What’s the Connection Between Change and Grief?
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Author of Caregiving for the GENIUS
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Program Title and Description
What’s the Connection Between Change and Grief?
The diagnosis of a specific type of dementia, or any other serious illness, presents a formidable challenge for the person with the diagnosis as well as family members and friends. In addition to the obvious logistical, practical, cognitive, and physiological challenges, we are challenged to deal with the endless changes precipitated by the diagnosis and subsequent progression of the disease. Furthermore, with every change—large or small—we will experience a sense of loss that initiates a grief response. By understanding the connection between change and grief, we’ll recognize the importance of grieving our losses in the aftermath of change. Becoming change and grief savvy serves us well.

Biographical Information
Jane W. Barton, author of Caregiving for the GENIUS, is a passionate speaker, writer, and listener. As the founder of Cardinal, LLC, she provides educational programs, books, and blogs to assist people in confronting the daunting challenges posed by aging, serious illness, and the end of life. Jane is well versed in the areas of grief and bereavement, caregiving, hospice and palliative care, change and transition, and spirituality and health. She presents innovative, transformational programs to community members, healthcare providers, pastoral caregivers, clergy, funeral service providers, and national audiences. As the Caregiving Ambassador for AARP Colorado (2014-2017), she offers educational programs for personal and professional caregivers throughout the state of Colorado.

Previously, Jane served as Director of Education for a hospice and palliative care educational institution in Denver, Colorado. She has also served as a chaplain and bereavement facilitator in hospice and palliative care. Jane is a certified Spiritual Director as well as a Certified Senior Advisor. In a former life, she worked as a financial services representative and an exploration petroleum geologist and manager.

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Learning Objectives:
1. Explore the relationship between change and grief
2. Examine the process of change
3. Consider what we have to lose
4. Highlight the need to mourn our losses

Quotes:
The only constant in life is Change!

“No one ever told me that grief felt so like fear.”
C. S. Lewis, 1961.

“Grief is how we feel about loss. Mourning is what we do about loss.”
Barton, 2013.

Remember How to Mourn:
• See the loss
• Speak the loss
• Sit with the loss
• Share the loss
• Spiritualize the loss
• Synthesize the loss

A Prayer from St. Therese of Lisieux (Personalized by Jane W. Barton)
Today, may there be peace within.
May I trust you that I am exactly where I am meant to be.
Let me not forget the infinite possibilities born of my faith in you.
May I use the gifts you’ve given me.
May I share the love I receive.
May I be content knowing I am your child.
I ask that your presence settle into my bones allowing my soul the freedom to sing and dance and praise and love.
The opportunity awaits...may I embrace this day!
Amen

Resources:
AARP Caregiving Resource Center: www.aarp.org/home-family/caregiving
AARP Caregiver’s Cairn - A Blog for Caregivers and Care Receivers http://states.aarp.org/janes-caregiving-cairn/
AARP Caregiving Resource Center: http://www.aarp.org/home-family/caregiving/


Cardinal, LLC: www.Cardinalife.com

CAREConnection: https://careconnection.aarp.org/en/home.html

Colorado Respite Coalition: http://www.coloradorespitecoalition.org/


Kegan, Robert. 2009. *Immunity to Change*.


