

Bereavement Support Programs

A quiz for NSW palliative care volunteers

This quiz is based on Chapter 9 of *Palliare: A handbook for palliative care volunteers in NSW (2018)*

Select the correct response to each of the following questions:

1. The role of bereavement support programmes is generally to:
 - a. Support people who are experiencing normal grief
 - b. Resolve issues of complex grief
 - c. Offer long term support to people who have lost a loved one
 - d. Terminate relationships with the health system
 - e. None of the above
2. When inviting people to attend a memorial service invitations should be sent:
 - a. Only to people who are experiencing normal grief
 - b. To all who are 1 to 12 months post-bereavement
 - c. To all who are 6 to 24 months post-bereavement
 - d. Selectively, as for some people the memories may be too raw for them
 - e. None of the above
3. Volunteers who assist in memorial services should be aware that:
 - a. Novelty helps to create interest for attendees
 - b. The format is intended to be respectful, calm and unhurried
 - c. People only ever attend one service, so familiarity is not important
 - d. All of the above
 - e. None of the above
4. Most bereaved people do not need professional counselling. True or False?
5. The rationale for volunteer involvement in a bereavement support program is to:
 - a. Extend compassion
 - b. Help create a socially-acceptable context within which to encourage people to reflect on their loss
 - c. Extend information about grief and bereavement support in a timely manner
 - d. All of the above
 - e. None of the above
6. Barriers to successful involvement in bereavement support programs might include:
 - a. Lack of insight into one's own emotional landscape
 - b. Lack of formal training in professional counselling
 - c. Inability to be an accepting and unhurried presence
 - d. The compulsion to maintain strict conformity to religious tradition
 - e. All of the above
 - f. Only a & c above
 - g. Only a, c & d above
7. For most people, once their grief has passed life will resume as before. True or false?
8. It's important for bereaved persons to attend a memorial service as soon as possible so that they can be transitioned out of the health system. True or false?

Answers: 1a; 2d; 3b; 4f; 5d; 6g; 7f; 8f