



## Target Audience

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Care and Support staff in a variety of settings, and Housing and Housing Support Teams who are providing direct care and support.

Everyone will experience bereavement in their lifetime and we will all experience loss and grief. There is misconception about the term “bereavement” which we can interpret as being a result of a death of a person, however, we can grieve for many things, such as the loss of trust, the loss of a friendship or the loss of status. Each person’s loss may be different from others as to what a loss is.

In this course learners will gain the knowledge about the process of loss, grief and bereavement and be able to normalise the process in their own lives and that of other people they may be supporting.

**This course is delivered using a range of methods and resources including:**

- ◆ Live tutor facilitation, questionnaires, interactive polls, videos and scenarios for breakout groups, questioning and participation and an end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ The Care Certificate – Standard 7
- ◆ Skills for Care – Common Core Principles to Support Dignity

## Course Content

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- ◆ Loss and the impact of loss
- ◆ Models of grief
- ◆ Roles and responsibilities of workplaces in relation to loss
- ◆ Connecting and communicating with those who have experienced loss
- ◆ Minimising loss related trauma
- ◆ Signposting and support
- ◆ The importance of self-care

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ Describe what loss and the impact of loss may mean to someone
- ◆ Give an overview of models of grief
- ◆ State roles and responsibilities of workplaces in relation to loss
- ◆ Describe how to connect and communicate with a person who is experiencing loss
- ◆ Give an example of how to minimise loss related trauma
- ◆ State where you can signpost for support
- ◆ Describe the importance of self-care

**Duration: 3 Hours**