

How Advocacy Supports Seniors After Loss - Brenda's Story

Independent support for life admin, legal paperwork, and everyday challenges after bereavement

Brenda's Situation

Brenda, 77, is independent and mobile, with family and friends nearby. Until recently, she also had her son in London who, though not present day to day, supported her emotionally and was a sounding board for life's admin. They were incredibly close.

When Brenda lost her husband in 2021, a long journey of legal paperwork, property matters, and complex decisions. I started supporting her during that time, helping with the many practical tasks that fall outside legal advice but still feel overwhelming.

After her son's unexpected death last year, the load increased: sorting documents, handling UK and overseas property, understanding legal correspondence, and keeping on top of everyday admin, all while grieving.

That's where I stepped in.

What Advocacy Looked Like

Legal Complement

- Witnessing documents
- Explaining legal paperwork in plain language
- Attending solicitor meetings
- Supporting Brenda to update her will
- Helping her decide when and how to respond to formal letters, emails, and texts

Practical Support

- Renewing her driving licence
- Managing the aftermath of a minor car accident
- Organising transport and car servicing
- Providing admin and email support
- Guiding her through DocuSign and printing important documents

Tech & Telecoms

- Helping her access banking apps
- Supporting her when her phone broke
- Spending hours liaising with her provider to resolve incorrect charges
- Booking engineers, returning equipment, and managing systems and emails

Chaperone Support

- Being a calm presence at property related meetings

- Accompanying her to UK appointments
- Offering to travel overseas if needed (an offer she valued, though ultimately not required)

In Brenda's Words

"I had no idea how to deal with situations... my head was confused. I felt panicky, scared of saying or doing the wrong thing. Kirsti goes through everything, explains it to me in a way I can understand. I don't retain things well, she leaves me notes, helps me order it all. She repeats things, and she's patient. I trust her 100%. There's no one else I'd turn to."

Why Legal Firms Value This Work

Brenda has excellent legal support. What she needed alongside it was someone to walk with her through the admin of life, someone with professional integrity who could help her take the steps that legal advice alone doesn't cover.


At Kirsti Cox Advocacy, I provide:

- Trusted, practical support
- A bridge between professional advice and everyday action
- Someone clients can rely on without worry or confusion

Could This Help You or Someone You Know?

If you or a loved one is feeling overwhelmed by bereavement, legal admin, or the everyday challenges that follow loss, I can help.

I work with older adults and families across Brighton & Hove, Sussex, London, and further afield, offering independent advocacy, support after bereavement, help with legal paperwork, and guidance through life's transitions.

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