

Psychosocial rehabilitation of elderly persons bereaved by suicide

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Background

Bereavement by suicide has several negative mental health and social consequences, eg. increased risk of suicide, hospitalization in a psychiatric ward, depression and social isolation. This ongoing co-operative inquiry study investigates the need for psychosocial support among elderly bereaved by suicide in Denmark. The aim is to promote support to elderly bereaved by suicide.

Result

The research will result in a practical guideline for relatives, professionals and others who want, or are obligated, to help. The guideline will be presented as a short movie.

We will also publish the results in international scientific, professional and lay journals.

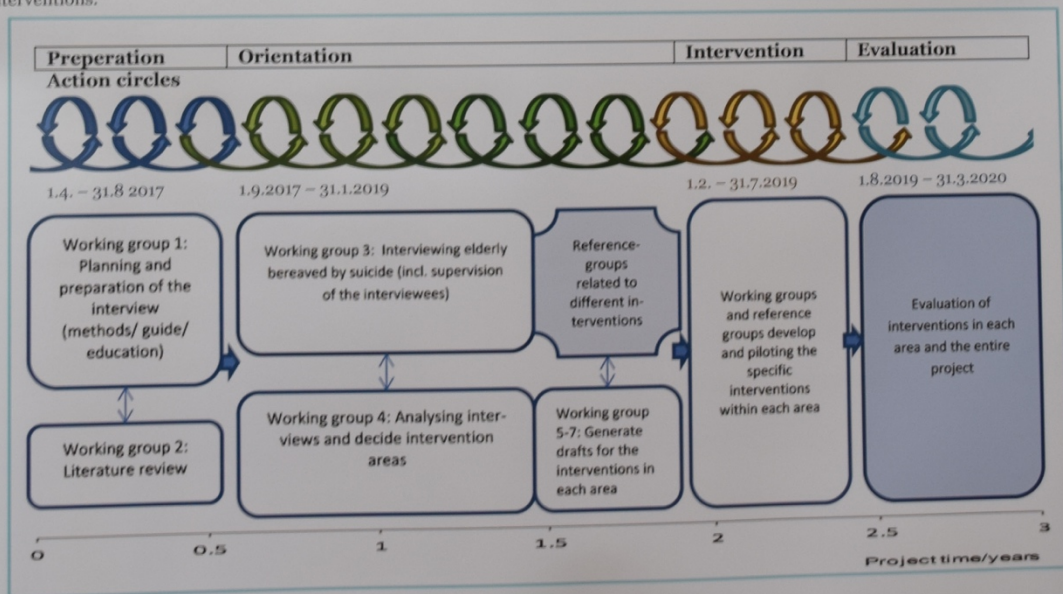
Methodology

The method used is co-operative inquiry. In co-operative inquiry users, professionals and researchers collaborate with the aim of transforming practice while practice is being explored. Co-operative inquiry consists of four research steps: preparation, orientation, intervention and evaluation. The steps include: i) selecting a focus, ii) identifying a research question, iii) clarifying theories, iv) collecting and analyzing data, and v) reporting results. Together, this enables us to produce informed practice relevant interventions.

Conclusion and perspectives

We expect the short movie to reach elderly bereaved by suicide, professionals and the general public, thus, through virtual media, promoting empowerment processes and psychosocial support among elderly bereaved by suicide.

Further we would like to create a homepage and transform it to an app. This tool could address various subjects, such as opportunities for support, common reactions among elderly bereaved by suicide and how to support in a helpful way.



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