

Widow Support Resource Guide

A compassionate starting point for widows, families, churches, volunteers, and community partners who want to offer help without adding pressure.

A gentle reminder

You do not have to do everything at once. Start with what matters most, use what you have, and take the next right step.

A practical resource from The Daily Bread Project

Support should feel safe, not overwhelming

Grief changes everything. The most helpful response is often simple: listen, ask what is needed, protect dignity, and follow through on what you promise.

Start with these questions

- ☐ What feels most urgent today?
- ☐ Would you like practical help, someone to listen, or both?
- ☐ Is there a trusted person you want included in decisions?
- ☐ What would make this week a little easier?
- ☐ What kind of help would not be helpful right now?

Please remember

Do not push someone to tell their full story, make quick decisions, give away belongings, or accept public attention in exchange for support.

Immediate needs to review

- ☐ Food and household essentials
- ☐ Safe housing and utilities
- ☐ Transportation
- ☐ Childcare or school needs
- ☐ Medication and health appointments
- ☐ Funeral or memorial logistics
- ☐ Income, benefits, and employment concerns
- ☐ Legal or estate questions
- ☐ Emotional, pastoral, or grief support
- ☐ Personal safety

My current priorities

1.

2.

3.

Build a trusted support circle

Family or trusted friend	
Church or faith leader	
Community organization	
Financial or benefits help	
Legal assistance	
Grief counselor or support group	
Childcare or school contact	
Emergency contact	

Healthy support looks like this

- ☐ Ask before sharing the person's story or photo.
- ☐ Offer specific help instead of saying "call me if you need anything."
- ☐ Keep financial information private.
- ☐ Avoid making decisions on the widow's behalf unless legally authorized.
- ☐ Do not pressure anyone to move, remarry, donate, or sign documents.
- ☐ Check in after the first few weeks, when support often becomes quieter.

Referral notes

Organization or program

Contact person and phone/email

Services offered

Eligibility or documents needed

Date contacted and next step

A simple follow-up plan

- ☐ Confirm the referral was received.
- ☐ Ask whether transportation or help completing forms is needed.
- ☐ Write down deadlines and appointment dates.
- ☐ Follow up without taking over.
- ☐ Keep notes secure and share only with permission.

For supporters

A meal, a ride, help with paperwork, or a quiet phone call can matter more than a big speech. Be steady. Be respectful. Be present.

This guide offers general support information only. It is not legal, financial, medical, or mental-health advice. For urgent safety concerns, contact the appropriate local emergency or professional service.