

**'There are things that we don't want to happen but have to accept, things we don't want to know but have to learn, and people we can't live without but have to let go' Author unknown**

## **Course Description:**

We all experience different types of losses or transitions in our lives. It is inevitable and no-one escapes these experiences. Loss as a result of bereavement is the ultimate loss and often the most difficult to cope with. Individuals experiencing grief from a loss may express it in a variety of ways. No two people will respond in the same way. For people with a learning disability there may be additional issues and considerations.

This session is intended to enable carers to support an individual with a learning disability who has experienced a bereavement or loss.

## **Duration:**

This is a half day course. Times are normally 9.30-13.30 or 13.30-16.30

## **Course content:**

Codes of practice; Defining loss and grief; Stages of Grief; Common responses to loss and bereavement; Understanding loss and bereavement; The importance of Communication; Forms of loss and bereavement; Ways to support people in dealing with loss and bereavement.

## **Certification:**

Delegates will receive a certificate of attendance.

## **Numbers:**

A maximum of 16 delegates can be accommodated on this course.

## **Location:**

We are able to deliver this course at your own site which will assist in reducing costs. Alternatively we can deliver at our own Training Academy. It is also possible for individuals to join our own staff training sessions. Please contact [training@brookdalecare.co.uk](mailto:training@brookdalecare.co.uk) to discuss your requirements.