

# National Bereavement Alliance

## Supporting carers facing and following bereavement: call for practice examples

The death of someone close brings huge changes and challenges. For those who were caring for the person before they died, life can change immeasurably.

Carers can be bereaved in many different ways: some will have been caring for someone who was known to be towards the end of their life, while others will have been caring for someone who died suddenly and unexpectedly.

### What we're doing

The National Bereavement Alliance (NBA) is working with NHS England to understand more about how support is (and could be) provided to carers before and after they are bereaved. We are looking for examples of good practice in supporting carers before and after bereavement. We want to share these examples widely to inspire local areas to adopt good practice that has worked well elsewhere.

There is lots of good work going on to support carers around bereavement, and there is much more that could be done. **In this call for practice, we are looking specifically at pre- and post-bereavement support to help carers manage the impact of death on their life.** Although support for dying people has major benefits for their carers, in this call for practice **we are looking specifically at support aimed directly at carers themselves.** This might be practical or emotional support, and it might start before the death. It might be support for young carers, or adult carers, or whole families.

If your organisation has a practice example to share, we would be very pleased if you would submit it for consideration. If you are not sure whether your practice example fits the call, please email Alison Penny ([apenny@ncb.org.uk](mailto:apenny@ncb.org.uk)) for an initial discussion. Although the form asks about projects already happening, you can also use it to tell us about ideas you'd like to develop in the future.

### What will happen to your practice example?

Practice examples will be sent to the National Bereavement Alliance (NBA) steering group, who will select examples to publish on the NBA website. In deciding which examples to publish, they will be looking for a clear description of the work, strong rationale and evidence of impact and outcomes for carers facing or following bereavement. After the steering group has considered practice examples, we will contact you to let you know if we will be publishing your example, and to give you feedback if you would like.

If selected, your example could feature on our website and in national presentations.

The questions that follow ask about the context and rationale for your work; what you offer; the impact and sustainability of your work. If you would prefer, you can complete the form online at <https://www.surveymonkey.co.uk/r/D6H77KB>. The call will remain open until 30 November 2017, but we would be grateful if you would submit as soon as you can.

## Your practice example

Please complete this form (boxes will expand as you type) and return it to Alison Penny at the National Bereavement Alliance [apenny@ncb.org.uk](mailto:apenny@ncb.org.uk) by 30 November 2017.

Please complete a separate form for each project you would like to submit.

### Title of support service/intervention/practice/project

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### Your details

Organisation:
Your name:
Your job title:
Email address:
Telephone number:

Please tick each point below before submitting your practice example:

- I have my organisation's permission to submit this practice example
- In submitting this practice example to the National Bereavement Alliance (NBA), I am agreeing to the practice example being published on the NBA website
- I understand that this means that other organisations might want to contact me directly to discuss and learn from the practice example, and I agree that they may do this.
- I agree that NBA colleagues may contact me directly in relation to this practice example, and that they may share this example with colleagues working for other organisations and publications.

## 1. Context and rationale for your pre-/post-bereavement support for carers

In this section, you could include aspects such as

- **The background to your project:** Where did your idea come from? Why did you choose this specific way of working? How did you know there was a need?
- **The knowledge you drew on:** Did you draw on published research evidence to inform your practice? Or is it practice you had seen working elsewhere? Did you consult carers or bereaved families about the support they would find helpful?
- **The aims of the project:** What difference did you want to try and make to carers facing and following bereavement?

## 2. What you offer

In this section, please give us further details of your work. You could include aspects such as:

- **A description of what you actually did or do:** What does the project or intervention actually involve? What do you offer? Step by step, how does it work (so that someone could understand how to set up a similar project?)
- **Those involved:** Which agencies, organisations, practitioners, stakeholders are involved in delivering the project or intervention?
- **Referral and assessment:** How do carers hear about the service? Do you assess their needs? If so, how?

### 3. Impact

In this section, please tell us what difference you are making to carers, and how you know. Please include

- **Methods:** How do you measure the progress and impact of the support you offer? Do you ask for regular feedback from people using the service? Do you measure how people are doing before and after using your service, eg using a standardised questionnaire? If you are not yet collecting feedback, outcome data or other information, how do you plan to do this in the future?
- **Findings:** How many people have used the service? What are their circumstances? What difference has the support made to their lives? (please include any qualitative or quantitative evidence). Do you have any evidence about the cost-effectiveness of the support?
- **Using the evidence from evaluations:** Have you used what you have learned from evaluations to make changes to the service?

#### 4. Sustaining and replicating your practice

In this section, please tell us anything else that would help a similar project setting up elsewhere. You could include aspects such as:

- **The learning from your experience:** What have you learnt that could be useful for other organisations wanting to replicate your work? Are there any 'must do's' for your project?
- **Overcoming challenges:** Did you encounter any barriers to your project? How did you overcome these?
- **Development ideas:** Do you have any plans for what you would like to do next with your project?

**Thank you for submitting your practice example. We will be in touch shortly.**

Finally, as well as publishing practice examples, we will be writing a report with recommendations about the ways that carers can be supported before and after bereavement. This will include policy recommendations and practice suggestions.

Is there anything you would like to tell us about carers, their need for and access to grief and bereavement support? If so, please use the box below. If we quote you in our report we will anonymise you.

Thank you for your time. We really appreciate your support in helping us improve bereavement support for carers.