

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

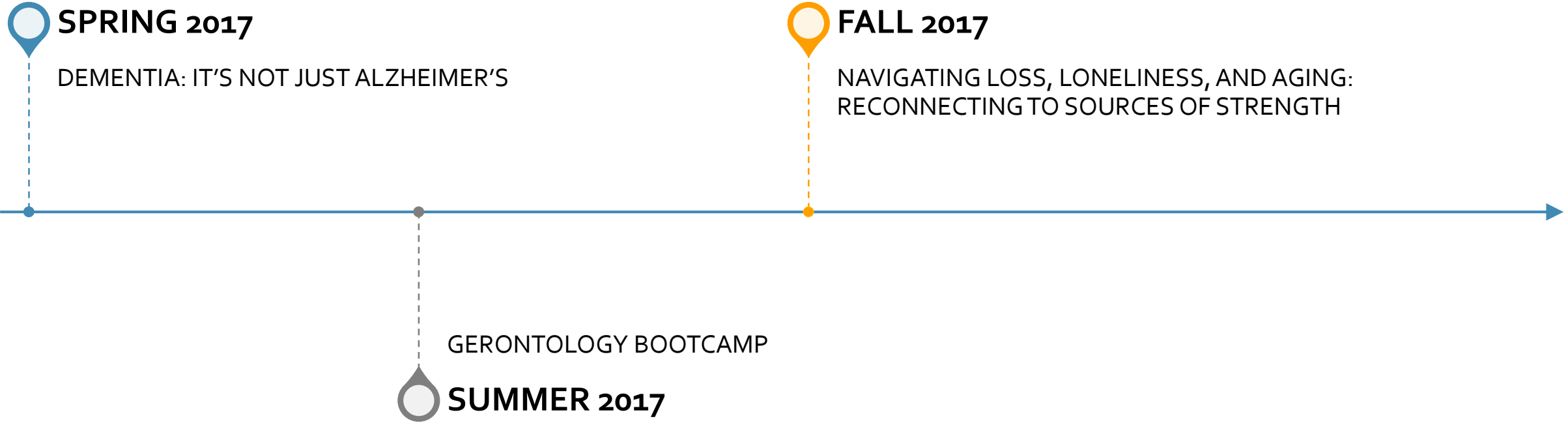
PART 1 - LOSS

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November 2017

THREE SERIES





VCU Department of Gerontology

<http://www.sahp.vcu.edu/departments/gerontology/>



Virginia Department for Social Services

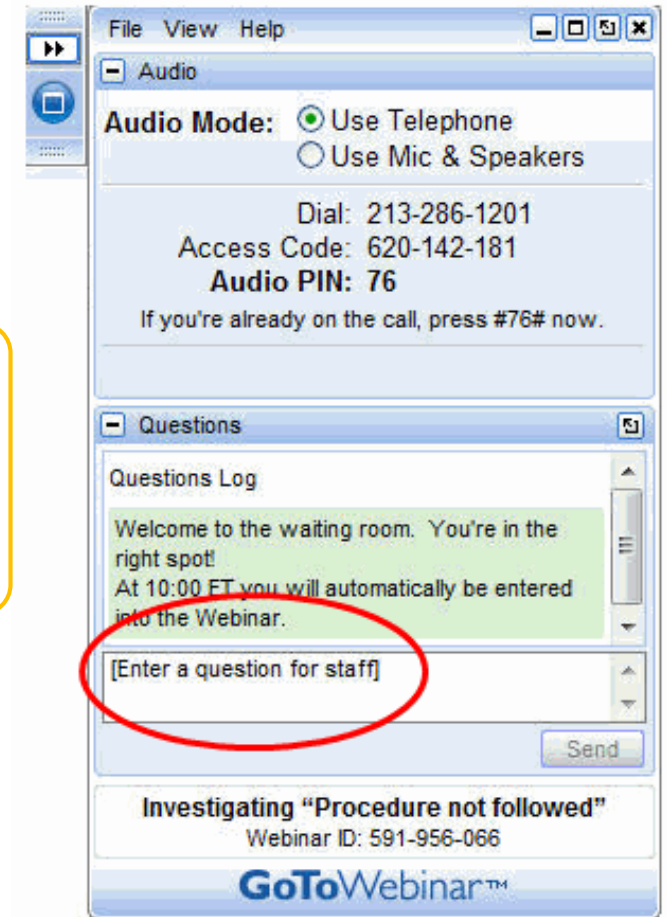
www.dss.virginia.gov/

HOUSEKEEPING

"Certificates of Attendance" will be made available upon completion of **all four parts of this series** – to receive your certificate, you will have to complete a certificate request form and final evaluation. Additional information is on the series' website.

QUESTIONS CAN BE POSTED AT ALL TIMES by using the webinar control panel's "QUESTIONS" TAB

THE SESSION WILL BE INTERACTIVE so be prepared to enter your responses in the questions tab of your control panel.



A PROGRAM FOR PROFESSIONAL CAREGIVERS WORKING IN ADULT DAY CARE SETTINGS

A FOUR-PART WEBINAR SERIES

1

Part I: Loss

LIVE

2

Part II: Grief and
the "New Normal"

RECORDED

3

Part III:
Loss & the
Professional
Caregiver

RECORDED

4

Part IV:
Social
Connectedness

RECORDED

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**

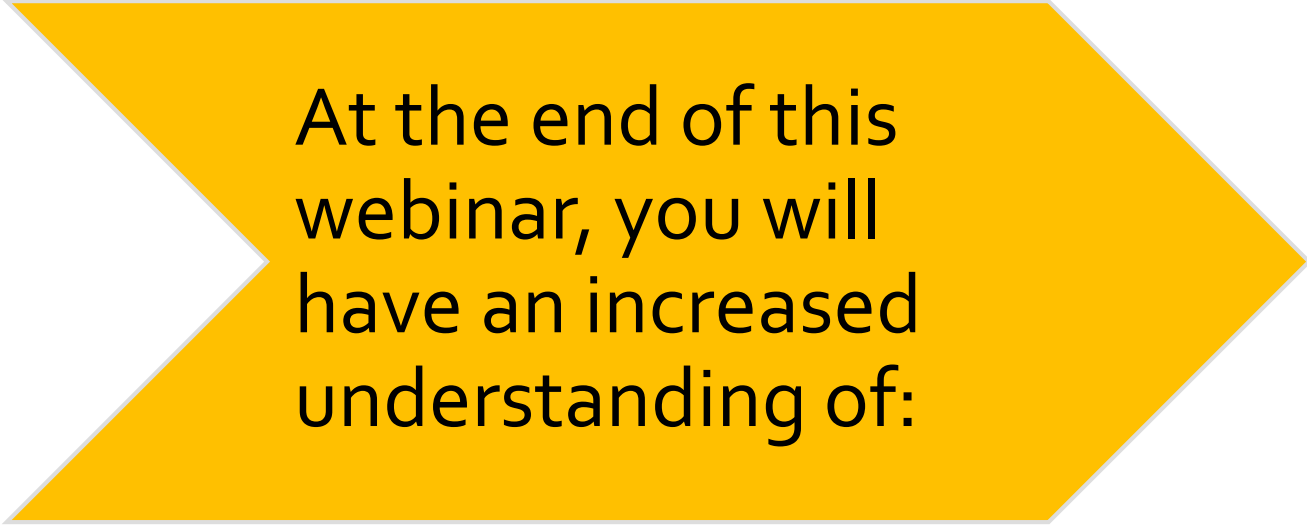
risk factors for
loneliness and
social isolation

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:

- the difference between **grief** and **loss**
- the areas of life that **loss** can **influence**
- person-centered care as it relates to loss
- how people experience **primary and secondary loss**
- how loss influences participants, family members, and staff
- how to work towards a "new normal"

SESSION 1

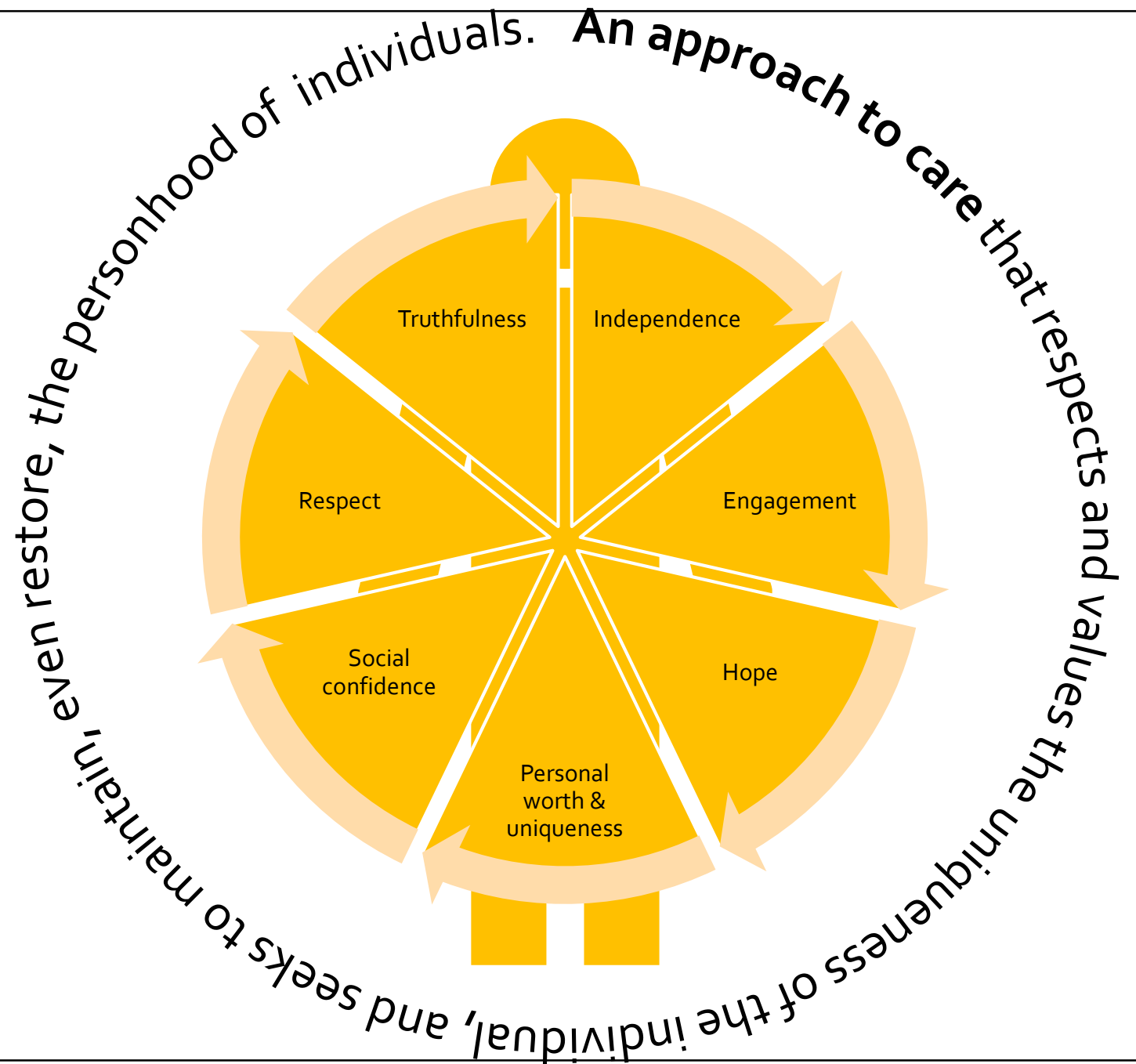
Learning Objectives

A wooden Adirondack chair sits on a wooden dock, facing a calm lake. In the background, there are green, forested mountains under a cloudy sky. The text 'INHALE' is overlaid in large, white, bold letters with a blue outline, and 'EXHALE' is overlaid below it in similar style but with a lighter blue outline. Both words have a reflection effect below them.

INHALE

EXHALE

What is
person-
centered care?



Person-Centered Care

Care is **driven by the care recipient** and supported by the care professional.

Fosters **optimal aging** for the individual

Recognizes the **individuality** of each person

Avoids paternalism



Holistic Approach

A holistic approach simply means looking at the individual as a whole person rather than focusing on the disease.

A Holistic

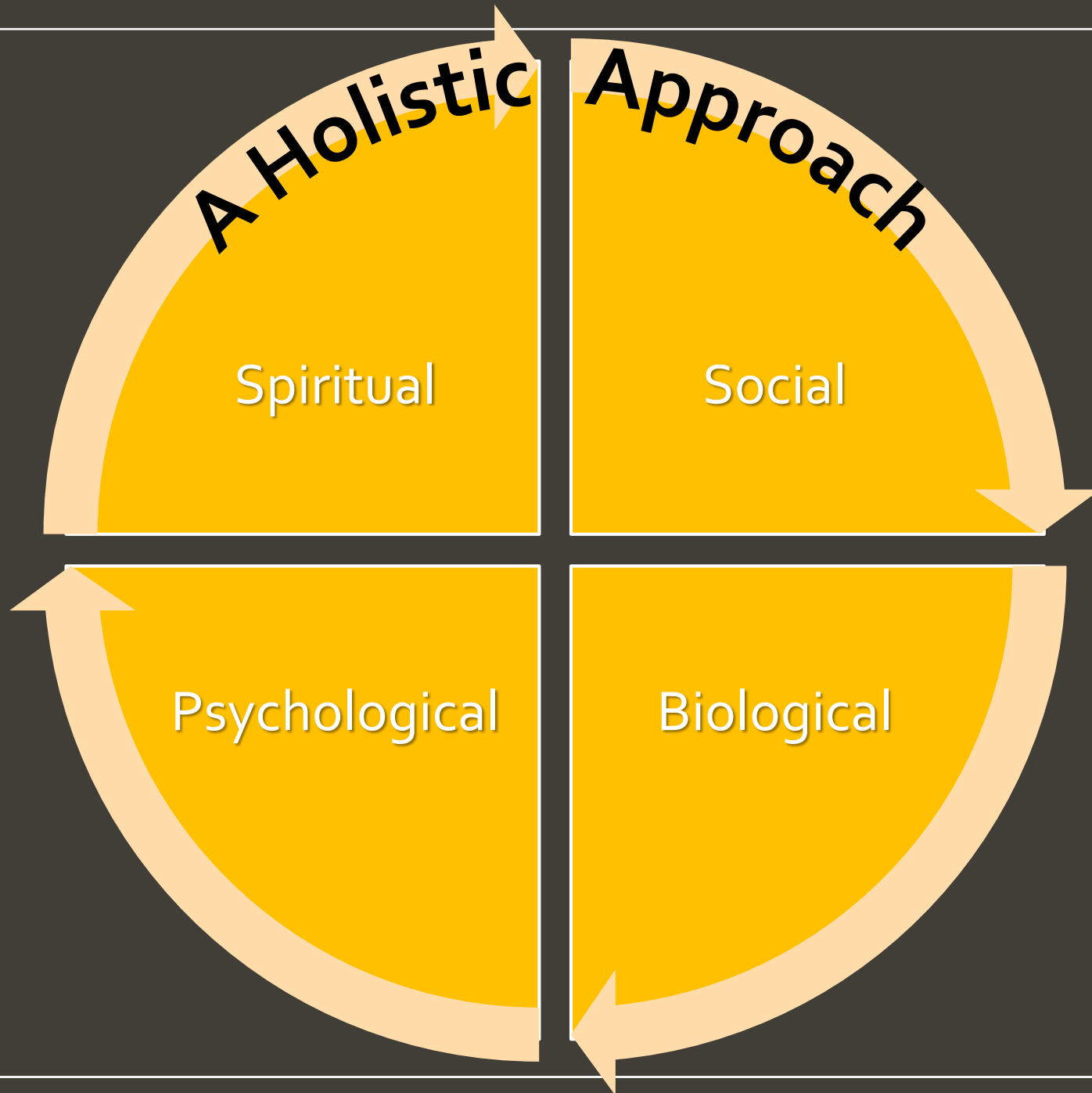
Approach

Spiritual

Social

Psychological

Biological





A dark, moody photograph of a person's head and shoulders, with the word "LOSS" overlaid in white text. The person's head is bowed, and their hand is visible near their face, suggesting a state of grief or contemplation. The lighting is low, creating a somber and intimate atmosphere. The word "LOSS" is centered in a bold, white, sans-serif font.

LOSS

*Failure to keep or
to continue to
have something*

*The experience of
having something
taken from you or
destroyed*

*Loss is not just
related to death
of a spouse or
loved one.*

*It can also be
related to the loss
of independence,
loss of home and
familiar
surroundings and
valued activities.*

www.merriam-webster.com

What is Loss?

1

PRIMARY LOSS

The initial event of having something taken



2

SECONDARY LOSS

Losses that occur as a result of a primary event

- Secondary losses are not necessarily any less intense or painful than the primary loss.

Primary Loss vs. Secondary Loss

1

Primary Loss

- Parkinson's Diagnosis



2

Secondary Losses

- Mobility
- Cognition
- Functional Ability

Primary Loss vs. Secondary Loss

1

Primary Loss

- Loss of a spouse



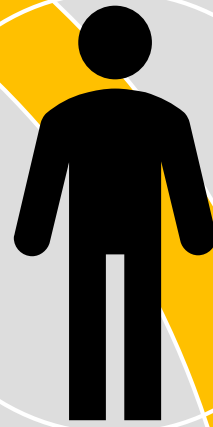
2

Secondary Losses

- Companionship/Love
- Financial Security
- Future plans
- Social Role

Primary Loss vs. Secondary Loss

Who Do We
Encounter
that
Experience
Loss?



Participants



Family/Caregivers



Staff/Coworkers



Primary Loss
experienced
by
Participants

What kind of **primary losses** do our participants experience?

Mobility

Cognition

Respiratory
function

Spouse/Loved
One

Other
participants

CONTRIBUTE: 

What are some **secondary losses** that our participants may experience?

Please use the Questions tab of your webinar's control panel to enter your answers.



Secondary Loss
experienced
by
Participants

Secondary losses:

Relationship –
such as
friendships

Social Role –
such as role in
the family

Life roles –
such as
occupation

**Functional
Ability**

**Financial
Security**

Independence

**Support
Systems**

**Hopes and
Dreams/Plans
for Future**

What kind of **primary losses** do our families experience?



Primary Losses
experienced by
Families/
Caregivers

Health status
of loved one

Responsibilities
of caregiving

CONTRIBUTE: 

What are some **secondary losses** that our Families/Caregivers may experience?

Please use the Questions tab of your webinar's control panel to enter your answers.



Secondary Losses experienced by Families/ Caregivers

Secondary losses for families/caregivers:

Relationship

Financial

Social Role

Demands
required by
caregiving

Independence

Support
Systems

Hopes and
Dreams/Plans
for Future

Who is experiencing loss of:

Independence

Control

Future as they
had imagined
it

Financial
security

The
relationship as
it *had been*

Freedom

Sleep

Family
harmony

Someone to
share in chores
and tasks

Someone to
talk things over
with

Possible
Loss

EXPERIENCING SECONDARY LOSSES:

PARTICIPANT



Independence
Control
Future
Financial
Relationship
Freedom
Sleep
Family harmony

CAREGIVER



Independence
Control
Future
Financial
Relationship
Freedom
Sleep
Family harmony
Loss in sharing of chores
Someone to talk things over with



Scenario: Barb

Barb Smith, a 72 year old female is a wife, mother and grandmother experiencing a diagnosis of Alzheimer's disease.

She and her husband were once an active and traveling couple, but things are now completely different. Mr. Smith (Bob) says that a few years ago Barb had bypass heart surgery, and he started to notice a decline in her.

He feels this was the time when her memory started to deteriorate; "one day she was soaking the plump vegetables from the garden, somehow her mind got off the track, and she left the water running in the sink until it overflowed and leaked into the downstairs ceiling."

Mr. Smith says, "We laughed about these things at the time, but soon they became more disturbing."

And then Barb began to lose interest in all those things she had loved to do: gardening, sewing, and cooking.

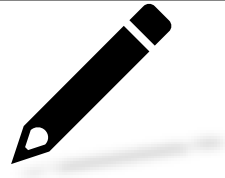
Bob says, "The wife, mother, and grandma that had been so creative and in control started to fade away."

As the disease progressed, Barb was requiring more and more caregiving, and becoming completely dependent on Bob for many activities of daily living. Bob was becoming tired.

Three days per week, Bob drives Barb to the adult day center. He usually stays for the first hour to be sure she is settled in, and then he comes back to join her for lunch.

At the end of the day, he is always interested in hearing a report from staff regarding his wife's activity participation and socialization.

CONTRIBUTE:



BARB

PRIMARY LOSS

- Cognition
- Mobility

SECONDARY LOSS

- Gardening and cooking on her own
- Future travel plans with Bob
- Social role

BOB

PRIMARY LOSS

- Barb's health status
- Energy and time

SECONDARY LOSS

- Relationship with Barb
- Future travel plans with Barb
- Social role/loss of independence
- Financial loss due to health care

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."

CONTRIBUTE:



DAVE

PRIMARY LOSS

- Cognition
- Loss of spouse
- Health

SECONDARY LOSS

- Functional ability
- Social role

NAN

PRIMARY LOSS

- Mother
- Energy and time

SECONDARY LOSS

- Relationships with parents
- Social role/loss of independence
- Support systems
- Plans for the future



Primary Losses
experienced by
Staff/
Co-workers

What kind of **primary losses** do our staff experience?



Participant

- decline in health status, move or death



Family Caregivers

- transition, move or death



Coworkers

- transition, move or death



Personal issues

- divorce, death etc.



Secondary Losses experienced by Staff/ Co-workers

Secondary losses

The emotions of watching participants decline

The support of encouraging family members

The comfort of working with an established team

Cumulative effect of multiple losses

Managing our own personal losses in our work environment

Scenario: Crystal

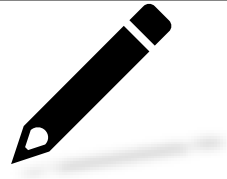
Crystal was a healthcare professional at a local adult day center.

She had worked as a nurse at the center for nearly 20 years and was well liked by family, staff, and participants. She was often the first person to meet families, as she was responsible for completing the initial intake.

She was also responsible for scheduling staff shifts and leading staff meetings.

Crystal passed away suddenly: The staff rallied. They cooked food and shared a meal, and they created an award in her honor.

CONTRIBUTE:



STAFF

PRIMARY LOSS

- Crystal's death

SECONDARY LOSS

- Loss of leadership, companion, friendship, team

A Holistic Look at Loss

Most of our participants are coming to us with a health loss but it impacts their “whole” person



Psychological/
Cognition



Biological



Spiritual



Social



HOLISTIC LOOK AT LOSS

Biological

- Not enough energy to participate in enjoyable activities
- Mobility issues that require dependence on other

Psychological

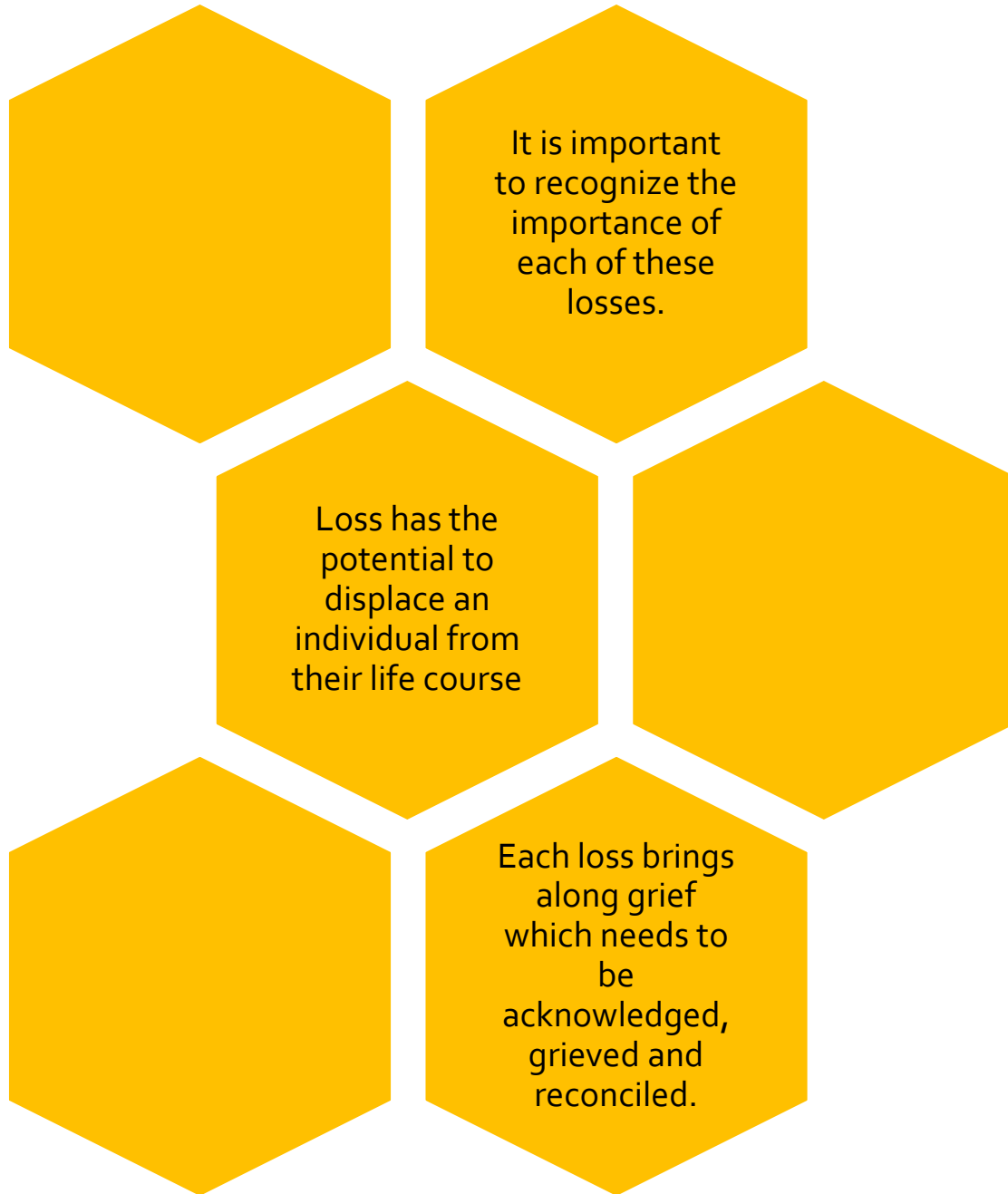
- Identity
- Self-perception
- Meaning

Social

- Loss of social or professional role
- Isolation and limited contact with the outside world
- Concern about value to others

Spiritual

- Ability to participate in the faith community

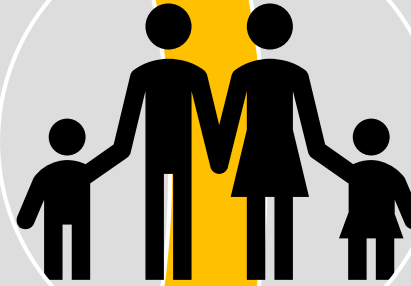


The Impact of Loss

Who
Experiences
Loss?



Participants



Family/Caregivers



Staff/Coworkers

SESSION REVIEW

Person-centered

- Holistic
- Biological
- Psychological
- Social
- Spiritual

Primary Loss

- Mobility
- Cognition
- Spouse/Loved One
- Health status

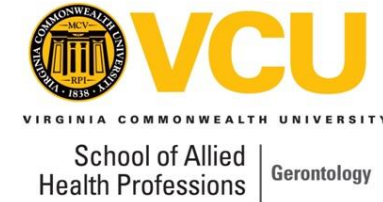
Secondary Loss

- Loss of social or professional role
- Social Contact
- Independence
- Function

Impact of Loss

- Holistic
- Biological
- Psychological
- Social
- Spiritual





- Phone: (804) 828-1565
- Website: <http://www.sahp.vcu.edu/gerontology/>
- Email: agingstudies@vcu.edu

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Webinar series recording/slides/handouts: www.worldeventsforum.com/vcugerontology

Review parts 2, 3 and 4

1

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2

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