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FIND YOUR
WAY AFTER
BEREAVEMENT



Cabrini Vale -

A new community bereavement support program with a focus on the needs of people aged over 65.



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Cabrini Vale Facilitators – John, Jacqueline & Peter



Presentation in three sections:

1. How did the initiative come about?
2. Overview of the program
3. What's happened so far...



Why a new community bereavement service?

- Cabrini has long been committed to providing bereavement care
- Part of Cabrini's mission is to 'identify and meet unmet need in the community';
- Funding available from Cabrini's Social and Community Outreach program



Community needs analysis, 2012

- Higher than average number of residents over 65 in the 5 LGA's involved
- Age 65+ demographic will keep increasing, especially 70-74 year olds
- Approximately 11% of local 65+ are carers for someone with chronic illness or disability
- Higher than average number of older people living alone in the catchment



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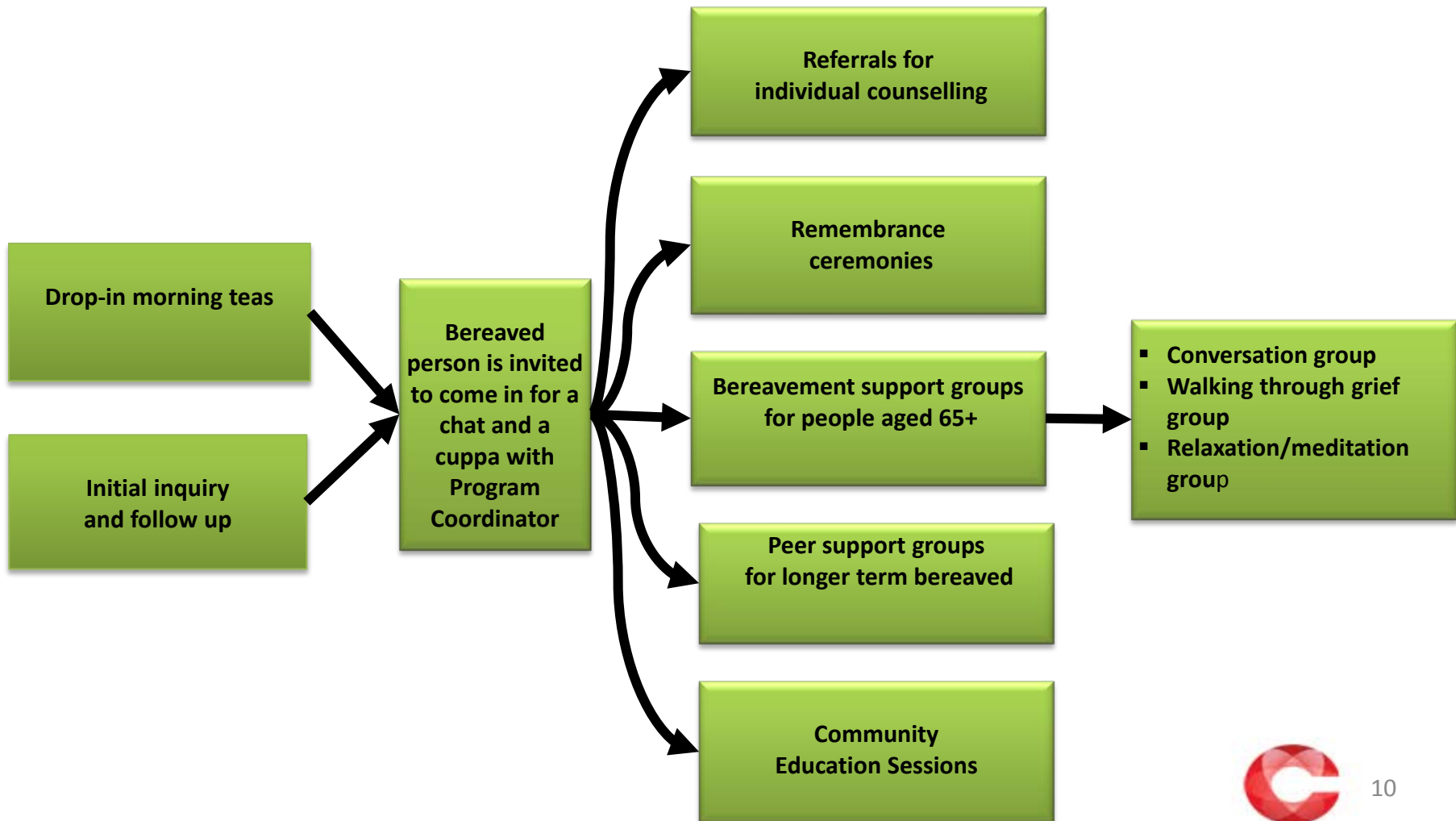
Infrastructure projects

- Naming and branding of the service
- New website
- Research and implement new database
- Staff recruitment
- Street signage
- Promotion and marketing plan
- Promotional materials



- **Part 2 - Overview of the program**





Cabrini Vale Conversation Group

- The Conversation Group is a closed group for people 65+ who are 3-12 months bereaved.
- It runs over 4 fortnightly sessions
- 7-10 participants, and 2 leaders
- The Conversation Group provides a safe space for recently bereaved people to
 - learn more about the experience of grief and what to expect
 - have an opportunity to talk about their loss
 - explore ways of coping and how to nurture themselves



Cabrini Vale Walking Through Grief Group

- Monthly , for men and women 65+
- Aim is to enjoy gentle exercise ambling through the local streets of Malvern.
- We walk for 45-60 minutes, then have a lunch in a local cafe for those who want to stay on (at participant's expense).
- The emphasis is on participation and support, not on fitness.



Relaxation/Meditation Group

- Monthly
- Open to all bereaved adults
- Participants are invited to stay for a cuppa



Future groups

- Men's Luncheon Group for over 65's
 - Monthly
- Drop-In Morning Tea
 - Fortnightly
- Womens' Peer Support Group



Cabrini Vale

- Part 3: How is it going so far?



Promotion

- Funeral Industry
- Healthcare organisations
- Aged Care services and facilities
- Peak bodies
- Local councils
- Local churches, temples and synagogues
- GP networks
- Leisure organisations for 65+
- Bereavement support networks



Biggest issue:

- *“How do we keep inquirers engaged enough while we build a critical mass for each of the groups?”*



Cabrini Vale

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