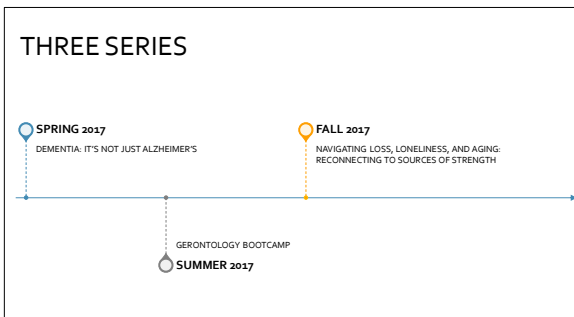




Navigating Loss, Loneliness, and Aging: RECONNECTING TO SOURCES OF STRENGTH

PART 2 – GRIEF AND THE NEW NORMAL

Developed by:
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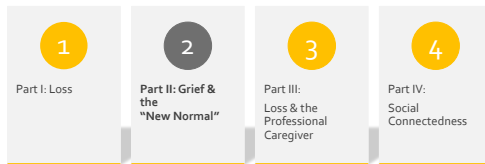



VCU Department of Gerontology
<http://www.sahp.vcu.edu/departments/gerontology/>

Virginia Department for Social Services
www.dss.virginia.gov/

A PROGRAM FOR PROFESSIONAL CAREGIVERS WORKING IN ADULT DAY CARE SETTINGS

A FOUR-PART WEBINAR SERIES



At the end of this series, YOU will have an increased understanding of:

the difference between grief and loss	the areas of life that loss can impact	how to work towards a "new normal"	activities and resources for navigating loss
person-centered care as it relates to loss	the importance of self-care for the professional	the relationship between loss, loneliness, and social isolation	risk factors for loneliness and social isolation
the health consequences of loneliness and social isolation	how loneliness and social isolation impact the body's immune system	the health benefits of social connectedness	activities for enhancing social connectedness

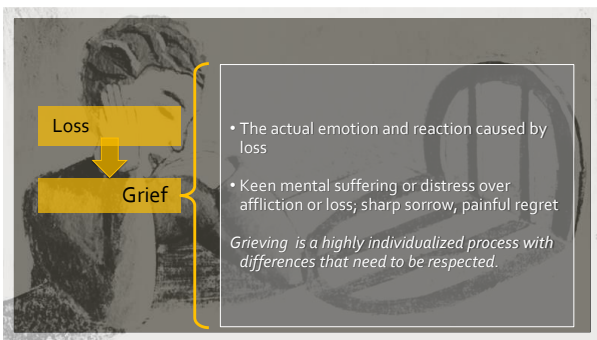
At the end of this webinar, you will have an increased understanding of:

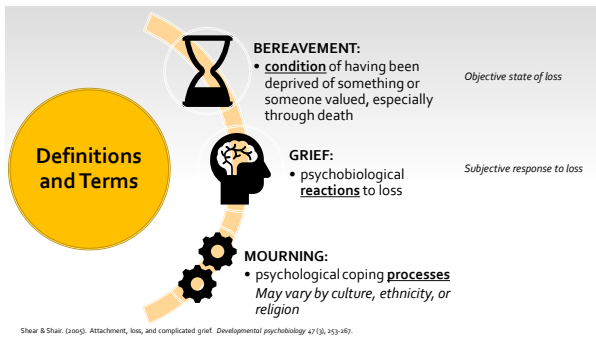
- Grief and the 5 stages of grief
- How grief can present in older adults
- How to work toward a new normal

SESSION 2 Learning Objectives

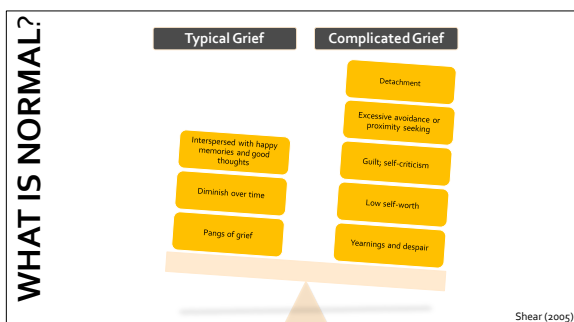














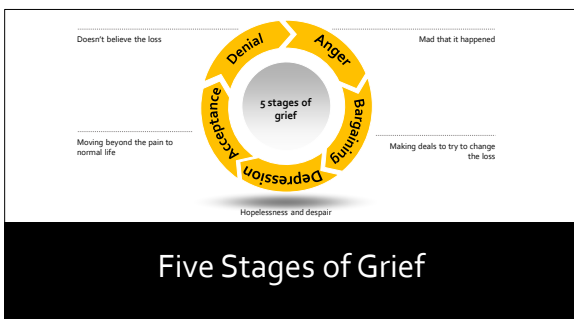




BEST PRACTICE:

Practical Application for Adult Day

- Integrate grief and loss into Plan of Care for participant
- Include participants and family in care plan meeting
- Recognize symptoms of grief and loss
- Provide action plan
- Assign / identify staff to carry out plan
- Follow up



DENIAL	Conscious or unconscious refusal to accept facts, information, reality relating to the situation involved.
ANGER	Used as a coping mechanism to deal with the shock of the loss
BARGAINING	Some people stay in this state although most usually move through it.
DEPRESSION	In some studies, adult children caregivers were found to be more in denial than spousal caregivers.
ACCEPTANCE	<i>(Review case study #2 presented again on next slide and discuss)</i>

Scenario: Dave

Dave, an 85-year-old brilliant, retired physician has spent his career setting up clinics for indigent care and teaching medical students as well as having his own private practice. He now has a heart condition and appears very anxious at times.

He is also beginning to show some slight signs of confusion.

His wife of 60 years has recently died and since living alone he has been calling 911 several times per week at all hours of the day and night complaining of stomach pain.

So far, though, the hospital has not found any conclusive reason for the pain and has not admitted him. His daughter, Nan, the only family member living in the state, lives about 15 minutes away.

He calls Nan several times a day complaining of pain or asking how to operate things (such as the microwave) in his apartment. Each time, Nan answers the phone but becomes short with him, as she is juggling her full time job and 2 young children.

She has been meeting her Dad at the ER each time he calls 911 - any time of day or night. She was beginning to look into long-term care placement when she discovered adult day care.

Now, Dave attends 5 days per week from 7 am until 5:30 pm. When Nan arrives to pick up her Dad she is often very short with the staff and complains about being the only one in the family dealing with him.

She keeps talking about nursing home placement. When staff mentions Dave's confusion, she replies, "Oh, that's just normal aging- he's fine."

DENIAL

ANGER

BARGAINING

DEPRESSION

ACCEPTANCE

In this stage the person may become angry and hostile to those around them

This anger could be directed at God, themselves or others close to them.

Can be a very difficult time for those that care for the individual

Try not to take this anger personally.

DENIAL

ANGER

BARGAINING

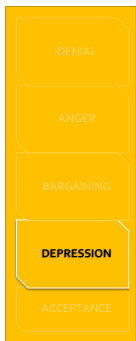
DEPRESSION

ACCEPTANCE

The person may bargain silently with his/her God or higher power to try to regain control of the situation, often making promises.

"If you only will ____, I promise I will ____."

Rarely provides a workable solution.



Natural state of sadness, regret, fear, etc.

Shows the individual has begun to accept reality

Can be misinterpreted as cognitive impairment/dementia in older adults.





In this stage, the individual accepts the new circumstances that came from loss.

Indication that there is emotional detachment and objectivity.

A calm may come over the person as he or she lives out each day.

How to support someone who is grieving

LISTEN
 Let them tell the story over and over. Repetition is part of the healing process.

CARE
 Don't try to have the answers or the perfect thing to say. Tell them you can't imagine what they are experiencing but you care.

BETOLERANT
 Understand that the process may be slow and let them go at their own pace.

VALIDATE
 Give them the freedom to be sad and grieve. Letting go is hard!

CELEBRATE
 As you listen, show you value what they lost.

Support Groups Offer
 Offer topical discussion groups
 Other ideas?


BEST PRACTICE:
 How to Support Grief and Loss in Adult Day

SCENARIO: Eunice

Eunice is a 68 year old female who has been attending the Sunrise Adult Day Center for 10 years. She has a developmental disability and has required assistance her entire life.

She lives with her son, the primary caregiver. Eunice loves attending the center and each morning greets everyone as they arrive. She enjoys helping staff set up activities and is very social. She likes to get hugs from everyone and staff and participants enjoy her sweet disposition. In fact, it feels as though she is the "face" of the center.

One day, Eunice does not show up to the center and it is soon discovered she has died in a car accident. Her son, the driver, was injured but is expected to be okay. Everyone at the center is shocked.





1. What Was Normal Prior to The Loss?

- Relationships
- Employment inside or outside of the home
- Recreation
- Spirituality
- Support
- Caregiving

LOSS

1. What Was Normal Prior to The Loss?

Write about that in a journal or on a tablet.

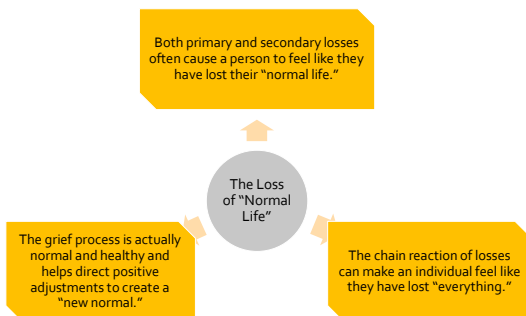
What was normal before your loss is the baseline for your **NEW NORMAL**

LOSS



Best Practice:
REMINISCE

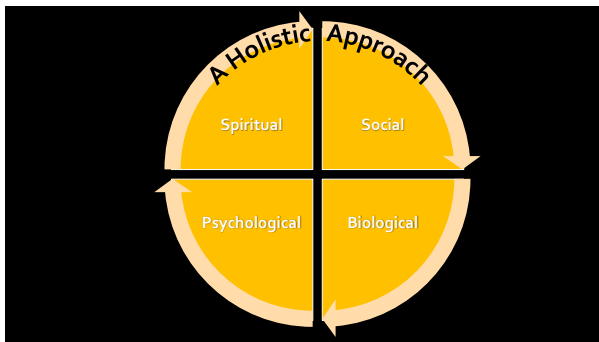
Provide opportunity for
reminiscing



The
NEWNORMAL

The desired outcome of the grieving process is to find a way to move forward by:

- Integrating the loss into one's life
- Creating a new way of thinking and of living within the confines of the loss



Biological



Finding a new normal means addressing biological needs and taking good care of the basics.

Adequate sleep

Hydration

Exercise

Nutrition

Exercise groups

Walks with small group


Balloon volleyball

Parachute

Dance

Opportunity to rest in separate room with recliners


Other ideas?



Best Practice:

Practical Examples for Adult Day Care

Psychological



Finding a **NEW NORMAL** means addressing psychological needs.


Ageism and age-related losses can devalue an older adult's perception of their worth.

Illness and frailty further impacts feelings a lack of value and self-worth.

Our participants desire to maintain personal dignity in the context of their lives not as a "disease process" or their limitations.

We need to focus on the quality of life, identify areas where we can validate their worth.

Psychological



It is important to older adults to have autonomy and to be involved in decision-making regarding their own lives.

This is particularly true in the face of losses that have required dependence on others.

Participation may be actual (such as participating in care plan) or "symbolic."

Facilitates positive coping and may offset feelings of helplessness and hopelessness.

Best Practice:

Practical Examples in Adult Day

Decision making	Empowerment
<ul style="list-style-type: none"> Planning activities together Concurrent programming Offer choices throughout the day 	<ul style="list-style-type: none"> Asking advice Other ideas?

Social

Finding a **NEW NORMAL** means addressing social needs.

Human beings are designed for meaningful relationship, which can be significantly altered through loss.

Abandonment is a fear of aging individuals.

Developing new social connections is important at whatever level is feasible.



Coffee klatch

Encourage participants to help with center chores

Encourage music and dance activities

Encourage small group activity

Small group tables for lunch

Other ideas?

Best Practice:

Practical Examples in Adult Day

Spirituality/Religion



Finding a new normal means addressing spiritual needs.

It can be a significant source of coping and strength.

Source of transforming hopelessness into hope and meaning.

Individual's spiritual struggle and reexamination of belief systems can look like unbelief.

Transcendence - the boundaries of the ordinary physical human existence. (*Trans – over, Scendere – climb*)

Bible study groups

Meditation or yoga groups

Nature groups

Discussion group topics

Best Practice:

Practical Examples in Adult Day

HELPFUL MESSAGES

- **Validate**
 - "I know she meant so much to you"; I can see you are really upset
- **Reminisce**
 - "Tell me more about your Mom"; "Do you have any photos of her?"
- **Reassure**
 - There is no time-line for grieving, we all grieve at our own pace
- **Show you care**
 - She sounds like an amazing person

UNHELPFUL MESSAGES

- **Minimizing the loss that has been experienced**
 - "Oh, it's okay that you can't drive anymore. Someone will take you."
 - "Your husband is in a better place."
- **Communicating that the grief response is too strong or not appropriate**
 - "Please don't keep crying. It's upsetting the others."
- **Suggestions that it's time to "move on"**
 - "Your mother wouldn't want you to continue to be sad."

**WHAT CAN YOUR
CENTER DO
TO PROMOTE**

**MENTAL
HEALTH?**

**CASE STUDY
#2**

*Dave and Nan
revisited:*

**ACTION
PLAN**

Using the information about Dave and Nan and what you have learned this course, answer the questions on the handout to create an action plan for supporting Dave and Nan through loss, grief, and finding a new normal.

**Family and Peer
Community Support**

- National Alliance on Mental Illness (NAMI)
- Mental Health America
- Faith-based Groups
- Private Mental Health Practices
- Hospitals
- Community Mental Health Agencies
- Online communities/organizations

Educational Classes

Support Groups

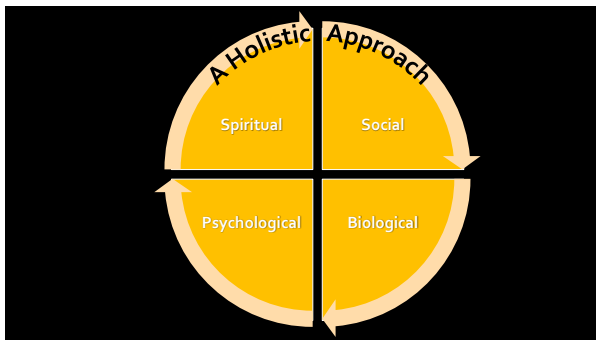
Coping Skills

Links to Resources

Advocacy

5 Stages of grief: Review

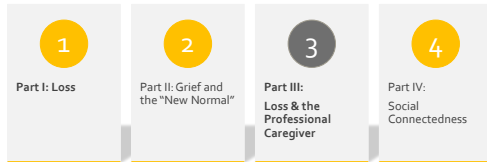






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Review parts 3 and 4



THANK YOU
