



Australian research has shown the impact of loss, grief, and bereavement on those affected by a diagnosis of motor neurone disease (MND). Carers are particularly affected by a loved one losing function and needing increased help with daily living.

As a result, MNDSA is creating a program named 'Talking Grief', with the hope that we can help to improve the lives of those living with MND by developing a state-wide loss, grief and bereavement support program for those impacted by a diagnosis.

Partnering with local and regional palliative care service teams and other organisations with expertise in this area, volunteers will be trained to build skills and knowledge to provide non-clinical loss, grief & bereavement support, by gently exploring common grief reactions and identifying and implementing effective strategies to support people. In doing this, we hope to help mitigate the prolonged grief that can be caused by the traumatic nature of MND.

Our training will also ensure volunteers can identify when a client should be referred by MNDSA to professional grief counsellors and how to care for themselves whilst supporting others.

The program aims to provide weekly support opportunities to clients and their support network, and will include one-on-one and group chats, face to face as well as telephone and video calls.

We would love to hear from anyone who may be interested in volunteering to become a part of this special program and would appreciate you sharing with your organisation's networks. If you would like more information, please email Lisa Clarke at talking.grief@mndsa.org.au or call her on 08 8234 8448, Mon-Thurs 9am-3pm