

A Bereavement Charter for Children and Adults in Scotland

I want to live in a Scotland where:

- grief, bereavement and death are recognised as a natural part of life and are talked about openly
- there is an open culture which is supportive of me having the opportunity to grieve, communicate and reflect about the life of the person who has died, and what that means to me at a time and in a way that is helpful to me
- I am treated with compassion, empathy and kindness
- my wishes, choices and beliefs are listened to, considered and respected
- I have the right to accessible support (including emotional, practical, social, and spiritual)
- my needs and grief reactions are recognised and acknowledged as being different at different times
- there is acceptance that grief and bereavement can begin before death and can be lifelong
- I benefit from different organisations working together and sharing information about me promptly where appropriate, and I understand how my privacy and confidentiality are respected
- adequate bereavement support enables me to realise my right to health and well-being
- it is recognised that bereavement and grieving can be experienced by the whole community and not just individuals
- bereavement care and support are accessible, available, adequately resourced and of high quality
- I have space and time to grieve and the impact on me of caring for someone who has died is recognised
- I have the appropriate level of knowledge and skills to help me to support people who are bereaved
- I know where to refer or signpost people to for additional support
- the impact of bereavement on my life (e.g. relationships, school, workplace) is acknowledged and taken into consideration