

Childhood pre-bereavement service outcomes framework



Environments

A shared experience with others in a similar situation

A positive experience – a place to meet new people & have fun

A place to explore and make choices

A safe space to explore, express and communicate needs and feelings

Processes

Helping children and young people identify and communicate with supportive family members or friends

Supporting parents and carers to support their child as their needs and the illness changes

Helping children and young people to understand what is happening with the illness and what will happen

Helping children and young people to understand thoughts and feelings about the illness

Reinforcing and teaching coping skills – giving ideas about how to deal with thoughts and feelings

Giving opportunities to create memories with and of the person who is ill

Outcomes of using a service

Doesn't feel like the odd one out – a sense of community

Able to have fun and enjoy life

Feels understood and accepted

Feels supported (doesn't feel isolated)

Able to recognise others' feelings about the illness

Able to recognise own feelings

Has a range of coping skills

Has age-appropriate information about the illness: a narrative that makes sense

Able to access memories or stories about the person who is ill

Doesn't feel inhibited (feels able to express thoughts, needs and feelings and to ask questions)

Feels less burdened

Able to tolerate the impact of others' intense feelings about the illness

Understands and accepts own feelings as valid

Believes that coping will work

Accepts the reality of what is happening

Able to tell the story

Has manageable memories or stories

Able to deal with difficult or intrusive memories

Able to bear feelings / Feels they are coping / Not overwhelmed by feelings

Levels of distress don't interfere with functioning at home, school and with friends

Able to integrate the illness and changes into ongoing life story

Has a manageable ongoing connection with the person who is ill

Outcomes over time

Has a sense of own growth through this experience

Has self-esteem

Has a sense of mastery or control

Has confidence about the future

Has a sense of safety

Adjusting well to a changed life (resilience)

Notes

- These outcomes are expressed as absolutes, but for an individual child we would be looking for movement *towards* these outcomes, eg is *more* able to recognise own feelings
 - We don't expect children to progress neatly from left to right. Over time, they may revisit their thoughts and feelings about the illness, eg needing new information to develop their narrative
- www.childhoodbereavementnetwork.org.uk