



Self-assessment for Personal Support Workers

Name _____ Date _____

Title/Role _____ Organization/Location _____

- **Novice (N)** – may be experienced in psychosocial care but new to palliative care. Needs regular support.
- **Advanced beginner (B)** – can practice independently using some psychosocial skills specific to palliative care but still needs support.
- **Competent (C)** – mostly independent, occasionally seeks out support.
- **Proficient (P)** – autonomous practice, seeks out leadership opportunities.
- **Expert (E)** – highly proficient, is regularly sought out by others.



7 Loss, grief, and bereavement

7.1 Supporting individual responses to loss

7.1.1	Recognize grief reactions in people and their designated families or caregivers, which may occur from the time of diagnosis until bereavement.	N	B	C	P	E
7.1.2	Understand grief as a natural, adaptive, expected response to loss that is experienced uniquely by each person.	N	B	C	P	E
7.1.3	Acknowledge the impact that trauma and loss have on the experiences and expressions of grief, bereavement, and mourning for members of underserved communities.	N	B	C	P	E
7.1.4	Acknowledge the impact that historical and ongoing systemic trauma and loss have on First Nations, Inuit, and Métis experiences and expressions of grief, bereavement, and mourning.	N	B	C	P	E

7.2 Facilitating the use of support services

7.2.1	Provide information on support services within the organization and community.	N	B	C	P	E
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TOTAL 7 Loss, grief and bereavement

N B C P E