

Dealing With Death

How to stay human...

**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...

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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 “cruellest” 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,
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-and-dying 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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