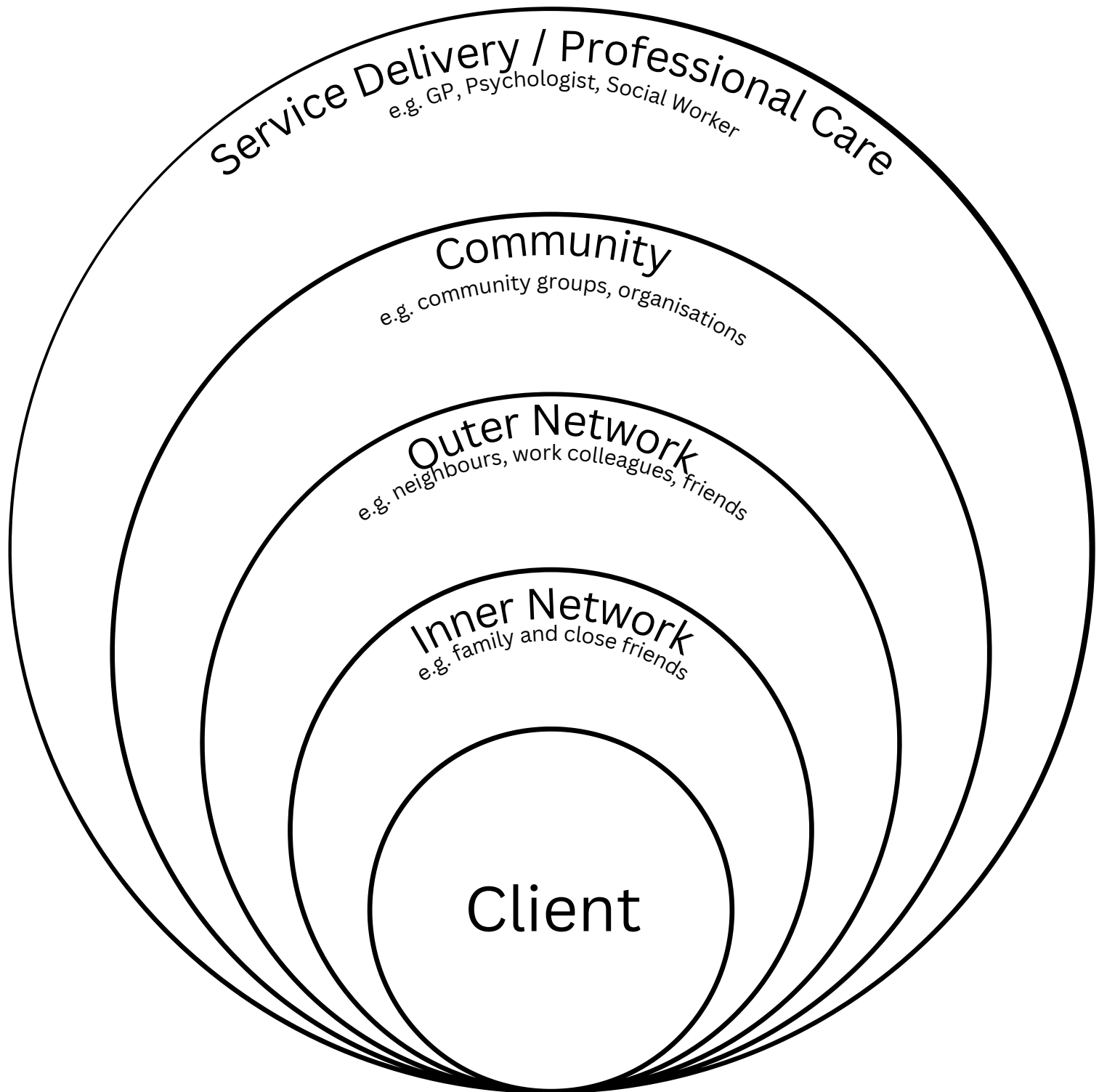


Circles of Care



Building resilient networks of support

Often the most valued help for those grieving is the support of family, friends and neighbours. These networks serve a range of functions ranging from managing the daily necessities of life e.g. shopping, cooking, cleaning and gardening, to emotional support and friendship. Occasionally more support is needed from professionals. Use this tool to map out existing supports and how they can help, and to identify where additional supports are needed.

Circles of Care

Client

What matters most to you?
What do you need right now?
What support would you like?
What information do you need?
What new skills do you need to learn?
What interests would you like to reconnect with?
What activities will enhance your well-being?

Inner Network

Who is in your inner network?
What support do you need to navigate new or different situations?
What can members of your inner network help you with?
What would you feel comfortable asking them to do?
Is there anyone you would like to reconnect with?
How can you support family and friends (even in a small way)?

Outer Network

Who is in your outer network?
What support could they offer you to navigate new or different situations?
What can they help you with?
What would you feel comfortable asking them to do?
Is there anyone you would like to reconnect with?

Community

Would it help to seek comfort from others who have experienced something similar to you?
What resources exist in your community that could help you?
What will help you to link with these resources?
Are there any community groups / organisations you would like to connect (or re-connect) with?

Professional Care

Would you like to talk with someone about your grief?
What professional care would be helpful?
What professional care have you accessed previously? Could they be helpful now?
What support do you need to overcome any barriers you are facing?