

# SeeSaw Pre-Bereavement Model

## **Introduction**

SeeSaw's pre-bereavement service provides support, information, and advice to children, young people, and families in Oxfordshire when somebody they love is going to die. We recognise that not all children and young people want or need one-to-one support at this time, so we also offer information and support to the adults around them - their parents, carers, teachers, and other professionals who may work with the family. Unfortunately, we cannot work with families who live outside of Oxfordshire, although we can offer support and advice to families when they are receiving hospital or hospice care within the county.

## **Service Offer**

Our team offers tailored, personalized, pre-bereavement support to children and/or their caregivers where a parent or sibling is dying. This may include one-to-one work with the child if needed. We also offer telephone or email advice, resources, and signposting where a terminal diagnosis affects a relative, friend, or teacher.

## **Referral Process**

We accept referrals directly from parents and caregivers, as well as from professionals where there is explicit informed consent to do so. We also accept self-referrals from young people where there is a clear level of competence and understanding. We can provide consultations on a 'no names' basis to professionals seeking advice.

One of the team will contact you within 24-48 hours. If the bereavement is imminent, we aim to contact you within 24 hours.

Where the referral is for a grandparent, relative, friend, or teacher, or where the illness is not yet in the palliative stages, you will be offered phone clinic advice, resources, and signposting. You may then be advised to contact us again in the future if you need further support.

## **Next Steps**

Where the referral relates to a parent, caregiver, or sibling, you will be allocated a named practitioner who will remain alongside you for the duration of your involvement with SeeSaw. If your named practitioner is away for any period of time, you will be provided with an alternative contact during their absence.

You will be offered an assessment of your child's needs, which you can choose to take place in the home, hospice, hospital, school, or online. We will discuss the ways in which we can support your family and together we will decide on an initial support pathway. This pathway often changes as the needs of your child change or as the disease progresses.

If there is a need for one-to-one support for your child, your named practitioner may use various tools, such as books, cards, kits, toys, handouts, worksheets etc., to help them with such issues as understanding the illness and disease progression, talking about and processing what is happening, and recognizing and regulating their emotions.

If needed, and with your consent, we can also provide support and training to schools and colleges in the form of an in-person visit, virtual meeting, telephone call, or email.

Following a death, you will be offered a package of Early Support over the first few weeks. During this time, we can provide advice, information, and resources on children's grief reactions and what children need in the first days and weeks following a bereavement.