

Useful websites to help older executives

Is it time for a cuppa and a chat?

Emotional Bereavement Support

Cruse Bereavement Support

One of the UK's largest bereavement charities offering:

Telephone Helplines

One to One Support

Local support groups

Online resources

Specialist help for loneliness and complicated grief

<https://www.cruse.org.uk/>

The Good Grief Trust

This organisation acts as a national signposting hub connecting bereaved people with over 1000 support organisations and local services across the UK. This is especially helpful if someone is unsure where to start

<https://www.thegoodgrieftrust.org/>

AtaLoss:

Provides a searchable database of bereavement services by:

Type of loss

Age group

Location

Faith or cultural background

<https://www.ataloss.org/>



LEGACY TRAIL



[Marie Curie:](#)

Offers bereavement support and practical guidance after terminal illness or end-of-life care. Particularly useful where someone has cared for a spouse with cancer, dementia, or long illness.

<https://www.mariecurie.org.uk/>

[Practical help with probate, estates and paperwork](#)

[National Bereavement Service](#)

One of the best UK organisations for combining emotional support with practical estate guidance. They help with:

- Registering a death
- Probate guidance
- Funeral arrangements
- Inheritance tax questions
- Estate administration
- Signposting solicitors and financial support

Especially valuable for older people handling paperwork alone after losing a partner

<https://thenbs.org/>

[Bereavement Advice Centre](#)

Provides free practical advice on:

- Probate
- Wills
- Benefits
- Pensions
- Tax
- Dealing with banks and utilities

<https://www.bereavementadvice.org/>

Citizens Advice:

Useful for:

Debt issues in estates
Housing concerns
Benefits changes after bereavement
Council tax
Power of attorney questions
Consumer and probate problems

Particularly good where bereavement creates financial hardship or legal confusion

<https://www.citizensadvice.org.uk/>

Age UK

Especially relevant for older bereaved people because they combine:

Bereavement support
Later-life legal guidance
Benefits checks
Care advice
Help with loneliness and isolation

<https://www.ageuk.org.uk/>

GOVERNMENT GUIDANCE

The official UK government "What to do after someone dies" guide covers:

Tell Us Once
Probate
Inheritance Tax
Benefits
Estate administration
Bereavement support services
This is often the best starting checklist.

<https://www.gov.uk/when-someone-dies>