



**This resource list was created to provide resources and tools for volunteers to use when a senior client match passes away. We hope that this list helps volunteers to understand and cope with grief and loss in any of the volunteer programs at Meals on Wheels of San Francisco.**

**Last updated: March 3, 2022**

## **Counseling and Resources**

University of California San Francisco

- List of Bereavement Resources and Services:  
<https://www.ucsfhealth.org/education/bereavement-resources-and-services>
- Resources for End of Life:  
<https://www.ucsfhealth.org/education/resources-for-end-of-life>

NAMI of Santa Clara County

<https://namisantaclara.org/grief-support-resources/>

By the Bay Health:

<https://hospicebythebay.org/types-of-care/grief-support/>

Institute on Aging:

<https://www.ioaging.org/services/psychological-services/center-for-elderly-suicide-prevention/grief-services>

## **Articles**

The Caregiver Space:

<https://thecaregiverspace.org/picking-up-the-pieces-after-the-person-you-have-been-caring-for-dies/>

Aging Care:

<https://www.agingcare.com/articles/caregiving-ending-after-death-148071.htm>

## **Books**

*When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chodron

*It's Ok That You Are Not Ok, Meeting Grief and Loss in a Culture That Doesn't Understand* by Megan Devine