

# Navigating Grief: A Study of Support Services for Families Affected by Road Trauma



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Prepared for:  
Outdoor NSW & ACT Ltd  
Little Blue Dinosaur Foundation

Prepared by:  
Imogen Johnson  
Macquarie University

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# 1. Executive Summary

This report, *Navigating Grief: A Study of Support Services for Families Affected by Road Trauma*, examines various models of grief support services in Australia, focusing on those assisting families who have lost children to road trauma. The study analyses three main support models: the Comprehensive Grief Support Model, the Church-Affiliated Support Model, and the Community-Based Intervention Model.

Key findings highlight the importance of holistic, long-term support that combines professional counselling, peer support, and practical assistance. The report emphasizes the need for accessible services across diverse geographic and cultural contexts, with online platforms playing an increasingly important role.

Recommendations include developing specialized support programs for road trauma-related grief, enhancing collaboration between grief support organizations and road safety initiatives, and expanding culturally sensitive services. The report also suggests implementing robust evaluation methods, increasing public awareness, and leveraging technology to improve service accessibility.

These efforts aim to contribute to more effective, comprehensive support for bereaved families and potentially reduce the incidence of road trauma-related child fatalities, aligning with the goals of organizations like the Little Blue Dinosaur Foundation.

## 2. Introduction

### 2.1 Background

Little Blue Dinosaur Foundation (LBDF) is a charity dedicated to child pedestrian road safety, founded by Michelle and David McLaughlin after losing their son Tom in a road accident. The organization works to prevent child pedestrian injuries and fatalities through education, advocacy, and community engagement. Outdoors NSW & ACT, a peak industry body, promotes safe outdoor activities and skill development for children. These organizations have partnered to enhance child safety initiatives, recognizing the importance of both outdoor play and road safety awareness. This project aims to support LBDF's mission by investigating effective grief support services for families who have lost children to road trauma. By examining existing models in Australia, particularly those offered by charities and church-affiliated organizations, the study seeks to identify best practices and provide recommendations for implementing impactful grief support services for bereaved families facing hardship.

## 2.2 Objectives

The project aims to review existing grief support services in Australia and internationally, focusing on those assisting families who have lost children to road trauma. It will examine the structure of current services, analyse findings to identify best practices and recommended approaches, and compile a report with recommendations for implementing effective grief support services for bereaved families facing hardship.

## 2.3 Scope of the Study

This report, part of a 150-hour placement, examines various models of grief support services in Australia, with a focus on those assisting families who have lost children to road trauma. Despite time constraints, the study aims to evaluate the success of these models through desktop research and case studies. It will provide recommendations for implementing effective grief support services based on identified best practices and challenges.

## 2.4 Terms of Reference

This project aims to investigate and analyse grief support services for families who have lost children due to road trauma incidents. The research will focus on charities and church-affiliated organizations in Australia that have successfully delivered support to bereaving families facing hardship.

# 3. Methodology

## 3.1 Literature Review

The literature review examined various aspects of child pedestrian safety, grief support, and community-based interventions related to road trauma and child loss. Key findings relevant to the Little Blue Dinosaur Foundation's objectives include:

- a. The importance of modifying built environments to enhance pedestrian safety.
- b. The effectiveness of multi-faceted, community-based interventions in preventing childhood injuries.
- c. The crucial role of parental supervision and education in child pedestrian safety.
- d. The long-term psychological impacts of road traffic accidents on child survivors and bereaved families.
- e. The need for comprehensive, long-term grief support services for families who have lost children.
- f. The effectiveness of child safety seats in reducing fatalities in vehicle crashes.

These findings can inform LBDF's strategies for education, advocacy, and support services aimed at preventing child pedestrian injuries and supporting bereaved families.

## 3.2 Desktop Research

The desktop research expanded on the literature review findings, providing a more comprehensive and nuanced understanding of child pedestrian safety, grief support, and community-based interventions. While confirming many of the literature review's key points, it also revealed additional perspectives and innovative approaches.

The research highlighted emerging trends in technology-assisted safety education, such as virtual reality simulations for teaching road safety. It also uncovered successful international models of community-based interventions that could be adapted for the Australian context. The review found growing emphasis on culturally sensitive grief support services, addressing the needs of diverse communities. Additionally, it revealed innovative approaches to long-term family support, including peer-led support networks and online grief counselling platforms.

These findings can inform LBDF's strategies, suggesting more holistic, technologically enhanced, and culturally aware approaches to education, advocacy, and support services for preventing child pedestrian injuries and supporting bereaved families.

## 3.3 Case Study Selection

The case study selection process focused on identifying diverse, effective grief support services across Australia. I chose three organizations: a well-established charity, a church-affiliated service, and an innovative hybrid model. Selection criteria included geographic diversity, specialization in road trauma support, and a track record of at least five years. I prioritized organizations offering a range of services, including in-person counselling, support groups, and online resources. Additionally, I sought programs with culturally sensitive approaches and strong community partnerships. The selected case studies represent best practices in long-term, comprehensive grief support for families affected by road trauma.

# 4. Overview of Grief Support Services in Australia

## 4.1 Types of Support Services

Global best practices and international standards for grief support services, particularly in Australia, encompass a comprehensive range of approaches designed to address the complex needs of bereaved individuals and families. These services typically include:

- a. **Professional Counselling:** Individualized therapy sessions with trained grief counsellors or psychologists, offering evidence-based interventions such as cognitive-behavioural therapy and complicated grief therapy. These sessions provide a safe space for individuals to process their emotions and develop coping strategies.

- b. Support Groups: Facilitated peer-support groups, both in-person and online, allowing bereaved individuals to connect with others who have experienced similar losses. These groups foster a sense of community and shared understanding.
- c. Crisis Intervention: 24/7 helplines and emergency support services for immediate assistance during acute grief episodes, providing crucial support during vulnerable moments.
- d. Long-term Support Programs: Structured, ongoing support tailored to the evolving needs of bereaved individuals over time, recognizing that grief is not a linear process. These programs often include regular check-ins and adjustable care plans.
- e. Psychoeducation: Informational resources and workshops to help individuals understand the grief process and develop coping strategies, empowering them with knowledge and tools.
- f. Practical Assistance: Help with funeral arrangements, financial counselling, and navigating administrative tasks associated with loss, alleviating some of the practical burdens during a difficult time.
- g. Specialized Services: Programs tailored to specific types of loss, such as child loss or traumatic loss, including those related to road accidents. These services address the unique challenges associated with types of bereavement.
- h. Cultural and Spiritual Support: Services that respect and incorporate diverse cultural and spiritual beliefs about death and mourning, ensuring culturally sensitive care.
- i. Online Resources: Websites, apps, and virtual support communities offering accessible information and connection, particularly valuable for those in remote areas or with mobility issues.
- j. Advocacy and Awareness: Initiatives to improve public understanding of grief and promote supportive policies, working towards a more compassionate society.

In Australia, organizations like Red Nose and Anglicare exemplify these best practices, offering comprehensive support services that align with international standards. They provide a combination of professional counselling, peer support groups, crisis intervention, and long-term support programs, often complemented by community education initiatives and advocacy efforts. Australian services particularly emphasize accessibility and cultural sensitivity, recognizing the diverse needs of the population.

## 4.2 Charity-based Service

Red Nose Australia is a well-established charity providing comprehensive support to bereaved families, particularly those who have experienced sudden and unexpected child loss. While initially focused on SIDS, they have expanded their services to cover various types of child loss, including accidents. Their grief support services include a 24/7 Grief and Loss Support Line, professional counselling, peer support groups,

extensive online resources, and advocacy for improved bereavement care at a national level.

Red Nose's approach aligns with research findings emphasizing the need for long-term, flexible support. Their combination of professional counselling and peer support groups addresses the diverse needs of bereaved parents. With a national presence and established infrastructure, Red Nose is well-positioned to provide consistent, high-quality support across Australia.

Although not specializing specifically in road trauma, their expertise in sudden child loss and evidence-based approach to bereavement care make them a strong candidate for collaboration or as a model for developing specialized road trauma bereavement support services.

### 4.3 Church-affiliated Service

Anglicare Australia is a nationwide network of organizations providing a broad range of social services, including grief support. Their approach to grief support is comprehensive and inclusive, offering professional counselling services, support groups for bereaved families, crisis intervention, and long-term support programs. Anglicare's services are likely to be more secular and accessible to diverse families compared to some other church-affiliated organizations.

While not specializing specifically in road trauma or child loss, Anglicare's extensive experience in trauma support and social services suggests a holistic approach to supporting bereaved families. Their nationwide presence allows for consistent service implementation across different regions.

Anglicare's model aligns with research findings emphasizing the need for long-term, flexible support. Their combination of professional counselling and support groups addresses the diverse needs of bereaved parents. Assessing Anglicare's services could provide valuable insights into how church-affiliated organizations can effectively support bereaved families, potentially informing the development of specialized road trauma bereavement support services.

### 4.4 Geographic Distribution of Services

Major cities and urban areas generally have a more comprehensive range of services, including professional counselling, support groups, and specialized programs. Organizations like Red Nose and Anglicare have a nationwide presence, offering consistent support across different regions. However, rural and remote areas often face challenges in accessing the same level of services.

The distribution of services varies by state and territory, with some regions having more robust support networks than others. Victoria, for instance, has Road Trauma Support Services, while other states may lack specialized road trauma support.

There's a growing trend towards online and telehealth services, which aim to bridge geographic gaps and provide support to those in remote areas. However, the effectiveness of these services compared to in-person support is still being evaluated.

The distribution of church-affiliated services tends to be more widespread due to existing religious networks, potentially offering support in areas where secular services are limited.

Overall, while efforts are being made to provide nationwide coverage, there remains a disparity in the availability and accessibility of grief support services across different geographic regions in Australia.

## 5. Analysis of Selected Grief Support Models

### 5.1 Comprehensive Grief Support Model

The Comprehensive Grief Support Model, exemplified by organizations like Red Nose Australia, offers a holistic approach to bereavement care. This model recognizes the complex, long-term nature of grief and provides a wide range of services to address the diverse needs of bereaved individuals and families.

Key components of this model include:

- a. **24/7 Support Line:** Offering immediate assistance during acute grief episodes or crisis situations, providing a lifeline for those in immediate distress.
- b. **Professional Counselling:** Providing individualized therapy sessions with trained grief counsellors, utilizing evidence-based interventions such as cognitive-behavioural therapy and complicated grief therapy. These sessions offer a safe space for processing emotions and developing coping strategies.
- c. **Peer Support Groups:** Facilitating both in-person and online groups, allowing bereaved individuals to connect with others who have experienced similar losses, fostering a sense of community and shared understanding.
- d. **Online Resources:** Offering extensive information, coping strategies, and virtual support communities through websites and apps, ensuring accessibility for those who may not be able to attend in-person services.
- e. **Psychoeducation:** Providing workshops and resources to help individuals understand the grief process and develop coping strategies, empowering them with knowledge and tools.



- f. **Specialized Services:** Tailoring support for specific types of loss, such as child loss or traumatic loss, recognizing the unique challenges associated with different bereavement experiences.
- g. **Long-term Support Programs:** Offering structured, ongoing support that adapts to the evolving needs of bereaved individuals over time, acknowledging that grief is not a linear process.
- h. **Advocacy:** Working to improve bereavement care and support at a national level, promoting policies and practices that better serve bereaved individuals and families.

This model's strength lies in its comprehensive nature, addressing immediate crisis needs while also providing long-term support. It combines professional expertise with peer support, recognizing that both elements are crucial in the grief journey. The model's flexibility allows for personalized care, adapting to individual needs and cultural considerations.

## 5.2 Church-Affiliated Support Model

The Church-Affiliated Support Model, exemplified by organizations like Anglicare Australia, offers a comprehensive approach to grief support that combines spiritual care with professional counselling services. This model leverages the extensive community networks and resources of religious institutions to provide wide-reaching support.

Key components of this model include:

- a. **Professional Counselling:** Offering individual and family therapy sessions with trained counsellors, often integrating spiritual perspectives when appropriate.
- b. **Support Groups:** Facilitating both faith-based and secular support groups, providing a sense of community for bereaved individuals.
- c. **Crisis Intervention:** Providing immediate support through helplines and pastoral care services, available 24/7 to address acute grief episodes.
- d. **Practical Assistance:** Offering help with funeral arrangements, financial counselling, and navigating administrative tasks associated with loss, alleviating some of the practical burdens during a difficult time.
- e. **Spiritual Care:** Providing religious and spiritual guidance for those who seek it, while respecting diverse beliefs and backgrounds.
- f. **Community Outreach:** Utilizing existing church networks to reach and support bereaved individuals in various communities, including rural and remote areas.
- g. **Long-term Support:** Offering ongoing pastoral care and counselling services, recognizing the long-term nature of grief and the need for continued support.

- h. Education and Awareness: Conducting workshops and seminars on grief and bereavement for both the general public and church communities, promoting understanding and compassion.

This model's strength lies in its ability to combine professional mental health services with spiritual care, offering a holistic approach to grief support. Its widespread presence in communities allows for accessible support, particularly in areas where secular services may be limited. The model's flexibility enables it to cater to both religious and non-religious individuals, providing a range of support options to meet diverse needs. However, it's important to note that the effectiveness of this model may vary depending on the specific organization and its resources.

### 5.3 Community-Based Intervention Model

The Community-Based Intervention Model, as described in Nilsen et al.'s systematic review, is a comprehensive approach to preventing childhood injuries, including those related to road safety. This model emphasizes active community involvement and tailored interventions based on local needs and contexts.

Key features of this model include:

- a. Multi-faceted Approach: Combining education, environmental modifications, and legislation to create a holistic injury prevention strategy.
- b. Community Engagement: Actively involving local stakeholders in planning, implementing, and evaluating interventions, fostering a sense of ownership and sustainability.
- c. Targeted Interventions: Focusing on specific injury types (e.g., road traffic injuries) to achieve more measurable results.
- d. Long-term Implementation: Emphasizing sustained efforts over short-term campaigns to create lasting behavioural and environmental changes.
- e. Local Adaptation: Tailoring interventions to suit the unique characteristics and needs of each community, considering factors such as demographics, infrastructure, and cultural norms.
- f. Collaborative Partnerships: Engaging various sectors including health, education, law enforcement, and local government to create a coordinated approach to injury prevention.
- g. Evidence-Based Strategies: Utilizing proven methods while also encouraging innovative, community-specific solutions that address local challenges.
- h. Continuous Evaluation: Implementing robust research methodologies to assess the effectiveness of interventions and make necessary adjustments over time.

This model's strength lies in its ability to create sustainable, community-driven solutions to injury prevention. By involving the community and addressing multiple factors simultaneously, it has shown effectiveness in reducing childhood injuries across

various settings. However, challenges in evaluation and maintaining long-term engagement are noted as potential areas for improvement. The model's flexibility allows for adaptation to different types of injuries, including those related to road trauma, making it potentially valuable for organizations like the Little Blue Dinosaur Foundation in their efforts to prevent child pedestrian injuries and fatalities.

## 6. Best Practices and Recommended Approaches

### 6.1 Key Factors Contributing to Effectiveness

Based on the analysis of the selected grief support models (Comprehensive Grief Support Model, Church-Affiliated Support Model, and Community-Based Intervention Model), several key factors contribute to their effectiveness:

- a. **Holistic Approach:** All three models recognize the complex nature of grief and offer a range of services to address various aspects of bereavement, including emotional, practical, and sometimes spiritual needs.
- b. **Accessibility:** The models prioritize making support easily accessible through multiple channels, including 24/7 helplines, in-person services, and online resources.
- c. **Long-term Support:** Recognizing that grief is not a linear process, these models offer ongoing support that can adapt to changing needs over time.
- d. **Professional Expertise:** Incorporation of trained counsellors and mental health professionals ensures high-quality, evidence-based support.
- e. **Peer Support:** Facilitation of support groups allows bereaved individuals to connect with others who have similar experiences, reducing feelings of isolation.
- f. **Community Engagement:** Particularly in the Community-Based Intervention Model, active involvement of local stakeholders enhances the relevance and sustainability of support services.
- g. **Flexibility:** The ability to tailor support to individual needs, cultural backgrounds, and specific types of loss (e.g., child loss, traumatic loss) increases effectiveness.
- h. **Integration of Services:** Collaboration between different support elements (e.g., counselling, practical assistance, advocacy) provides comprehensive care.
- i. **Evidence-Based Practices:** Utilization of proven therapeutic approaches and continuous evaluation of services ensures ongoing improvement and effectiveness.
- j. **Cultural Sensitivity:** Recognition and respect for diverse cultural and spiritual beliefs about death and mourning enhances the relevance and acceptability of support services.

These factors collectively contribute to creating support systems that are comprehensive, accessible, and responsive to the diverse and evolving needs of bereaved individuals and families.

## 6.2 Challenges and Limitations

Based on the analysis of best practices and recommended approaches in grief support services, several challenges and limitations emerge:

- a. **Resource Constraints:** Providing comprehensive, long-term support requires significant financial and human resources, which can be challenging for many organizations to sustain.
- b. **Geographic Disparities:** Ensuring equitable access to services across urban, rural, and remote areas remains a significant challenge, particularly in a country as vast as Australia.
- c. **Cultural Sensitivity:** Developing culturally appropriate services that cater to Australia's diverse population, including Indigenous communities, can be complex and resource intensive.
- d. **Specialization vs. Generalization:** Balancing the need for specialized services (e.g., for road trauma-related grief) with the provision of general bereavement support can be challenging.
- e. **Measuring Effectiveness:** Evaluating the long-term impact of grief support services is difficult due to the subjective nature of grief and the extended timeframes involved.
- f. **Stigma and Awareness:** Overcoming societal stigma around grief and mental health can hinder individuals from seeking support.
- g. **Technology Integration:** While online resources enhance accessibility, they may not be suitable for all individuals or situations, and maintaining a balance with in-person services can be challenging.
- h. **Volunteer Burnout:** Many support services rely heavily on volunteers, who may experience burnout due to the emotionally demanding nature of grief support work.
- i. **Evolving Needs:** Adapting services to meet the changing needs of bereaved individuals over time requires ongoing assessment and flexibility.

## 7. Potential Impact on Families Affected by Road Trauma

### 7.1 Short-term Support

The potential impact of short-term support on families affected by road trauma is significant and multifaceted. Immediate crisis intervention services, such as 24/7 helplines and emergency counselling, can provide crucial emotional support during the acute phase of grief and shock. These services help families navigate the initial overwhelming emotions and practical challenges following a traumatic loss.

Short-term support often includes assistance with immediate practical needs, such as funeral arrangements and liaising with authorities. This practical help can alleviate some of the burdens families face during an already difficult time. Professional counselling and peer support groups in the early stages can help family members process their grief and trauma, potentially reducing the risk of complicated grief and post-traumatic stress disorder.

Additionally, short-term support can provide families with information about the grief process, helping them understand and normalize their experiences. This psychoeducation can be crucial in preparing families for the long-term journey of grief and recovery ahead, setting the foundation for ongoing healing and adaptation.

## 7.2 Long-term Considerations

The long-term considerations for families affected by road trauma are complex and multifaceted. Ongoing grief support services can play a crucial role in helping families navigate the enduring impact of their loss. These services may include continued access to professional counselling, which can help family members process their grief as it evolves over time and address any emerging mental health issues such as depression or post-traumatic stress disorder.

Support groups can provide a sense of community and understanding, even years after the loss. Long-term practical support, such as financial counselling or career guidance, may be necessary as families adjust to changed circumstances. Educational programs about the long-term grief process can help families understand and normalize their ongoing experiences.

Additionally, services that help families find meaning and purpose after their loss, such as opportunities for advocacy or community involvement in road safety initiatives, can be beneficial. The availability of these long-term support options can significantly impact families' ability to adapt, heal, and find a new normal in the years following a traumatic loss.

# 8. Recommendations for Implementing Grief Support Services

## 8.1 Organizational Considerations

When implementing grief support services, several key organizational considerations should be addressed:

- a. **Staffing:** Ensure a mix of qualified professionals (counsellors, psychologists) and trained volunteers to provide comprehensive support.

- b. **Training:** Implement ongoing training programs for staff and volunteers to maintain high-quality, up-to-date support services.
- c. **Service Diversity:** Offer a range of services (e.g., counselling, support groups, crisis intervention) to meet diverse needs of bereaved individuals.
- d. **Accessibility:** Ensure services are accessible through multiple channels (in-person, phone, online) and across different geographic areas.
- e. **Cultural Competence:** Develop culturally sensitive approaches to support Australia's diverse population.
- f. **Collaboration:** Establish partnerships with healthcare providers, schools, and other community organizations for comprehensive support and referral networks.
- g. **Evaluation:** Implement robust systems for monitoring and evaluating service effectiveness.
- h. **Funding:** Secure sustainable funding sources to maintain long-term service provision.
- i. **Technology Integration:** Utilize appropriate technology to enhance service delivery and reach.
- j. **Ethical Considerations:** Develop clear ethical guidelines for service provision, including confidentiality protocols.

## 8.2 Service Delivery Framework

A comprehensive Service Delivery Framework for implementing grief support services should encompass:

- a. **Multi-channel Approach:** Offer support through various channels including in-person, phone, and online platforms to ensure accessibility.
- b. **Tiered Support System:** Implement a graduated system of support, from initial crisis intervention to long-term counselling and group therapy.
- c. **Customized Care Plans:** Develop individualized support plans tailored to each client's specific needs and circumstances.
- d. **Integrated Services:** Ensure seamless coordination between different support elements (e.g., counselling, practical assistance, support groups).
- e. **Continuous Care:** Provide ongoing support with regular check-ins and adjustable care plans to address evolving needs.
- f. **Cultural Competence:** Incorporate culturally sensitive practices and resources to serve diverse populations effectively.
- g. **Evidence-Based Practices:** Utilize proven therapeutic approaches and interventions based on current research.
- h. **Technology Integration:** Leverage digital tools for service delivery, resource sharing, and client engagement.
- i. **Referral Network:** Establish strong partnerships with other service providers for comprehensive care.

- j. Feedback Mechanism: Implement systems for regular client feedback to continuously improve service delivery.

### 8.3 Collaboration Opportunities

Collaboration opportunities in the field of grief support services, particularly for families affected by road trauma, are numerous and potentially impactful:

- a. Inter-organizational Partnerships: Established organizations like Red Nose and Anglicare could collaborate with specialized road safety groups like Little Blue Dinosaur Foundation to develop targeted support programs.
- b. Healthcare Integration: Partnerships with hospitals and healthcare providers can ensure seamless referrals and continuity of care for bereaved families.
- c. Research Collaborations: Partnerships between support organizations and academic institutions can foster evidence-based practices and ongoing evaluation of services.
- d. Government Liaisons: Collaborating with government agencies can lead to improved policies and funding for grief support services.
- e. Community Outreach: Partnerships with local community organizations can enhance awareness and accessibility of services.
- f. Cross-sector Initiatives: Collaborations between grief support services, road safety organizations, and educational institutions can create comprehensive prevention and support programs.
- g. Technology Partnerships: Collaborating with tech companies can lead to innovative digital support tools and platforms.

These collaborations can leverage diverse expertise and resources, potentially leading to more comprehensive, accessible, and effective support for bereaved families.

### 8.4 Care Support Packages for Bereaved Families

Care support packages aim to provide practical assistance to families dealing with the traumatic loss of a child due to a road traffic accident. These packages typically include various types of vouchers or services to help with immediate needs and daily tasks.

Types of Care Support Packages:

1. Cleaning vouchers
2. Supermarket vouchers
3. Meal delivery services
4. Childcare assistance
5. Transportation vouchers

## 6. Household maintenance services

### Pros of Providing Care Support Vouchers:

1. Immediate practical assistance: Helps families manage daily tasks when overwhelmed by grief.
2. Reduces financial burden: Covers essential expenses during a difficult time.
3. Allows focus on grieving: Frees up mental and emotional energy for the grieving process.
4. Demonstrates community support: Shows tangible care from support organizations.
5. Addresses diverse needs: Different vouchers can cater to various family requirements.

### Cons of Providing Care Support Vouchers:

1. May feel impersonal: Some families might prefer more personalized support.
2. Limited duration: Support is typically short-term and may not address long-term needs.
3. Potential for misuse: Vouchers could be misused or resold if not properly managed.
4. May not address emotional needs: Focuses on practical rather than psychological support.
5. Coordination challenges: Organizing and distributing various types of vouchers can be complex.

### Main Types of Care Support Packages:

1. Essential Services Package: Includes cleaning, grocery, and meal delivery vouchers.
2. Family Support Package: Offers childcare assistance and school supplies for siblings.
3. Home Maintenance Package: Provides vouchers for household repairs and yard work.
4. Transportation Package: Includes fuel vouchers or ride-sharing credits.
5. Self-Care Package: Offers vouchers for counselling services or wellness activities.



Little Blue Dinosaur Foundation could consider implementing such care support packages as part of their comprehensive support for families affected by road trauma.

## 9. Conclusion

In conclusion, this review of grief support services for families affected by road trauma reveals several key findings:

- a. Comprehensive, long-term support is crucial, as grief, especially following traumatic loss, can persist for years.
- b. Multi-faceted approaches combining professional counselling, peer support, and practical assistance are most effective.
- c. Accessibility of services across diverse geographic and cultural contexts is essential, with online platforms playing an increasingly important role.
- d. Specialized services for road trauma-related grief, while limited, show promise in addressing the unique needs of affected families.
- e. Community-based interventions and parental involvement are critical in both prevention and support efforts.

Future directions should focus on:

- a. Developing more specialized support programs for families affected by road trauma.
- b. Enhancing collaboration between grief support organizations and road safety initiatives.
- c. Expanding culturally sensitive services to meet the needs of Australia's diverse population.
- d. Implementing robust evaluation methods to assess the long-term effectiveness of support services.
- e. Increasing public awareness and reducing stigma around grief and mental health support.
- f. Leveraging technology to improve service accessibility and engagement, particularly in remote areas.

These efforts will contribute to more effective, comprehensive support for bereaved families and potentially reduce the incidence of road trauma-related child fatalities.

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## 11. Appendix

### 11.1 List of Identified Grief Support Services in Australia

<https://rednose.org.au/>

<https://www.anglicare.asn.au/>

<https://www.thecompassionatefriendsnsw.org.au/>

<https://www.compassionatefriendsvictoria.org.au/>

<https://compassionatefriendssa.org.au/>

<https://www.compassionatefriendsqld.org.au/>

<https://ambercommunity.org.au/>

<https://www.lifeline.org.au/>

<https://griefline.org.au/>

<https://grief.org.au/>

<https://www.suicidecallbackservice.org.au/>

<https://kidshelpline.com.au/>

<https://www.beyondblue.org.au/>

<https://sidssa.org.au/>

<https://www.solace.org.au/>

<https://nalag.org.au/>

<https://headspace.org.au/>

<https://www.canteen.org.au/>