

There are worse things In life than Death

Have you ever spent
An evening with an
Insurance salesman?

-Woody Allen

The keys to successful Caregiving

- Being Fully Present
- Hope and Respect
- The Hearing Heart
- Authenticity and Flexibility
- Self Honesty
- Response-ability
- An Open Mind
- Journeying Side by side

Understand...

YOU
ARE
A
VOLUNTEER

WHAT **SKILLS** DO YOU **BRING** TO **DEATH?** What is the "Golden Rule" of Citizen Corps Volunteering?

You cannot help anyone

If you are

Injured yourself...

When I Received the Care I Needed...

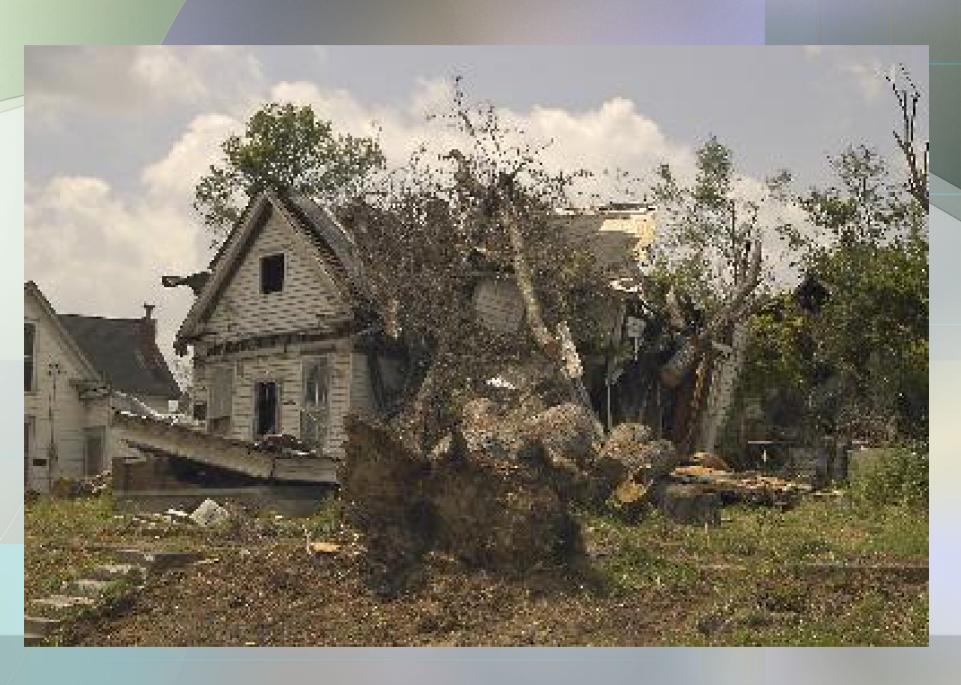
- What was the crisis event and how did you feel immediately following its occurrence?
- Who was the "caring person" who reached out to help?
- What did they say /do/ that was so helpful?
- What was the caring person's most helpful attitude/word/deed?

WHAT NOT - I REPEAT NOT - TO SAY!!!!!

- I know just how you feel
- You must be strong for your children
- Time will heal
- Think of all your precious memories







Emotional First Aid...

- Reaching out
- Protecting
- Reassuring
- Organizing
- Reinforcing

Reaching Out...



Protecting...



Reassuring...



Organizing



Reinforcing...



Minutes of skillful support by any sensitive person immediately after the trauma can be worth more than hours of professional counseling later.

--Bard and Sangry

"The Crime Victims Book"

What do you tend to do When you are feeling helpless In a situation?

Life would be infinitely happier If we could only be born at the

Age of eighty and gradually approach eighteen.

Mark Twain

Working effectively within the emergency system...

- Always check in with the emergency response team that called you
- Dress appropriately
- Act like a guest of the emergency system
- Do not judge the way the emergency responders are dealing with victims.

Personal Attitudes toward death

HOW DO YOU
ENVISION
YOUR
OWN
DEATH?

The "cruelest" Kind of Death

Is?

Whose Death
In your own life
Are
You still
Grieving?

What is the biggest
"curiosity"

You have about

Dying and death?

What do you think is the most
Important thing a family needs
To do after the
Death of a loved one?

What is the "most awful" thing about how "the system" deals with death in this country?

What thoughts or beliefs Do you find most Comforting when you Think about the death of a loved One or your own death?

What can I say?

- Don't feel that you HAVE to say anything!
- Take the Initiative
- Listen
- Allow the feelings of guilt
- Allow the survivor to grieve in their own way
- Know that recovery can take time
- DON'T ASK...DO

If you think That nobody cares If you are alive Try missing a few Car payments

MEMORIES, MEMORIES,







Words we use to replace "Death"

- Called home
- Heard the final call
- Checked out
- Shuffled off
- Kicked the bucket
- Is pushing up daisies
- Met his end
- Circling the drain

Humor and Death...?tasteless...

- Death in itself is not funny the things that happen around it are...
- Those who work in the death-anddying arena understand the need for humor...those who do not, may not
- Most people do not want survivors to be morose after they die
- You can cry and laugh at a loss...both are appropriate

Humor and Disasters...

Sign on an earthquake damaged home:

"House for Rent...

Some assembly required"

Phases of Disaster Humor...

- The Heroic Phase
 - Spontaneous
 - · Gilligan's Island
- The Honeymoon Phase
 - Positive and upbeat
 - T-shirts "Questions about the weather call NOAH
- The Disillusionment Phase
 - Anger
 - T-shirts "I survived Hurricane Andrew, but FEMA is killing me
- The Reconstruction Phase
 - Recovery
 - LA has four distinct seasons Earthquake, flood, firestorm and land slide.

WHAT DO YOU WANT YOUR EPITATH TO SAY?

"I'LL BE RIGHT BACK"

- Johnny Carson

THANK YOU...

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