



1 7 / 2023

Bereavement Support Project





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Executive summary

1. The first step in the bereavement process is to acknowledge the death. This is often the most difficult part for many people. It is important to allow yourself to feel the pain and to express your emotions. This can be done through talking to friends and family, writing in a journal, or participating in a support group. It is also important to take care of yourself physically and emotionally during this time. This may involve eating well, getting enough rest, and seeking professional help if needed.

Bereavement What to do when someone dies,

2. The second step is to accept the reality of the death. This involves recognizing that the person has truly passed away and that there is nothing you can do to bring them back. This is a process that takes time and patience. It is important to allow yourself to grieve and to seek support from others who have experienced a similar loss. This can help you to understand that your feelings are normal and that you are not alone in your pain.

3. The third step is to find a way to honor the memory of the deceased. This can be done in many ways, such as creating a memorial, planting a tree, or donating to a charity in their name. It is important to find a way that feels meaningful to you and that allows you to keep the person's memory alive. This can be a helpful way to cope with the loss and to find a sense of purpose and meaning in your life.

Why bereavement support?

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five times more likely to be lonely

four times more likely to experience depression

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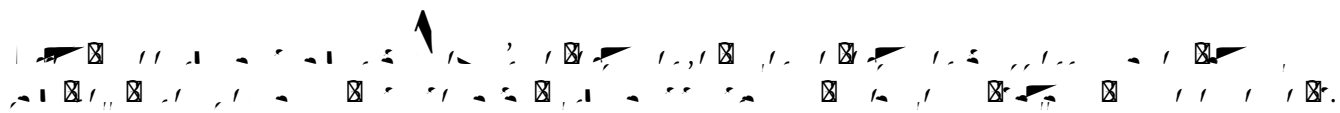


“Focusing on the tasks.. registering the death, organising a funeral.. can help people through the first 2 weeks of shock.”

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Practical support

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The delivery model

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... in-depth advice peer support.

In-depth Informatiyrn8ye

How we chose which local Age UKs would deliver the pilot

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Age UK National objectives


Upskill our network of Local Age UK advisors

Age UK will ensure that all Local Age UK advisors are upskilled to meet the needs of their communities. This will be achieved through a combination of training, support and resources. The training will be tailored to the needs of the local community and will cover a range of topics including bereavement support, mental health, and financial advice. The support will be provided through a range of channels, including face-to-face, telephone, and online. The resources will be developed in partnership with local organizations and will be tailored to the needs of the local community.

Improve and develop Age UK's bereavement resources

Age UK will ensure that its bereavement resources are up-to-date, relevant, and accessible. This will be achieved through a combination of research, consultation, and development. The research will be conducted in partnership with local organizations and will focus on the needs of the local community. The consultation will be conducted through a range of channels, including face-to-face, telephone, and online. The development will be carried out in partnership with local organizations and will focus on the needs of the local community. The resources will be developed in partnership with local organizations and will be tailored to the needs of the local community. The resources will be developed in partnership with local organizations and will be tailored to the needs of the local community.

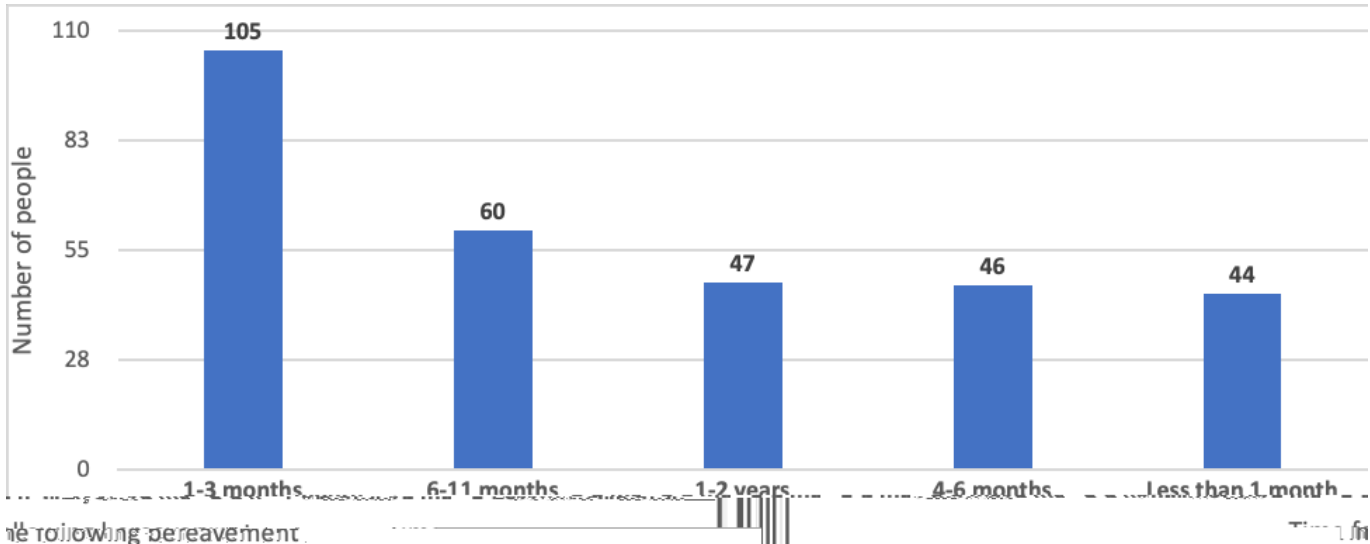
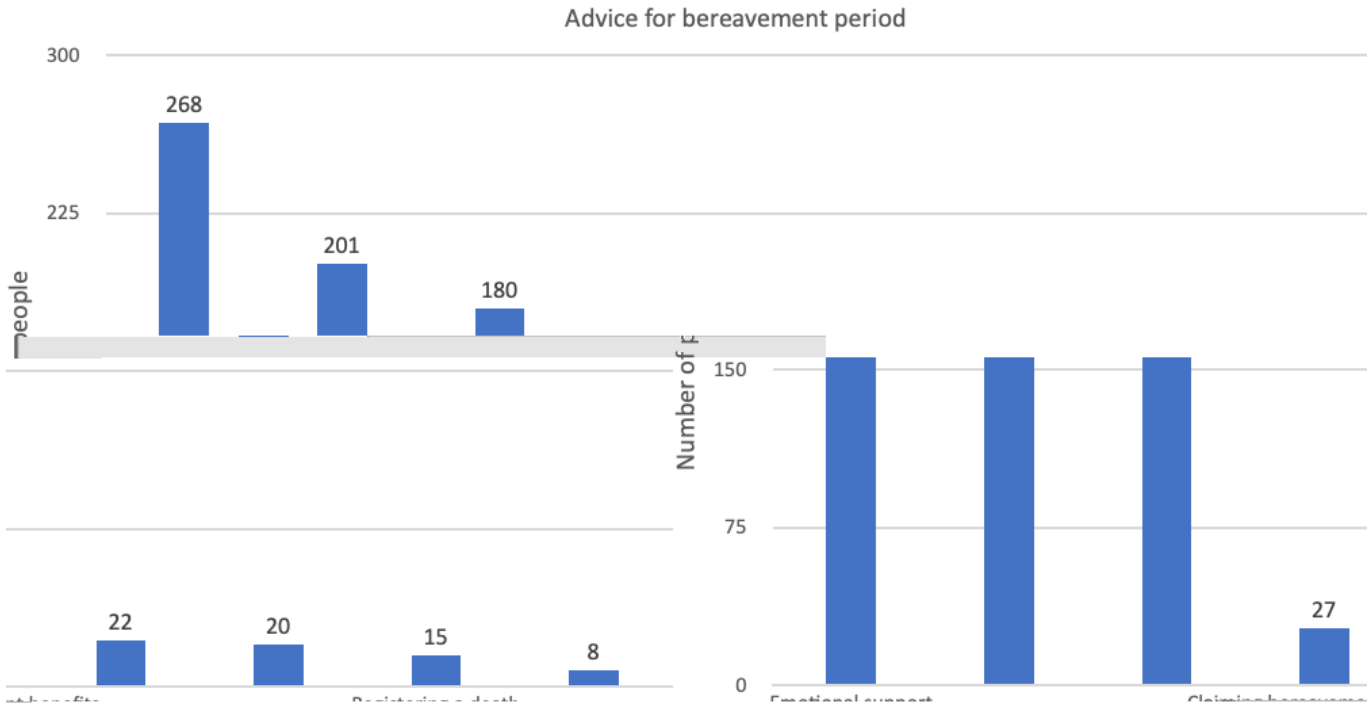
Our target	What we achieved
<p>Provide one-to-one support to 400 older people who had experienced a recent or, were expecting, a bereavement over 12 months</p>	<p>363, 12, 233, 130</p>
<p>Provide training to Local Age UK advisors and Age UK's National Advice Line advisors, to support them in providing immediate emotional support to someone who has been bereaved.</p>	<p>100, 100, The Bt ep 1 7-0w (a)3.3 (i)5 (n)4.8 (i)4.(t v)12.41</p>
<p>Develop our resources on bereavement and distribute nationwide</p>	<p>0.02</p>

 2023, **363** older people

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Emotional support and advice on housing and health care needs support with managing the large quantity of paperwork

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Understanding and managing paperwork

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Developed a bereavement peer support group

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... 2022 ...

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Maximising income

... 313 ...

Rolled out bereavement support training nationally

... 100 ...

Information guides

... **Bereavement** ... **What to do when someone dies.** ...

Bereavement What to do when someone dies 2022-23,

Bereavement: 13,11

What to do when someone dies: 10,12 1,3 1

Gain insight into the gaps and barriers to bereavement support for older people

Support is best delivered and received face to face. Bereavement services are limited. Practical support with bereavement is required. Pre-death planning. Digital exclusion.

Support is best delivered and received face to face.

Bereavement services are limited.

Practical support with bereavement is required.

Pre-death planning.

Digital exclusion.

Peer support...

Identifying older people who have been bereaved...

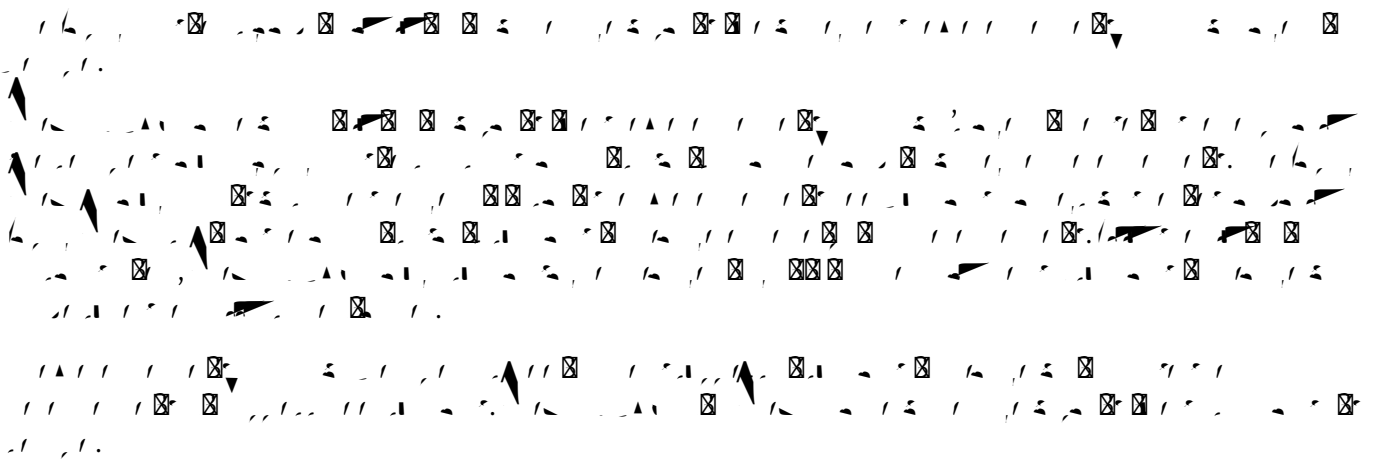
6. ... 2023, ... 2021, ...

Age UK West Sussex, Brighton & Hove's



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Next steps



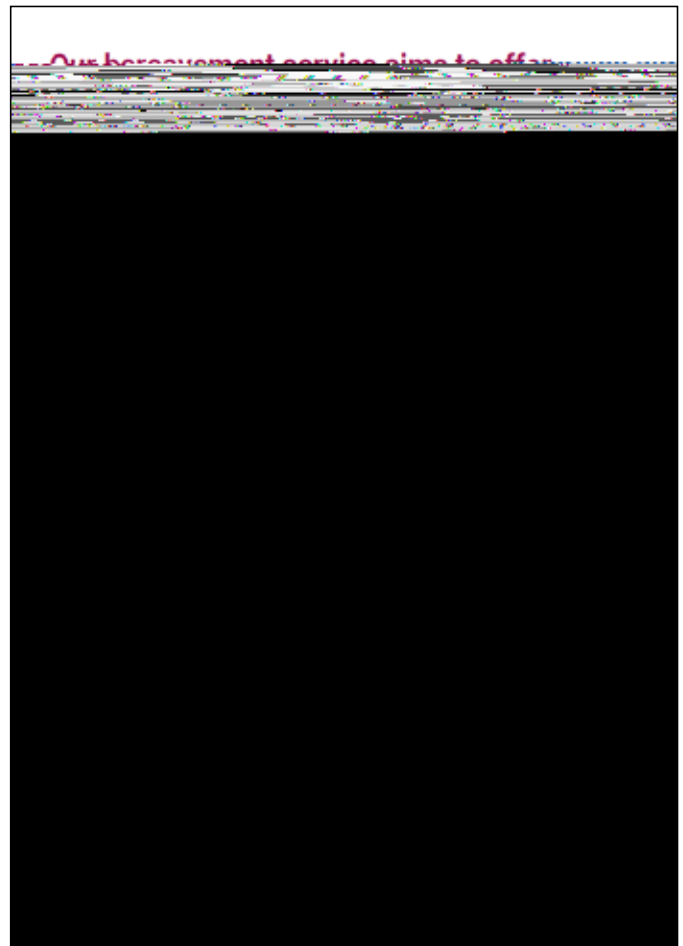
West Sussex
ageUK

OLDER PEOPLE'S WEEK
1957-2021

Bereavement service

Ensuring older people in Brighton & Hove are supported following the bereavement of their loved ones

www.ageukwsbh.org.uk 0800 077 1310



Fred's story. Fred received support from Age UK's WSBH Bereavement Navigator.

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How the Bereavement Navigator helped

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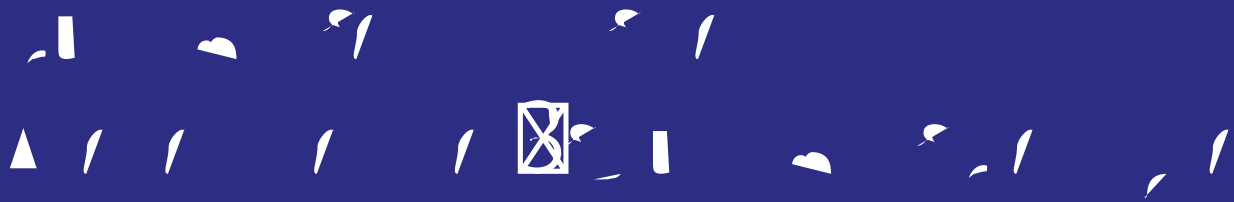
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What the Navigator's support has meant for Fred

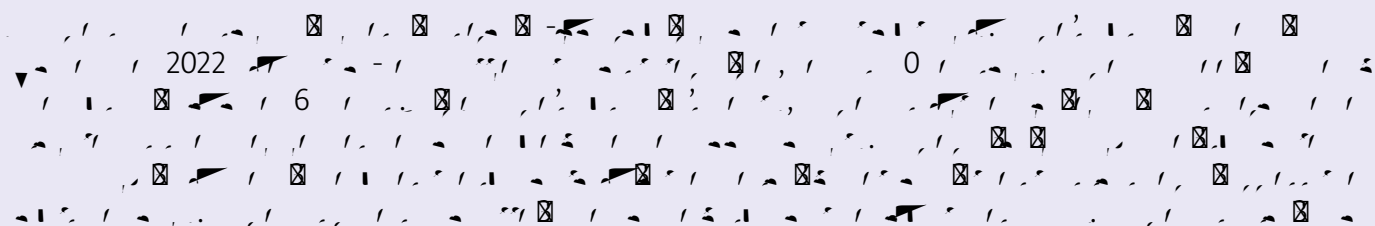
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Conclusion and recommendations

Stories of people



Grace was supported by Age UK Camden's Bereavement Support Advisor



2022

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What bereavement support has meant for Kate

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Daniel received support from Age UK South Lakeland's Bereavement Support Advisor

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Age UK



0800 678 16 02
www.ageuk.org.uk

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