



## 6. DEALING WITH LOSS

Many of Pets As Therapy's visits are to older and frail people to whom many volunteers become very attached. Dealing with the loss of a resident, patient or client may be one of the hardest and saddest parts of your visiting.

- ❖ If you have an **Area Co-ordinator**, they can help you through this difficult time. In addition, any of the Pets As Therapy staff can offer support
- ❖ The new **Guidelines for Establishments** ask establishments to let their volunteer know when a resident or patient has died
- ❖ If you were very attached to the person, you may need some time to grieve for them. **Please let us know if you would like to take some time out from visiting for a while**
- ❖ There are a number of **support groups** who can assist you in dealing with loss, or your own GP may be able to refer you to a counsellor
- ❖ The Charity produces Bereavement Guidelines for volunteers - contact Alison Reynolds on 01524 380437 or [areynolds@petsastherapy.org](mailto:areynolds@petsastherapy.org) for a copy

### DEALING WITH THE LOSS OF YOUR OWN PET

- ❖ The impact of pet loss is often under-estimated
- ❖ You may experience the same or similar feelings of grieving as losing a friend or family member, particularly if you were closely attached to your pet or they were a very special animal
- ❖ Please do contact us if you feel we can help in any way. **Please let us know that you have lost your pet, so that we can let the establishment know on your behalf, if necessary**
- ❖ If you would like to talk to someone about your experience of pet loss, contact the **Pet Bereavement Support Service** at the Blue Cross. They provide a telephone support line and an e-mail service
  - The support line is open seven days a week 8:30am - 8:30pm with an answer-phone outside these hours. To make contact, call the free-phone number **0800 096 6606** to find contact details of your nearest available telephone be-friender. The first call is free; thereafter calls are charged at local rates wherever possible.
  - Support by email is also available: Contact: [pbssmail@bluecross.org.uk](mailto:pbssmail@bluecross.org.uk)