



Titles of GriefWork Fact Sheets

Like birth and growth, death is a natural part of the cycle of life. Worldwide, at least 130,000 people die each day. In Kentucky alone, over 35,000 die every year, leaving behind a far greater number of bereaved loved ones. Of the Kentuckians who die each year, more than 1,200 are children and youth under age 24. At least another 4,000 are men and women between 25 and 54 who die prematurely. Regardless of the circumstances, each death brings a host of emotional, physical, financial, and social changes.

The following series of GriefWork fact sheets has been developed to assist in preparing for and adjusting to death. Although these publications are copyrighted, you are free to reproduce them for nonprofit, educational purposes. Use them, share them.



1. ***Titles of GriefWork Fact Sheets***
(titles and brief content descriptions)
2. ***Facilitator's Guide*** (using the fact sheets and establishing Grief Education Networks)
3. ***Accepting the Reality of Your Death***
(putting life in perspective)
4. ***Getting Your Affairs in Order***
(checklist of important documents)
5. ***Legal Devices When One Cannot Make Decisions*** (planning ahead, advance directives)
6. ***What You Should Know About Wills***
(what's in a will and why you need one)
7. ***Ethical Wills—Passing On Values Important to You*** (sharing your heart)
8. ***Pre-Planning a Funeral***
(advantages and cautions in pre-planning)
9. ***As Death Nears*** (psychological and physical aspects of the last days)
10. ***Responding to Death—Tips for Friends***
(helping immediately after death and beyond)
11. ***Working Through Grief*** (a description of the journey through grief to healing)
12. ***Helping Children Deal With Death***
(how children grieve and heal)



13. ***For Teenagers—Facing the Death of Someone Close*** (coping with the loss)
14. ***When a Child Dies*** (grieving and healing after a child dies)
15. ***When a Spouse Dies*** (grieving, healing, making a new start)
16. ***When a Parent Dies*** (adjusting to this most common type of death)
17. ***Survivors of Violent Death*** (healing from the trauma of violent accidents and murder)
18. ***Survivors of Suicide*** (the unique bereavement of suicide survivors)
19. ***HIV & AIDS: The Grief Process*** (countering social stigma, caregiving, grieving)
20. ***Sensitive Family Issues*** (touchy death-related issues and suggestions for handling)
21. ***Honoring Customs and Ceremonies*** (diversity: understanding and sensitivity)
22. ***Bereavement Support Groups*** (benefits; starting or joining a group)
23. ***Writing Through Your Grief*** (using pen and paper to facilitate insight and healing)
24. ***A Guide to Probate*** (a thorough overview of the probate process)
25. ***Obtaining Survivor's Benefits*** (types of benefits and how to obtain them)
26. ***Reworking Personal Finances*** (reassessing your finances after a death)
27. ***Attending to Your Nutritional Needs*** (eating well during the bereavement process)
28. ***Taking on the Tasks of Two*** (managing daily tasks after a spouse dies)
29. ***Treasured Objects and Places*** (decisions: possessions, living arrangements)
30. ***Holidays, Birthdays, & Anniversaries*** (tips for handling these keen reminders of loss)
31. ***Death of a Pet*** (helping children and others cope with the death of a beloved pet)
32. ***Kentucky Hospice Directory*** (statewide listing of locations and phone numbers)
33. ***Suggested Readings on Death & Bereavement*** (a balanced and extensive bibliography)

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This GriefWork publication is one 33 fact sheets on topics related to death and dying. For more information about the GriefWork Project, contact your local Cooperative Extension Office. Although this publication is copyrighted, you are free to reproduce it in its entirety for non-profit, educational purposes.

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