



Health Care . For Life . At Home

# BEREAVEMENT CARE PLAN

Name of Deceased: \_\_\_\_\_

Date: \_\_\_\_\_

Name of Bereaved: \_\_\_\_\_

### All Bereaved Family/Caregivers Goals:

Will verbalize feelings of support from bereavement staff/volunteers. Sympathy card will be mailed within 2 weeks of death.

Intervention:

Bereaved will be contacted and/or by mail (snail mail or email) at 1, 3, 6, 9, and 12 month intervals after death. There may be additional contact related to significant dates, for bereaved, as well as memorial services, support groups and etc.

### Normal/Uncomplicated Grief Goals:

Bereaved will learn stages of grief and identify own experiences of stages

Bereaved will experience an uneventful grief process

Bereaved will verbalize emotions, issues, concerns and/or unfinished business related to grief

Interventions:

Provide supportive counseling to bereaved (emotional support, active listening, validation)

Educate on potential coping strategies (journaling, counseling, talking with support system)

Telephone call or personal visit PRN for support

Refer to memorial service, support group, individual grief counsel

### Abnormal/Complicated Grief Goals:

Bereaved will come to terms with decedent's death during 12 month follow-up

Bereaved will verbalize feelings about their loss

Bereaved will identify support systems and community resources as needed.

Interventions:

Provide supportive counseling to bereaved (emotional support, active listening, validation)

Educate on potential coping strategies (journaling, counseling, talking with support system)

Educate on self-care & identify ways to achieve (work, chores, social groups, exercise, etc.)

Participation in reminiscing, visiting resting place, reading grief literature

Recognizing and verbalizing progress of bereaved through grief stages

Provide referral for professional counseling & other community resources as needed

### Financial Concerns Goal:

Bereaved will utilize support system and community resources to assist with financial issues

Interventions:

Provide education/facilitate referral to community resources (VA, SSA, legal)

Empower bereaved to ask support system/community resources for specific support

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Clinician Signature