GOLD in Birmingham
Growing Older with Learning Disabilities in Birmingham

Your journey of life - death and loss

Booklet number 6 for adults who have learning disabilities
Check for local phone numbers in Birmingham where you can find out more.
No one knows what will happen as you grow older.

In this 6th booklet in the series Growing Older with Learning Disability in Birmingham we will give you information to help you, your family and your carers manage when someone you care for is no longer around.
What’s in this book and where is it?

What do I want to know about?      Page

What we are talking about           5

Loss                                6 - 7

Things that can help                8 - 9

When I die                          10

Things to think about               11 - 12

Useful phone numbers                13
Growing Older with Learning Disability in Birmingham

What we are talking about

Things change as you grow older.

Your mom and dad may die or someone from your family or a close friend.

You may also be worried about what will happen to you if you die.

Someone you care for may move away to another place. This might mean you would not see them again.

These things can make you sad, upset and worried.
When you lose someone you love, this can make you feel sad.

You will feel shocked at first.

You may cry.

You may not feel like talking to other people or doing other things.

You may feel angry.
More about Loss

You may find it hard to go to sleep.

You may feel less hungry or want to eat more.

You may find it hard to think about other things, get confused or forget things.

 ✓ Remember - these feelings will not last forever.
Growing Older with Learning Disability in Birmingham

Things that can help

1. Talking to someone in your family.
2. Talking to people close to you if you are worried.
3. You can also talk to your doctor or nurse.
More things that can help

Crying can help. Don’t worry if you don’t cry. Not everyone does.

Keeping photographs or items that belonged to the person. This will help you remember them.

Try to do things that you enjoy.

Try to go to the funeral. This will help you to say goodbye.
When I die

When someone dies, this can make you wonder what will happen to you.

You may be scared and frightened about dying.

You may be worried about what will happen to your family or the people you love.

You can talk to someone, this can be your family, your carer or someone you know and trust.
Things to think about

Who should be your advocate?

An advocate will help you tell people how you are feeling. An advocate can help you to make the right choices about what you would like to happen to you.

Some choices might be:

Whether you would like to be buried.

Where you would like the service
More things to think about

It would be your decision about who would keep your things.
You should write this down or ask someone to write this for you.

You can choose what music you would like to be played.
You should write this down or ask someone to write this for you.

Or what should be read.
You should write this down or ask someone to write this for you.

Remember - this will not happen now but could happen in the future.
## Useful phone numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychology - help with your feelings</td>
<td>0121 465 8650</td>
</tr>
<tr>
<td>Bereavement Service</td>
<td>0121 465 8650</td>
</tr>
<tr>
<td>CRUSE Bereavement services</td>
<td>0121 687 8010</td>
</tr>
<tr>
<td>Mencap - Wills and Trust Service</td>
<td>0207 696 6925</td>
</tr>
<tr>
<td>The Samaritans</td>
<td>0121 666 6644</td>
</tr>
</tbody>
</table>
Our thanks for their help go to the people of Harborne Day Centre:

Lee Millward, Susan Flint, Sharon Moore, Geoffrey Davies and Stephen Percival
Thanks and acknowledgements for their help in producing this booklet go to:

Dr Sunny Kalsy-Lillico
Consultant Clinical Psychologist

Claire Robinson
Older Adult Specialist Nurse

Linda Jackson
Learning Disability Partnership Board Co-ordinator
My information:

My doctor .................................................................
My advocate ................................................................
My friend ..................................................................

Useful information can also be found on the Birmingham Learning Disability Partnership Board web site:

www.tellusmore.org