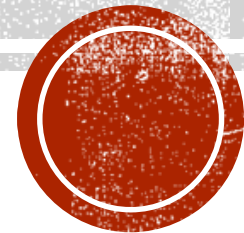


# MANAGING LOSS AND GRIEF

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## **Disclosures**

This PowerPoint was Compiled for SC Huntington's Disease Affiliate's and Center of Excellence's Online Support Group using multiple resources including the Mayo Clinic, and Harvard Health

# OBJECTIVES

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## Unpack Key Terms

- Loss
- Grief
- Impact

## Discuss Tips for Coping



# WHAT IS LOSS?

The **FACT** or **PROCESS** of losing something or someone

- Loss of a physical and/or cognitive ability
- Losing independence (loss of home)
- Illness/loss of health
- Loss of roles within the family
- Loss of financial security
- Serious illness of a loved one
- Relationship breakup
- Death of a pet
- Change of job
- Move to a new home
- Graduation from school
- Loss of a close friend
- Death of a partner, family member, friend, colleague



# **AMBIGUOUS LOSS**

- **Ambiguous loss is the confusing feeling of interacting with someone who is not fully present mentally or socially, as often happens to family caregivers who are closely involved with a person living with dementia or in this case, Huntington's Disease**

# WHAT IS GRIEF?

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A natural reaction to YOUR loss (losing someone or something that's important to you)

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Experiencing a feeling of deep sorrow on one end of the continuum to trouble or annoyance on the other

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Individual experiences of grief vary and are influenced by the nature of the loss

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Mourning can last for months or years

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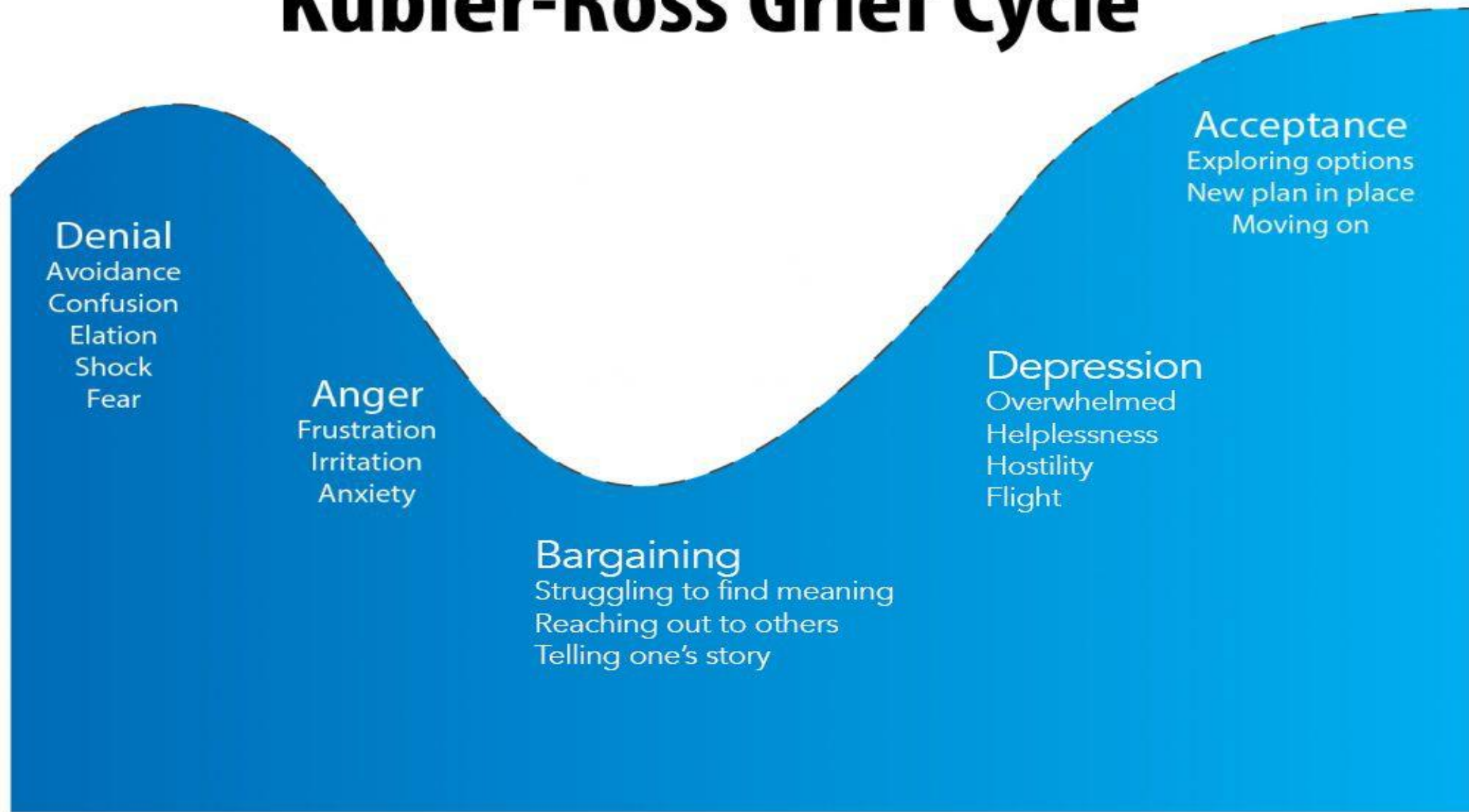


# ANTICIPATORY GRIEF

- Anticipatory grief is the emotional pain and sadness that arises in advance of an expectant loss or death.”



# Kübler-Ross Grief Cycle



Information and  
Communication

Emotional  
Support

Guidance and  
Direction



# IMPACT OF GRIEVING A LOSS

- Must accept YOU can't control the process and must prepare for varying stages of grief
- Feel lethargic; Overall lack of energy
- May have a desire to sleep too much or experience insomnia
- May not experience the same pleasure from interacting with others and withdraw socially
- May have crying episodes, etc.
- If prone to depression or anxiety, may exacerbate those symptoms.





# GRIEF AND LOSS SIGNIFICANTLY IMPACTS FAMILY FUNCTIONING

- Loss can mimic the feel of a roller coaster, you may feel fine one moment but then at the same time you may feel like you are walking on egg shells as a result of changes to your loved one's personality,
- Family dynamics may feel constrained because roles may change, limiting forward movement

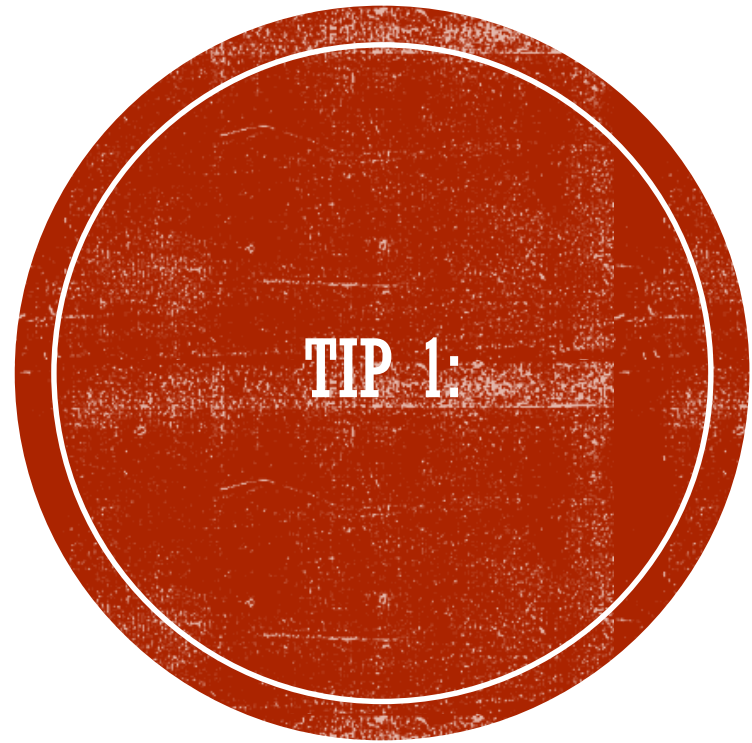


# IMPACT ON CAREGIVER

Depending on your situation, impact can manifest in several different ways

- Studies consistently report higher levels of depressive symptoms and mental health problems among caregivers than among their noncaregiving peers.
- Increased anxiety and frustration
- Some 16% of caregivers feel emotionally strained and 26% say taking care of the care recipient is hard on them emotionally. An additional 13% of caregivers feel frustrated with the lack of progress made with the care recipient.
- Caregivers have an increased risk of heart disease.
- Caregivers have lower levels of self-care.
- Increased lack of energy
- Withdrawal socially and from activities





**Acknowledge  
the grief and  
pain of the loss.**



**Remember that  
the present  
doesn't override  
the past.**



**Understand that  
the illness isn't  
the person.**



- **Accept comfort and support from others.**



- **Develop A Self-Care Plan**

**WHAT THINGS CAN YOU DO?**

