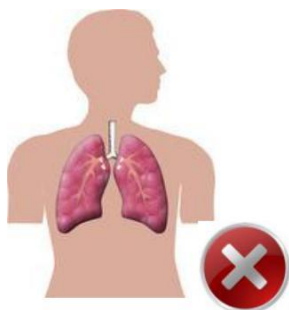
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A dead person does not think or feel anything



A dead person does not feel sad or feel pain



A dead person does not breathe



A dead person does not move

# What happens when someone dies?

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A dead person does not eat or drink



A dead person does not talk



A dead person cannot hear or see anything



A dead person can not come back



Different people believe different things about what happens after we die. That is ok

# The funeral

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When a person has died there will usually be a funeral



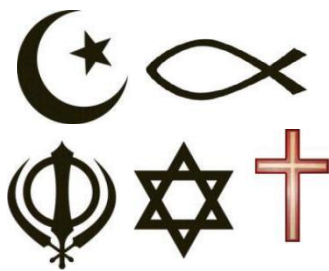
A funeral is a way of bringing together friends and family to say goodbye to the dead person



Sometimes friends and family can choose to see the dead person before the funeral



The dead person might look a bit different and their skin might feel cold



All funerals are different.

The type of funeral depends on the religion and culture of the dead person

# The funeral

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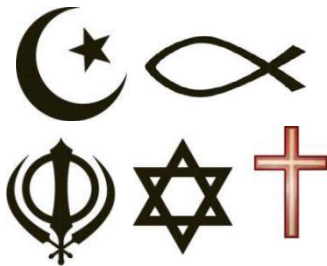
All funerals are different but most funerals will have the 3 parts described on these pages

## 1. The service



Most funerals have a service.

The service might be in a Church, mosque, synagogue, crematorium or different building



This depends on the religion of the dead person

## 2. The burial or cremation



After the service the person who has died will be buried or cremated



# The funeral

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## 3. Getting together afterwards



After the burial or cremation the family and friends of the person who has died might meet up



When the family and friends meet up they usually eat and drink and talk about the person who has died



Some people call this the wake

# What might happen to you when someone dies?

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You may behave differently



You may feel sad shocked and angry



You may feel like crying

It's ok to cry

Crying might make you feel better

# What might happen to you when someone dies?

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You might not sleep well at night



You might feel angry with the doctors and nurses for not being able to save the person



It may take a while to remember that the dead person is not coming back



It's normal to feel all these things

You won't always feel this way

# What you can do when someone dies

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It's important to talk about the dead person when you want to

Talking about the dead person helps you remember them



Some people don't like to talk about death. It makes them sad

This is OK



You can keep photographs of the person who died



And you can visit their grave or go somewhere special to remember the person who died

# Where to find more information

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## A carer or friend



If you have questions about when someone dies you could ask someone who you trust for help. This could be your carer or friend



## Cruse Bereavement Care

They can support you someone dies

This can be on the telephone or face-to-face

Phone 0808 808 1677

Website [www.cruse.org.uk](http://www.cruse.org.uk)



## NHS Direct Wales

If you are in crisis they can give you information about local teams of professionals that can help you

Phone 0845 4647

Website [www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)

# Where to find more information



## Your GP

If you have questions about how you feel when someone dies or want to know more you can speak to your GP

This leaflet was amended by Aneurin Bevan and the Learning Disability Psychology service

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