

# NEIGHBOURHOOD NETWORK PROGRAM

## Grief and COVID-19: Mourning what we are Missing

The COVID-19 (Coronavirus) pandemic is not only a medical crisis, but a psychological one as well. This issue can be compared with a stage of grieving ie loss. This loss can be the loss of a sense of safety, social connection and our normal way of life.

While most people have access and the knowledge to operate smart phones, the internet, emails and video-conferencing, communities need to look after their vulnerable population who may not have these things.

Seniors are the most vulnerable at this unprecedented time because they:

- may not understand what is happening
- are isolated from their loved ones
- may have uncertainty requesting help
- are simply scared.

So what can we, as neighbours, do to help?  
Well, we can:

- check they are OK while maintaining appropriate Covid-safe practices
- create a social contact with them and become a bubble buddy
- ensure they have what they need, or maybe offer to go shopping for them
- encourage them to stay in contact with children and grandchildren
- check on them, even after isolation has finished, as they may still be grieving or scared
- listen to their concerns, fears and loss.



If you have concerns for a senior neighbour or they are asking how to get help during COVID-19 and lockdown, please ring or pass on the number for:

**Older Persons COVID-19 Support Line on 1800 171 866, Monday to Friday between 8:30am to 6pm (except public holidays).**

Alternatively, why not drop in their letterbox a *Neighbour Card* with your details on it?

This Fact Sheet and the Neighbour Cards are part of the *Neighbourhood Network Program* initiated as a result of the COVID pandemic. They and other resources are available to download free from the Neighbourhood Watch NSW website: [NHWNSW.org.au/COVID/](https://nhwnsw.org.au/COVID/). See also [WatchOut.org.au/COVID/](https://WatchOut.org.au/COVID/).

Follow Neighbourhood Watch NSW on [Facebook](#), [Twitter](#) or at our [website](#)., or please email [admin@nhwnsw.org.au](mailto:admin@nhwnsw.org.au) or phone 02 4048 1068 or 0401 384 003.