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Fact Sheet

10 WAYS YOU CAN HELP ME IN MY GRIEF

Elisabeth Kübler-Ross, M.D & David Kessler

1. **Be with me. If you are scared, don't run away. I need my friends to go through this with me.**
2. **See the world as I see it. Don't discount or negate my experience by telling me, not to worry or that everything is going to be all right if that's not true**
3. **Help me around the house -- water my flowers, empty my trash, do my dishes. Do what needs to be done. Don't ask me to think of ways you can help. I'm busy enough just trying to get through this.**
4. **Take me to one of my appointments to arrange things; or, offer to do errands with me.**
5. **Life is very serious for me now; but, I would still like an offer to go to the park or out for lunch. Know my limitations, and help me to have some distractions, when I need them.**
6. **Be affectionate with me and yet don't be offended if I pull away. I am hurting and confused.**
7. **Tell me I can call you in the middle of the night if I am scared or hurting**
8. **Help me with my family. Invite them out to do something fun, or come and cook dinner for us, or come and be with me so that they can have a break.**
9. **Talk to me. Don't talk about me and exclude me from the biggest event that has ever happened in my life. I still need to be part of conversations.**
10. **Be honest and open with me. Don't avoid talking about what happened because you think it might upset me.**