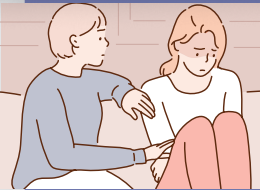


INFORMATION FOR PROFESSIONALS

What is Bereavement Care?

Bereavement care spans a continuum of support depending on the bereaved person's needs. There are key factors which affect a person's experience of bereavement and their subsequent support needs.

- The bereaved person's **SOCIAL NETWORK**. This is the support provided by the bereaved person's family, friends, work colleagues, cultural and faith community.
- The **CIRCUMSTANCES** surrounding the loss. This includes the circumstance of the death itself and the bereaved person. E.g. a sudden or expected death; or the bereaved person's personality or previous experience of loss.
- **TIME**. This can include the length of time since the death or the time in a person's life that the death occurs.



All people who experience the death of someone close have some level of **NEED**.

- The need for compassion and acknowledgement of the death; information and support, both practical and emotional (LEVEL 1).
- To explore grief outside our social network, explore coping strategies or share our experience with others outside our social network (LEVEL 2).
- Needs may be more pronounced due to the nature of the death or the circumstances (LEVEL 3).
- Needs due to acute distress, persistent disruption to daily life or the impact of pre-existing stressors (LEVEL 4).



The type of **BEREAVEMENT SUPPORT** provided should match the needs of the bereaved person. The level and nature of the support needed can vary.

- Support from family and friends and other people around at the time of death. (LEVEL 1).
- Formal and organized service provision (e.g. peer support) and signposting and referral services (e.g. GP) (LEVEL 2).
- Psychotherapy or counselling service (LEVEL 3).
- A therapeutic service with additional specialist training and experience in complications in bereavement (LEVEL 4).



This tiered approach is based on the Framework for Adult Bereavement Care, which was developed by the Irish Hospice Foundation and their partners. It is a guide to those working and supporting bereaved people in Ireland to identify and respond appropriately to adults who have experienced a loss. Further details are available from:

<https://hospicefoundation.ie/bereavement-2-2/working-in-bereavement-and-loss/adult-bereavement-care-pyramid/>



www.hospicefoundation.ie