



*For immediate use*

## **Hope Healthcare's Bereavement Service - helping people deal with grief and bereavement in palliative care**

For an aging population, grief and bereavement is a normal part of life.

Whether it is loss of job, health or a family member, grief can intrude on day-to-day living with great force and persistence.

When people are grieving they often:

- experience powerful and intense emotions
- have a sense of losing control
- have difficulties making sense of and finding meaning in their life
- experience physical symptoms
- feel alone and isolated

Hope Healthcare offers a free bereavement counselling service to family and friends of anyone who has received palliative care in any Hope Healthcare service or within the Northern Sydney Central Coast or Sydney South West Area Health Services.

The confidential bereavement counselling provides non-judgemental respectful support and can assist people to:

- identify, understand and express their feelings
- access their own resources and ways of coping
- talk about the time/experiences they shared with their loved one
- come to an understanding of grief and it's impact
- adjust to a new life in the absence of the deceased person.

Self referral to the service is preferable but not essential, interpreters can be booked for non-English speaking people and those using the service must be 18 years of age or older. In addition, home visits may be negotiated – particularly for people who are frail or unable to access transport on their own.

*Sydney 10 July 2007*

*For more information or to make an appointment with a bereavement counsellor:*

*Lower North Shore and Northern Beaches ☎ Susan Hearn 9903-8333  
Ku-ring-gai and Hornsby ☎ Anne Henman 9488-2200  
South West Sydney ☎ Stefan Durlach 9616-8600*

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■ Community & Aged Services

■ Palliative Care

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