

Form 6: Modified bereavement risk index

Name of Resident: _____

Name of family carer: _____ Relationship to resident: _____

Contact details of family carer

Address: _____

Phone number: (H) _____ (W) _____ (M) _____

	Risk Factor		Score
1	Anger	None	1
		Mild irritation	2
		Moderate (occasional outbursts)	3
		Severe (spoiling relationships)	4
		Extreme (always bitter)	5
2	Self-reproach (self-blame/guilt, feeling bad and/or responsible for something)	None	1
		Mild (vague and general)	2
		Moderate (some clear self-reproach)	3
		Severe (preoccupied with self-blame)	4
		Extreme (major problem)	5
3	Current relationships	Close intimate relationship with another	1
		Warm, supportive family	2
		Family supportive but lives at a distance	3
		Doubtful (patient unsure whether family members are supportive or not)	4
		Unsupportive	5
4	How will key person cope?	Well (normal grief and recovery without help)	1
		Fair (probably get by without specialist help)	2
		Doubtful (may need specialist help)	3
		Badly (requires specialist help)*	4
		Very badly (requires urgent help)*	5
* Will be automatically referred to specialist bereavement support			Total Score

Low risk score (less than 7)

- Give a copy of the booklet – “Now What? Understanding Grief” (a copy is included in the PA Toolkit and can also be downloaded from the PA Toolkit website at www.caresearch.com.au/PAToolkit).

Moderate risk score (7-10)

- Give a copy of the booklet – “Now What? Understanding Grief”
- Suggest they may like to contact one of the support agencies listed in the booklet

High risk score (10 or more)

- Encourage the person to contact a health professional e.g. GP, psychologist, counselling service, or bereavement counsellor
- Give a copy of the booklet – “Now What? Understanding Grief”