Support the bereaved – Transcript

This issue needs to be addressed. Sometimes when a person you love has lost someone and they are dealing with the loss and they are going through a difficult time and you are feeling very helpless because you want to be there for them but you are not sure what to do and how can you help them so this is a way you can help them. You can first be aware that there is a digital legacy that they need to deal with, and second you can be aware that it is difficult to deal with it, and you can help them prepare to it, because the thing is that we are not aware of it, so we are not preparing ourselves, we are not telling ourselves "this is going to be difficult". So you can help by telling them – you know, "you should prepare yourself, this is going to be difficult" and you can also suggest that they don't have to be alone while they are dealing with this. You can suggest that you can be sitting in the next room, now… sitting next to them while they are going through the computer or something might be difficult because it's so intimate and personal and private and they might not wish for someone else to be there with them, but you can suggest to be in the next room, just so they are not alone while going through this because this is so difficult.

If you are a professional care giver, if you are a social worker or a psychologist, or... or… anyone else supporting people dealing with grieving and bereavement then you need to be aware of these issues as well because you too can help. Just like you help them by supporting them through it, or by preparing them towards it, if it's the funeral or if it's the wake, if it is the shiva if they're Jewish, just like you know to tell them that they should prepare themselves to what they will be going through physically and emotionally, you can also prepare them to what they will be going through dealing with the digital legacy and maybe they are not yet aware that they will need to be supported through this and maybe you are not yet aware that you can offer this support but they do need it.