

Merrimack Valley Hospice, Inc.

SUBJECT: BEREAVEMENT SERVICES

PURPOSE: To provide bereavement services based on assessed patient/family needs through the Bereavement Plan of Care.

POLICY

Bereavement services are provided to family members and other caregivers for 13 months following the patient's death. Follow-up may continue for up to 2 years based upon need. Complicated grief risk factors and bereavement needs are assessed at the time of admission and throughout the Hospice stay. The Bereavement Plan of Care is initiated at the time of the patient's death. Merrimack Valley Hospice/YHH also provide bereavement services to the staff of contracted facilities and community at-large upon request.

PROCEDURE

1. The bereavement assessment is initiated upon the start of care by the social worker and updated throughout the patient's Hospice stay.
2. Following the death of the patient, the bereavement needs of the family/caregivers are discussed by the IDT and the social worker reports whether anyone is at risk for complicated grief utilizing the "Criteria for Risk of Complicated Grief" - Attachment #1.
3. A sympathy card is signed by the IDT and mailed to the family/caregivers.
4. A condolence call is made by the IDT team within 5 days of the patient's death.
5. The Bereavement Plan of Care is implemented and updated by the bereavement counselor as follows:
 - a) Low/No Risk of Complicated Grief
 - i. An initial mailing is sent one month after the death which includes a letter, an informational packet about grief, our grief support group schedule, and calling card with the assigned bereavement counselor's name and direct contact information.
 - ii. Additional mailings are sent at 4, 10, and 13 months that include letters, supplemental grief handouts, and current grief support group schedules.
 - iii. Support groups, phone support and bereavement counseling are available upon request.

b) At Risk for Complicated Grief

- i. The assigned bereavement counselor initiates contact within 12 to 16 days after the death for further assessment of bereavement needs.
- ii. Depending on the assessment, the bereavement counselor provides services including phone support, visits, grief counseling, and referrals to support groups and other community providers.
- iii. The initial mailing is sent one month after the death (see above).
- iv. Additional mailings are sent at 4, 10, and 13 months (see above).

6. All steps noted above are documented in the patient's EMR.

Responsibility: Social Worker, Bereavement Counselor, IDT

Distribution: Leadership, YHH Manual

Nature of Change	Combined MVH Community and MVH House policies and revised to reflect current practice.
CEO Signature	_____ / ___ / ___ Date

Criteria for Risk of Complicated Grief

<i>Complicated Grief Factors</i>	Sudden onset of end-of-life/traumatic end-of-life Untimely death (may be young children involved) Conflicted or dependent relationship with the deceased Compound loss Lack of any social supports Presence of major loss stressors (move, divorce, loss of employment) Health Issues History of trauma and/or mental health disorders History of substance abuse/addiction History of military service
<i>Low/No Risk</i>	No more than one complicated grief factor
<i>At Risk</i>	One or more complicated grief factors

WHAT NOT TO SAY TO A GRIEVING PERSON

- *You are so strong
- *You need to stay strong for _____
- *You need to accept it
- *She/he lived a good life
- *You need to get over it / move on
- *You've got to get on with your life
- *Be thankful you have other children
- *You can always have other children
- *It was God's will
- *God never gives you more than you can handle
- *You will meet someone new
- *Everything happens for a reason
- *You need to stop thinking about it so much
- *Why are you still talking about him/her
- *You need to be doing _____
- *Call me if you ever need anything

WHAT MAY BE HELPFUL TO SAY

- *I'm so sorry
- *I don't know what to say but I am here for you and I will listen
- *Do you want to talk
- *Is there anything I can help you with right now

TASK MODEL OF GRIEVING

(Based on the work of J. William Worden)

To embrace the pain of your loss
by experiencing all of the emotions of grief

To find meaning in your
and your loved one's lives

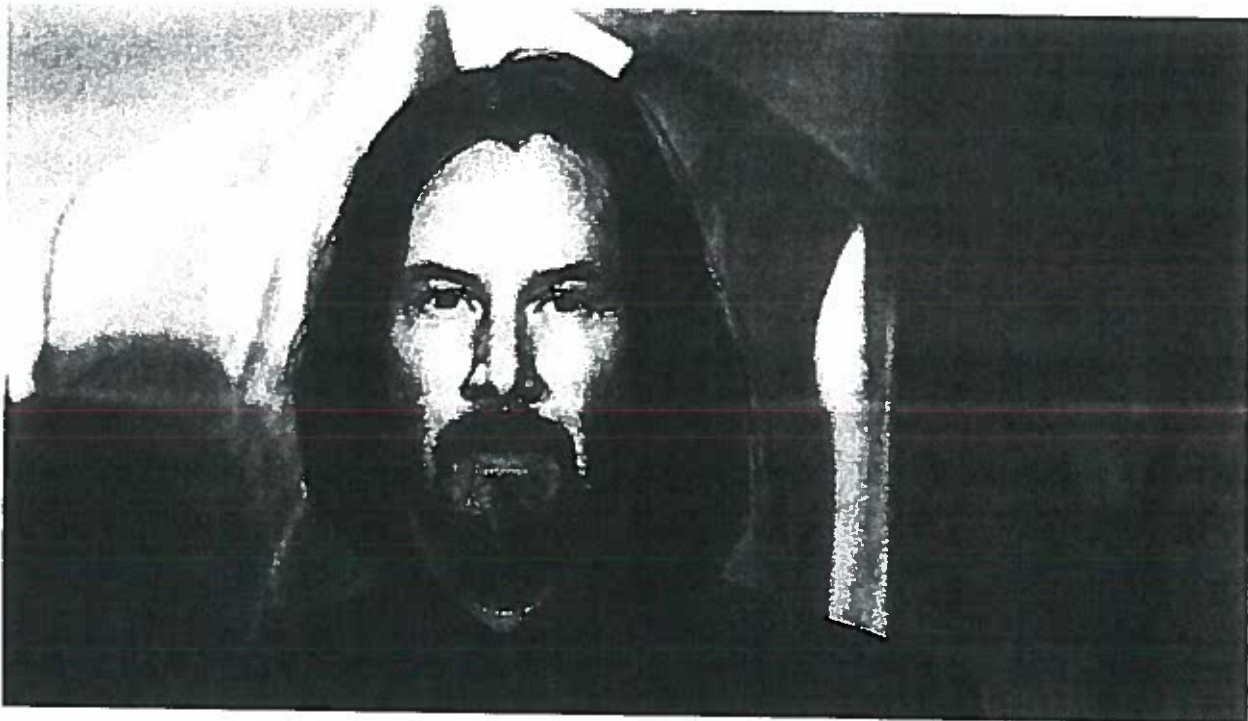
To acknowledge and accept
the reality of the loss

To adjust to a world without
your loved one

Keanu Reeves: 'Grief and loss, those things don't ever go away'

Entertainment Weekly
www.ew.com

By Martha Ross | mrsr@entertainmentweekly.com



Parabellum in Berlin. (AP)

Keanu Reeves speaks about death & dying and grief & loss, having been abandoned by his father as a toddler; lost his best friend to a drug overdose at age 23; lost a baby girl to a stillborn birth; and lost the mother of that baby to a car accident two years later.

When asked what he thinks happens after we die, he answered, **"I know that the ones who love us will miss us."**

He has further elaborated, **"Grief changes shape, but it never ends. People have a misconception that you can deal with it and say, 'It's gone, and I'm better.' They're wrong. . . . it's about the love of the person you're grieving for, and any time you can keep company with that fire, it is warm. I absolutely relate to that, and I don't think you ever work through it. Grief and loss, those are things that don't ever go away. They stay with you."**



Listed below are the community support groups we are currently offering*
If you're interested in learning about additional bereavement options call 978-552-4510

**Pre-registration is required to attend all groups. If day or evening activities in the community are cancelled due to inclement weather, support groups will be cancelled.*

Updated: May 7, 2019

Summer 2019

Grief Support for Living with Loss

Andover Senior Center

36 Bartlet Street, Andover, MA

1st Thursday of the Month, 1:30 P.M. - 3:00 P.M.

For information and to register call 978-552-4510

Chelmsford Senior Center

75 Groton Road, N. Chelmsford, MA

2nd & 4th Mondays, 6:00 P.M. - 7:30 P.M.

July 22nd - Aug. 26th

For information and to register call 978-552-4128

Dracut Senior Center

951 Mammoth Rd, Dracut, MA

3rd Monday of the Month, 10:00 A.M. - 11:00 A.M.

For information and to register, call 978-552-4510

Georgetown Senior Center

51 North Street, Georgetown, MA

2nd Tuesday of the Month, 1:30 P.M. - 3:00 P.M.

For information and to register call 978-552-4510

Co-sponsored with H.L. Farmer & Sons Aftercare

High Pointe House

360 North Ave, Haverhill, MA

2nd & 4th Sundays, 3:00 P.M. - 4:30 P.M.

June 23rd - Sept. 22nd

For information and to register call 978-552-4510

Lowell General Hospital, Donovan Conference Room

295 Varnum Ave, Lowell, MA

4th Thursday of the Month, 7:00 P.M. - 8:00 P.M.

No meeting in August

For information and to register, call 978-552-4510

Coming Soon

Grief Support for LGBTQ+ Loss

Please call 978-552-4510 if interested

SPECIAL PROGRAMS FOR KIDS & TEENS

Back to School Bash for Kids 6 – 15

Kick off the school year and the kids bereavement program with a special night featuring a book swap, school supply grab bag, games, prizes, and, of course, plenty of pizza!

Merrimack Valley Hospice, Riverwalk Properties

360 Merrimack St. Building 9, Lawrence, MA

Thursday, August 22nd 5:30 P.M. - 7:30 P.M.

For information and to register call 978-552-4510

LOSS OF SPOUSE/PARTNER GROUPS

Grief Support for Loss of Spouse/Partner

~ age 55 & over

Co-sponsored with H.L. Farmer & Sons Aftercare

High Pointe House

360 North Ave., Haverhill, MA

2nd & 4th Wednesdays, 10:30 A.M. - 12:00 P.M.

July 10th - Aug. 28th

For information and to register call 978-552-4510

Grief Support for Loss of Spouse/Partner

High Pointe House

360 North Ave., Haverhill, MA

2nd & 4th Thursdays, 6:00 P.M. - 7:30 P.M.

July 11th - August 22nd

For information and to register call 978-552-4128

Grief Support for Loss of Spouse/Partner

~ Second Steps

High Pointe House

360 North Ave., Haverhill, MA

2nd Tuesday of the Month, 10:30 A.M. - 12:00 P.M.

For information and to register call 978-552-4510

SPECIAL PROGRAMS FOR ADULTS

Social Knitting Group

Plaistow Public Library

85 Main Street, Plaistow, NH

Wednesdays, 1:00 P.M. - 3:00 P.M., Ongoing

For information and to register call 978-374-9257

Grief Support for Loss of Adult Child

Co-sponsored with H.L. Farmer & Sons Aftercare

High Pointe House

360 North Ave., Haverhill, MA

1st & 3rd Tuesdays, 2:00 P.M. - 3:30 P.M.

July 2nd - Dec. 17th

For information and to register call 978-552-4510

Grief Support Workshop for Pet Loss

Open to families

High Pointe House

360 North Ave., Haverhill, MA

Sunday August 18th, 2:00 P.M. - 4:00 P.M.

For information and to register call 978-552-4510

YORK HOSPITAL HOSPICE BEREAVEMENT GROUPS

Grief Support for Living with Loss

St George's Episcopal Church

407 York St, York, ME

Tuesdays, 10:30 A.M. - 11:30 A.M.

For information and to register call 207-337-7333

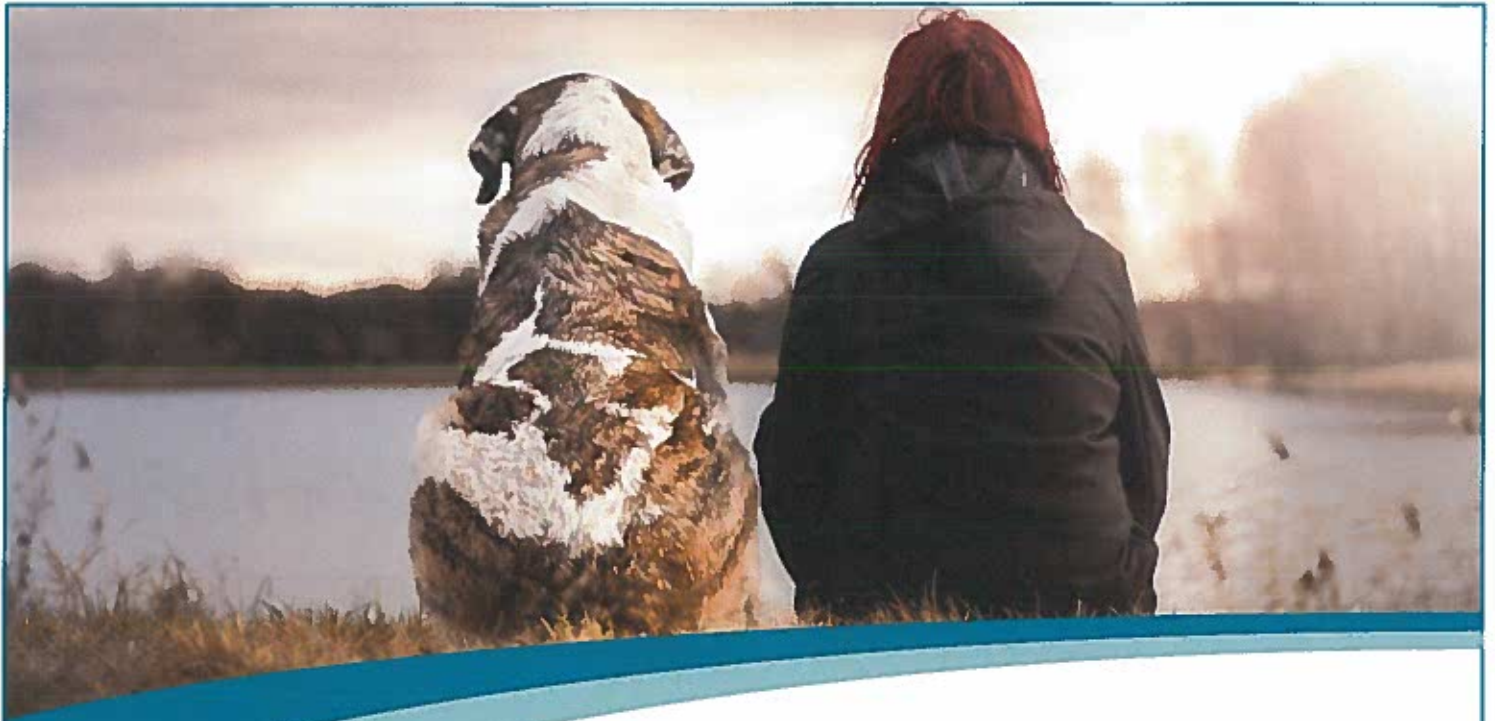
Grief Support for Living with Loss ~ Second Steps

St George's Episcopal Church

407 York St, York, ME

Tuesdays, 9:30 A.M. - 10:30 A.M.

For information and to register call 207-337-7333



Grief Support Workshop for Pet Loss

Open to families

Sunday, August 18th
2:00 PM – 4:00 PM

High Pointe House
360 North Ave
Haverhill, MA

Free and open to the public

For more information, please call 978-552-4510



Merrimack Valley Hospice

Affiliated with Home Health VNA