

Supporting Grief with Dignity in Families Affected by Dementia

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Goal & Agenda

Provide a framework for care teams to understand and support the unique grief needs of individuals in a family system affected by dementia.

Personal Introductions

An Introduction to Grief

Supporting Grief

Summary of Concepts



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Bryce Woyak, Chaplain



Master of Divinity with concentration in
Pastoral Counseling and Chaplaincy
Board Certified Chaplain (BCC)
Worked in acute care for 4 years
Working in hospice for 3 years

Stephanie Lawton, RN

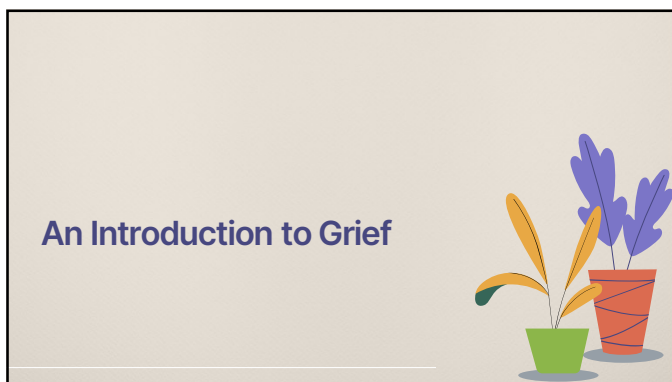


15 years as a registered nurse
Experience in emergency medicine,
NICU, pediatrics, and medflight
Working in hospice and hospice
management for 5 years

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Grief

Grief is the natural response to anticipating and experiencing loss or change in our lives.

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Grief

Grief is the natural response to anticipating and experiencing loss or change in our lives.

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Types of Grief

Anticipatory

- The grief that people experience before a loss or change.

Ambiguous

- The grief that people experience when a loss or change lacks a clear ending.

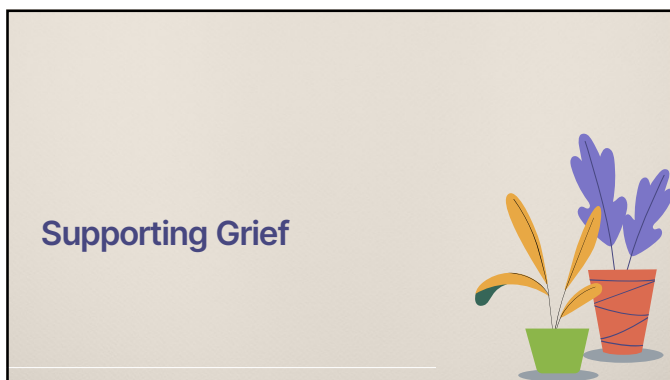
Disenfranchised

- The grief the people experience that is not recognized or acknowledged by others

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Don't's	Do's
Assume everyone is grieving the same	Treat everyone one in the family as having unique grief needs
Be prescriptive about the plan of care	Explore choices, especially regarding how the family wants to operate.
Sugar coat or catastrophize	Explore long-term goals and short-term survival strategies

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<p>Don't assume everyone is grieving the same.</p> <p>Do treat everyone in the family as having unique grief needs.</p>

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Bryce's Grief Support Philosophy

I can't change what is happening, but I can work to make it less lonely.

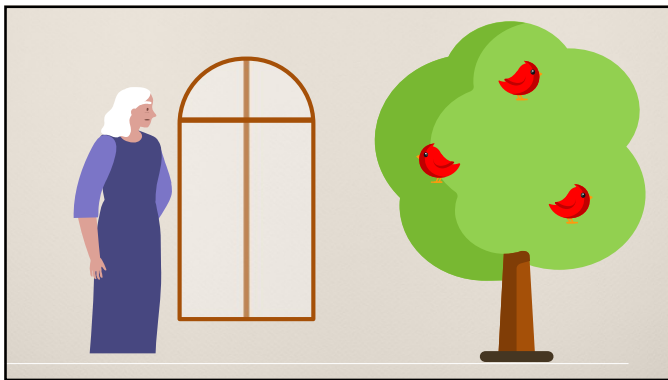
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Bryce's Grief Support Philosophy

Paradoxically, helping griever feel less lonely starts with the assumption that their experience is unique.

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How are you doing with your mom's changes?

Can you tell me about your mom?

I wonder how your mom's changes are affecting you.

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Don't be prescriptive about the plan of care.

Do explore choices, especially regarding how the family wants to operate.

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Stephanie's Take on Informed Choices

When a family member becomes a caregiver, it changes their relationships in the family.

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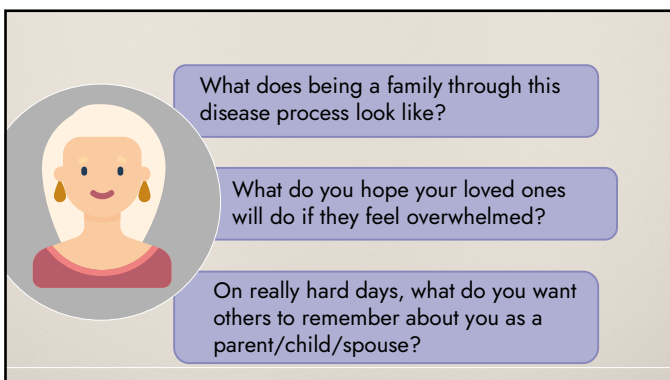
Stephanie's Take on Informed Choices

Exploring and supporting choices in family's roles can clarify goals and preserve relationships.

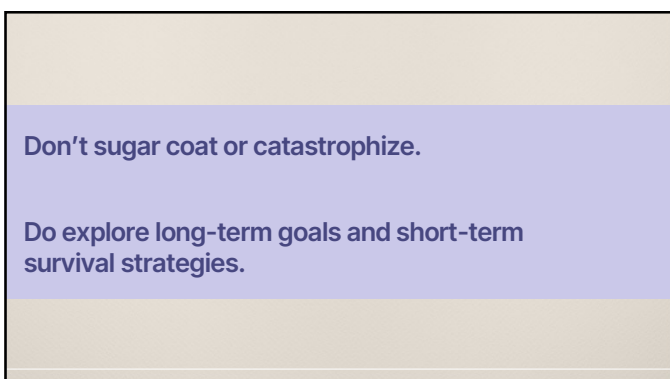
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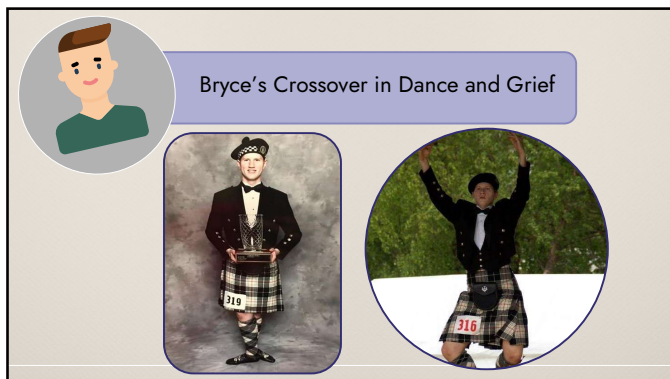
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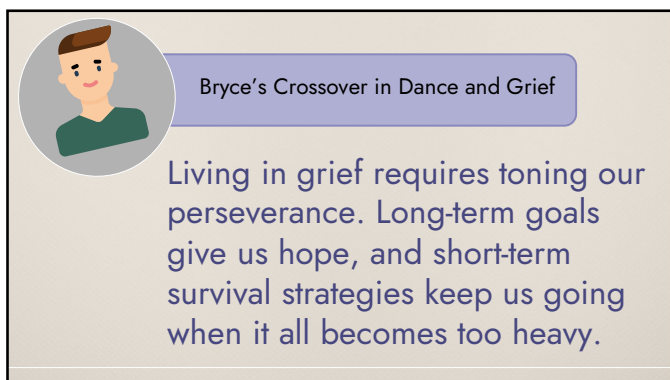
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Bryce's Crossover in Dance and Grief

The slide features a circular portrait of a man with brown hair and a green shirt. Below it are two circular images: the left one shows a man in a black jacket, white shirt, and black bow tie, holding a trophy, with the number 319 on his kilt; the right one shows a man in a black jacket, white shirt, and black bow tie, with his arms raised in a celebratory gesture, with the number 316 on his kilt.

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Bryce's Crossover in Dance and Grief

Living in grief requires toning our perseverance. Long-term goals give us hope, and short-term survival strategies keep us going when it all becomes too heavy.

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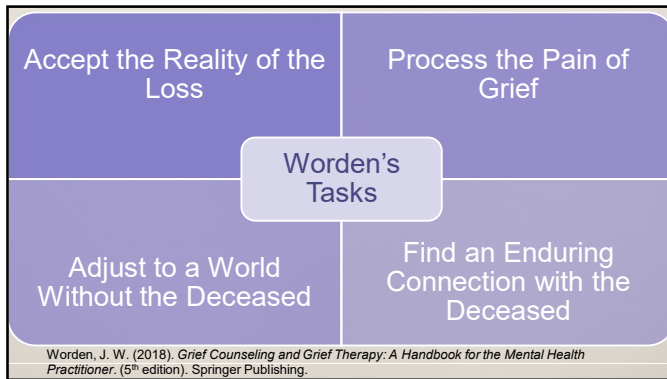


Long-Term Goal

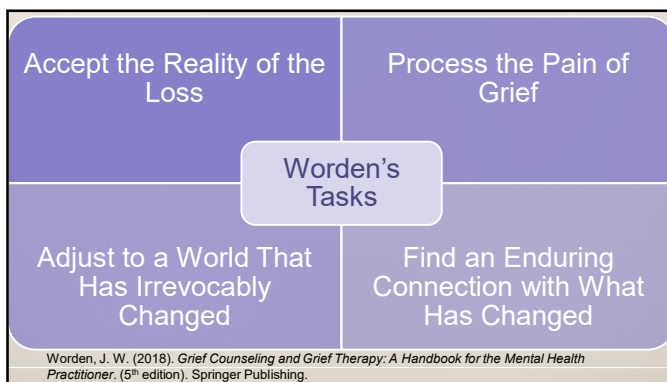
Metabolizing

Grief is a process of receiving input, digesting what we have received, and integrating these experiences into our lives.

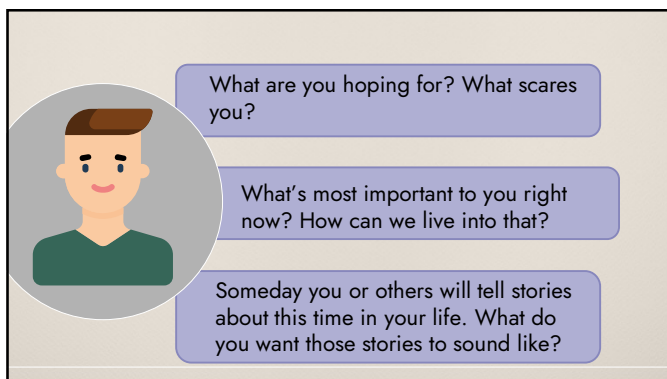
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Short-Term Goal

Survive

"You can't heal someone's pain by trying to take it away from them. You can't gloss over pain as though it were in the way of some 'better' life. That grief is painful doesn't make it wrong. Pain is a normal and healthy response to loss. The way to survive grief is by allowing pain to exist, not in trying to cover it up or rush through it."

Devine, M. (2017). *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand*. Sounds True. P. 87.

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Surviving Impossible Times



Megan Devine
@refugeingrief

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When this gets overwhelming, what is one thing you can do?

When this gets heavy, who can help you with caretaking?

When this gets heavy, who can help you take care of yourself?

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Summary of Concepts



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Grief starts before death

• Anticipating loss and living through change are valid griefs that deserve to be supported.

Each person in a family grieves differently

• What supports one person in grief may distress another.

Informed choices in family roles can preserve relationships

• Acknowledge when the family dynamic is likely to change and discuss hopes, expectations, and boundaries in family roles.

Long-term goals provide hope

• Identifying value-based goals can give flexibility to a hopeful future.

When grief is overwhelming, survive

• Identify survival strategies for moments when grief gets too heavy to hold.

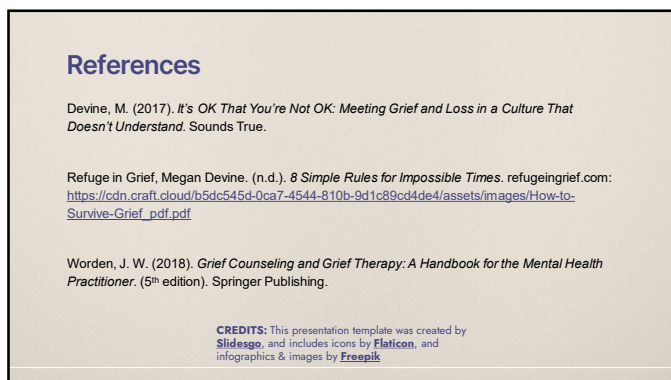
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Have these
conversations
EARLY &
OFTEN

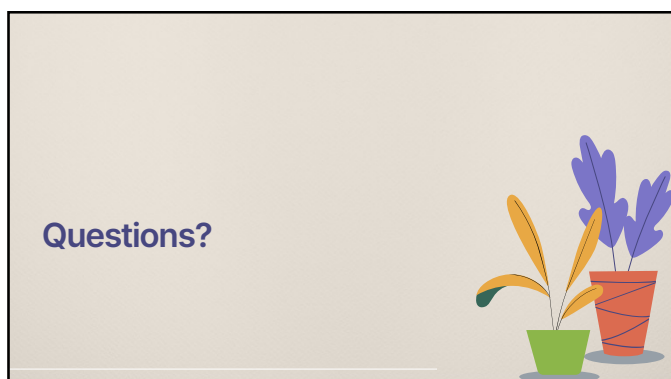
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