

Adeegyada Taageerada Baroordiiqda

Ilaha(meelaha laga helo taageerada), kooxaha taageerada, iyo buugaagta

Qoraalkani waxa uu taxayaa kooxaha taageerada, agabka gudaha iyo kan onlaynka ah, iyo buugaag laga yaabo in ay ku caawiyaan wakhtigaaga murugada. Waxaad u baahan doontaa inaad iska diiwaan geliso inta badan kooxaha taageerada ka hor inta aanad iman. Fadlan wac wakaaladda aad jeceshahay inaad ka qaybgasho kooxdeeda taageerada taariikhda, wakhtiga, iyo goobta.



Ku sawir QR koodhkan kamarada taleefankaaga si aad u hesho nuqul dhijitaal ah oo qoraalkan ah.

Kooxaha Taageerada iyo Macluumaadka

Seattle

- **Khadka Xogta Macluumaadka bulshada: 866.427.4747**
Khadka waqtiga dhibaataadu jirto oo 24 saac ah waxuuna bixiyaa taageero haddii dhibaato dhacdo
- **Providence Hospice ee Seattle: 206.320.4000**
Wuxuu u dhow yahay faras-magaalada Seattle. Wuxuu bixiyaa macluumaad ku saabsan murugada iyo khasaaraha wuxuuna bixiyaa kooxaha taageerada iyo la-talinta.
- **Kaiser Permanente Hospice: 206.326.4549**
Kooxaha taageeradu waxay ku kulmaan meelo badan oo ka tirsan degmada King. Uma baahnid inaad xubin ka ahaato "Group Health" si aad ugu biirto koox taageero.
- **Xarunta bogsiinta: 206.523.1206**
Waxay ku taal Waqooyi-Bari Seattle. Waxay bixisaa macluumaad ku saabsan murugada iyo lumitaanka, sidoo kale waxay bixisaa guruubo taageero iyo la-talin.

Bariga King County

- **Evergreen Grief and Bereavement: 425.899.1077**
Wuxuu bixiyaa macluumaad ku saabsan murugada iyo khasaaraha wuxuuna bixiyaa kooxaha taageerada iyo la-talinta.
- **Overlake Hospital: 425.688.5308**
Waxay bixisaa kooxaha taageerada murugada ee dhimashada kansarka oo keliya.

Edmonds

- **Swedish Edmonds: 425.640.4404**
Wuxuu bixiyaa macluumaad ku saabsan murugada iyo khasaaraha wuxuuna bixiyaa kooxaha taageerada iyo la-talinta.

Everett

- **Providence Hospice of Snohomish County: 425.261.4800**
Wuxuu bixiyaa macluumaadka murugada iyo khasaaraha wuxuuna bixiyaa kooxo taageero iyo la-talin.

Tacoma

- **Kitsap Multicare Hospice, King, Pierce, and Kitsap Counties: 253.301.6400**
Wuxuu bixiyaa macluumaadka murugada iyo khasaaraha wuxuuna bixiyaa kooxo taageero iyo la-talin.
- **Virginia Mason Franciscan Hospice: 800.338.8305**
Wuxuu bixiyaa macluumaadka murugada iyo khasaaraha wuxuuna bixiyaa kooxo taageero iyo la-talin.

Taageerada Gaarka ah Ee Baroordiiqda ama Murugada

Loogu talagalay carruurta laga dhintay :

- **Providence Hospice Safe Crossings: 206.652.4723**
Taageerada carruurta yaryar.

Loogu talagalay waalidka laga dhintay :

- **The Compassionate Friends: 206.241.1139**
Taageerada dhimashada ilmaha da' kasta oo uu yahay.

Loogu talagalay ninkii ama naagtii laga dhintay

- **Xogta iyo Wadatashiga ninka/xaaska laga dhintay: 206.241.5650**
- **Kooxda Taageerada Dhallinyarada laga dhintay: 206.441.3556**
Dumarka iyo ragga laga dhintay ee da'da 50 iyo ka yar.

Dhimashada degdega ah/naxdinta leh:

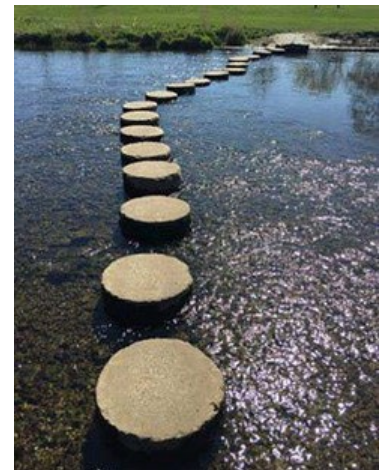
- **Xadgudubka iyo Dhaawaca ee Harborview: 206.744.1600**
- **Xarunta Qaranka ee Dhibanayaasha Dembiyada: 202.467.8700**
- **Hooyooyinka Ka Soo Horjeeda Wadista Sakhraamiinta: 877.275.6233**

Loogu talo galay Dhimashada ka timi AIDS:

- **Isbahysiga Seattle ee Kooxaha Taageerada AIDS-ka: 206.322.2437**

Khayraadka Ka baxsan Aagga Seattle

Haddii aad ku nooshahay meel ka baxsan aagga Seattle, fadlan wac "hospice-ka" degaankaaga oo weydii meelaha ama warbixinaha murugada ee kuugu dhow. Waxaad ka heli kartaa "hospice" ka deegaankaaga adiga oo wacaya(NHPCO) 703.837.1500. Ama, booqo shabakada NHPCO ee ah www.nhpc.org.



Waxaan rajaynaynaa inaad ka hesho macluumaadkan iyo qoraaladan waxtar marka aad ka gudbeyso wakhtiga murugada.

Fadlan si fiican u daryeel naftaada oo aqbal taageerada qoyskaaga, asxaabtaada, iyo lataliyayaasha murugada.

Khayraadka Internetka

- Mu'asasada Hosbays ee Maraykanka: www.americanhospice.org
- Machadka Qaranka ee Kansarka - Murugada, Baroorta iyo La-qabsiga Khasaaraha: www.cancer.gov/cancertopics/pdq/supportivecare/bereavement/Patient/page2

Buugaag ka hadlaya Murugada iyo Khasaaraha

Marin Badbaado Leh

Waxa qoray Molly Fumia

Kani waa buug si fudud loo akhriyi karo oo ka fiirsashada murugada. Qoraagu wuxuu isticmaalaa xigashooyin iyo qoraallo asal ah si uu noogu hago marinnada ama dariiqooyinka looga baxo murugada ee xagga bogsashada iyo rajada.

Maraqa ilmada

Waxaa qoray Pat Schwiebert and Chuck DeKlyen, waxaana sawirada u sameeyey Taylor Bills

Buuggan sawirada leh waxa loogu talagalay carruurta iyo dadka waaweyn labadaba ee waayay qof ay jeclaayeen. Qofka ugu miuhiimsan ee ay sheekadu ku socotaa waa haweeney da' ah oo lagu magacaabo Grandy, oo uu soo gaartay khasaare weyn. Buugeeda Tear Soup (Maraqa ilmada) wuxuu Grandy uga raaxeynayaa oo wuu ka caawiyaa inuu buuxiyo booskii nolosheeda ee banaanaaday ee uu khasaaruhu kaga tegay.

Waqti La Murugoodo

Waxaa qoray Carol Staudacher

Buugani waa wehel kaa caawinaya wakhtiga adag ee murugada. Waxa ku jira ka-fiirsasho si toos ah kula hadlaysa haddii aad wali dareemayso saamaynta khasaarahaaga. Buugani wuxuu noqon karaa mid waxtar leh iyadoon loo eegin waqtiga qofka aad jeceshahay uu dhintay ama meesha ay marayso xaaladaada murugadu

Halkii Ubaxa ama Bedelka Ubaxa

Waxaa qoray Nancy Cobb

Ma jirto hab khaldan oo loo murugoodo, laakiin sheekada ku saabsan sida qoraagu ugu suurtagashay inuu u wajaho geerida waalidkeed iyo kuwa kale ee ay jeceshahay ayaa tusaale caafimaad ah siinaysa. Waxaa loo qoray si caqli iyo kaftan leh, buugan waxa uu ina xasuusinayaa in aan la xidhiidhno kuwa aan jecelnahay, kuwa nool iyo kuwa dhintay labadaba.

Tacsida iyo Mitzvah

Waxaa qoray Anne Brener

Joornaalkan la hagayo waxaa loogu talagalay qof kasta oo ku socda dariiqa murugada oo loo sii dhexmaro murugo ilaa bogsashada. Waxaa loogu talagalay kuwa ka murugaysan geerida ama nooc kasta oo khasaare ah, ama kuwa taageera qofka laga dhintay, buugani wuxuu barayaa awoodda iyo xoogga habka murugada.

Agoonimada Nolosha Dhexe

Waxaa qoray Jane Brooks

Buugani wuxuu caawiyaa carruurta waaweyn inay fahmaan oo ka murugoodaan isbeddelka noloshooda ku dhaca marka waalidkood da'da ah ay dhintaan. Badanaa waxaan isticmaalnaa ereyga "agoon" oo aan ula jeedno carruurta yaryar - laakiin xitaa dadka waaweyn ee da'da dhexe waxay dareemi karaan xanuunka agoonnimada.

Waxa aan bilaabay in aan ku waayo oo xiiso

muddo dheer ka hor intaadan tegin.

Waxaan ku jeclaan doonaa muddo dheer ka dib

markii ay xasuustu ku soo celiso.

- Molly Fumia

Su'aalo?

Su'aalahaagu waa muhiim. Fadlan na soo wac haddii aad qabtid su'aalo ama walaac.

**☐ UWMC Shaqada Bulshada
iyo Xiriiriyaha Daryeelka**

**Montlake Campus
206.598.4370**

**Northwest Campus
206.668.1304**

**☐ HMC Shaqada Bulshada
206.744.8030**

Bereavement Support Services

Resources, support groups, and books

This handout lists support groups, local and online resources, and books you may find helpful in your time of grief. You will need to register for most support groups before you attend them. Please call the agency whose support group you would like to attend for the date, time, and location.



*Scan with your
phone camera for
a digital copy of
this handout.*

Support Groups and Information

Seattle

- **Community Information Resource Line: 866.427.4747**
A 24-hour crisis line offering crisis support.
- **Providence Hospice of Seattle: 206.320.4000**
Near downtown Seattle. Provides information on grief and loss and offers support groups and counseling.
- **Kaiser Permanente Hospice: 206.326.4549**
Support groups meet in many places in King County. You do not need to be a Group Health member to join a support group.
- **Healing Center: 206.523.1206**
In Northeast Seattle. Provides information on grief and loss and offers support groups and counseling.

East King County

- **Evergreen Grief and Bereavement: 425.899.1077**
Provides information on grief and loss and offers support groups and counseling.
- **Overlake Hospital: 425.688.5308**
Offers bereavement support groups for cancer death only.

Edmonds

- **Swedish Edmonds: 425.640.4404**
Provides information on grief and loss and offers support groups and counseling.

Everett

- **Providence Hospice of Snohomish County: 425.261.4800**
Provides information on grief and loss and offers support groups and counseling.

Tacoma

- **Kitsap Multicare Hospice, King, Pierce, and Kitsap Counties: 253.301.6400**
Provides information on grief and loss and offers support groups and counseling.
- **Virginia Mason Franciscan Hospice: 800.338.8305**
Provides information on grief and loss and offers support groups and counseling.

Specialized Bereavement Support

For bereaved children:

- **Providence Hospice Safe Crossings: 206.652.4723**
Support for young children.

For bereaved parents:

- **The Compassionate Friends: 206.241.1139**
Support for the death of a child of any age.

For the death of a spouse or partner:

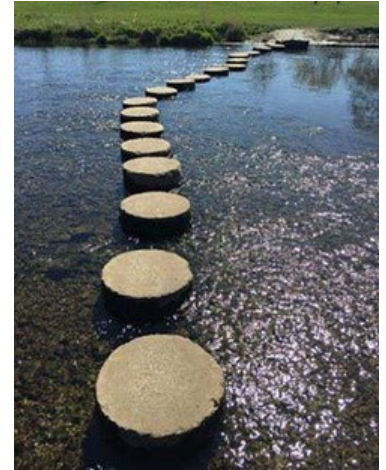
- **Widowed Information and Consultation: 206.241.5650**
- **Widowed Young Persons Support Group: 206.441.3556**
For widows and widowers age 50 and younger.

For sudden/traumatic deaths:

- **Harborview Abuse and Trauma: 206.744.1600**
- **National Center for Victims of Crime: 202.467.8700**
- **Mothers Against Drunk Driving: 877.275.6233**

For death from AIDS:

- **Peer Seattle for AIDS Support Groups: 206.322.2437**



We hope that you find these resources helpful as you move through your time of grief.

Please take good care of yourself and accept support from your family, friends, and bereavement counselors.

Resources Outside the Seattle Area

If you live outside the greater Seattle area, please call your local hospice and ask for bereavement resources near you. You can find your local hospice by calling the National Hospice and Palliative Care Organization (NHPCO) at 703.837.1500. Or visit the NHPCO website at www.nhpc.org.

Internet Resources

- **American Hospice Foundation:** www.americanhospice.org
- **National Cancer Institute – Grief, Bereavement and Coping with Loss:**
www.cancer.gov/cancertopics/pdq/supportivecare/bereavement/Patient/page2

Books on Grief and Loss

Safe Passage

by Molly Fumia

This is an easy-to-read book of meditations on grieving. The author uses quotes and original writings to guide us through the passages of grief toward healing and hope.

Tear Soup

by Pat Schwiebert and Chuck DeKlyen, illustrated by Taylor Bills

This illustrated book is for both children and adults who have lost a loved one. The main character is an old woman named Grandy, who has suffered a major loss. Grandy's tear soup comforts her and helps fill the void in her life that her loss left.

A Time to Grieve

by Carol Staudacher

This book is a companion to help you through the difficult time of grief. It includes meditations that speak directly to you if you are still feeling the effects of your loss. This book can be helpful no matter when your loved one died or where you are in your grieving process.

In Lieu of Flowers

by Nancy Cobb

There is no wrong way to grieve, but the story of how the author managed to face the deaths of her parents and other loved ones provides a healthy example. Written with intelligence and humor, this book reminds us to stay connected with our loved ones, both living and deceased.

Mourning and Mitzvah

by Anne Brener

This guided journal is for anyone who is walking the mourner's path through grief to healing. For those who mourn a death or any kind of loss, or for those who are supporting the bereaved, this book teaches the power and strength of the grieving process.

Midlife Orphan

by Jane Brooks

This book helps adult children understand and grieve the changes that occur in their lives when their elderly parents die. Often we use the word "orphan" to mean young children – but even middle-aged adults can feel the pain of being an orphan.

I started missing you long before you were gone.

I'll keep loving you long after the memories bring you back.

- Molly Fumia

Questions?

Your questions are important. Please call us if you have questions or concerns.

☐ **UWMC Social Work and Care Coordination**

Montlake Campus
206.598.4370

Northwest Campus
206.668.1304

☐ **HMC Social Work** 206.744.8030