

Are you caring for a loved one at home, or has someone you love died?



Do you need information and support?

Irish Hospice Foundation COVID-19 Care & Inform resources may help

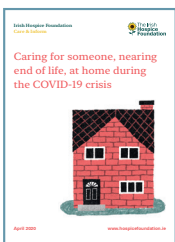
COVID-19 restrictions mean some of the ways we traditionally mark and connect in our grief are still not possible. This is a very uncertain and upsetting time. However, we can support ourselves and each other in new ways during this difficult period.

You may be caring for a loved one at home, no longer have the same support network, or someone close to you has died. This is a distressing time for you and we hope the information here will help make this time a little easier.



In response to COVID-19, we have developed our Care & Inform Information and Advice hub to keep people updated on matters related to death, dying and bereavement. All information is in line with current HSE and Government guidance and is available to download and print from <https://hospicefoundation.ie/covid19careandinform/>.

Are you: Caring for someone who is frail or perhaps close to the end of life at home?



Caring for someone nearing end of life at home during the COVID-19 crisis



Practical information: Caring for someone at the end of life at home



Palliative Care: What is it and Who is it for?

Are you: Visiting someone in a nursing home or hospital?



When someone you care about is dying in a nursing home: What to expect

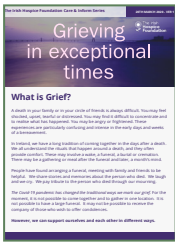


What can I do when I can't visit a loved one who is dying?



When someone you care about is dying in hospital: What to expect

Are you: Bereaved and need advice or help?



Grieving in exceptional times



Acknowledging and coping with grief from a COVID-19 death

Are you: Planning a funeral?



Planning a funeral in exceptional times



Planning a funeral when your relative has died from COVID-19

Are you: Looking for ways to support young people at this time?

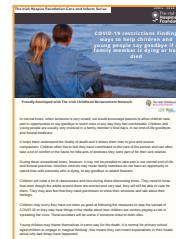
These resources have been developed with the Irish Childhood Bereavement Network.



Helping children grieve during COVID-19 restrictions



Supporting teenagers to grieve under COVID-19 restrictions



Finding Ways for Children/Young People to say Goodbye

Bereavement Support Line

You might also want to talk to someone if you have been recently bereaved or a previous bereavement feels more difficult at this time.

The new Irish Hospice Foundation Bereavement Support Line, in conjunction with the HSE, is here to support those affected by bereavement during COVID-19. It is staffed by trained Irish Hospice Foundation personnel and volunteers.

Call freephone 1800 80 70 77, Monday to Friday, 10am - 1pm.



For further information: www.hospicefoundation.ie or call 01 679 3188

This information is brought to you by Irish Hospice Foundation. If you would like to support us you can do so online at www.hospicefoundation.ie

