

# Practical Assistance Ideas for Colleagues

In the midst of grief, most individuals find it very difficult to make decisions or ask for any help. Decision making is highly problematic during the early days of bereavement. It is better to provide concrete offers of help such as:

I'm free this afternoon, would you like me to come over and watch the children?

I'm going to Costco, are you short of anything I can grab for you?

It is also helpful to offer specific choices, so the person doesn't feel overwhelmed.

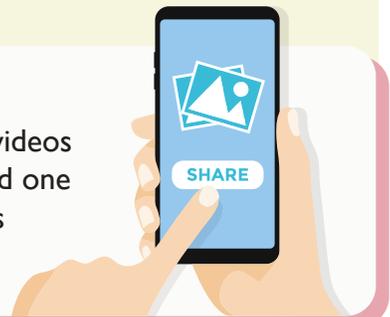
I'm picking up a restaurant gift card, do you prefer restaurant A or B?

If you and your colleagues are looking for ways to support a co-worker who has lost a loved one, here are some practical ideas to draw from.

Providing lunch items easy for parents to pack for their school aged children, childcare, providing rides/transportation



Sending pictures and videos you have of their loved one or memorial gifts



Support with running errands and help doing banking/bill paying, or financial planning assistance



Help with car, yard, or household maintenance i.e., Flowers or shrubs for the garden, providing house cleaning services or gift cards for this service

