# Adult **Bereavement Care Pyramid**



A national collaborative project 2020

social Networks

Mental Health Needs Acute distress, persistent disruption to daily life or impact of pre-existing stressors

Specialised Therapeutic Services Specialised therapeutic services/ Interventions

Expert Skill/ Knowledge Additional specialised bereavement training & substantial clinical experience

Circumstances

**Complex Needs** 

- · Acknowledgement of the uniqueness of the loss
- Needs more pronounced
- · May lead to a more complex grief reaction

#### Professional/ **Therapeutic Services**

- Appropriate counselling/ psychotherapy model of care
- Therapeutic assessment
- Clear referral pathways
- Accessible services

#### Advanced Knowledge/Skills

- · Qualified & accredited with a professional body
  - Knowledge of interagency/ disciplinary roles

**Additional Needs** 

- To explore grief outside their social network
- To explore coping strategies
- To share experience with others in similar situation

### Range of Organised Supports

- Formal and organised service provision (includes signposting & referral services)
  - Preferably community based

## Formal Knowledge/Skills

- Understanding of the impact of loss
- Listening, empathy & assessment skills
- Knowledge of bereavement services
- Quality assured services

**Acknowledgement, Support & Information** 

- Acknowledgement of the loss & a compassionate response
- Practical & emotional support
- Information

Informal Supports & Accessible Information

- · Provided by the social network
- Easily accessible information
  - Widely available

Compassion & Understanding of Grief Responses

- Kindness and tolerance
- Understanding common reactions to loss & different levels of need
  - Awareness of how to access information and services

**NEEDS** 

**SERVICES/SUPPORTS** 

**KNOWLEDGE/SKILLS** 



Time