



# What we can Learn about Loss from Seniors

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# What Studies Show

1. Most Successfully Grieve
2. More Long Term Grief and Depression in Loss of Spouse or Child

# COMPLICATED GRIEF

Is a persistent form of intense grief in which maladaptive thoughts and behaviors are present.

Yearning, sadness and preoccupation for the person who died continue to dominate life, causing the individual to lose functionality and feel hopeless.



# SENIORS AND SUDDEN LOSS

1

**Shock Lasts Longer**

2

**Difficultly Processing**

3

**Cognitive Impairment**

4

**Anger**

5

**Physical Symptoms**

# TOOLS

## Extended Shock

- Short non-judgmental explanations

## Processing

- Let them talk even if it seems like rambling

## Help with Cognition

- Computer brain exercises
- Word games

- The arts help
- Look at pictures
- Books, Movies & TV shows

## Anger

- Let them vent
- Validate
- Physical Activity

# SENIORS AND LENGTHY ANTICIPATED LOSS

1

**Altered  
Daily  
Routine**

2

**Loss of  
Purpose**

3

**Confused &  
Hopeless**

4

**Guilt**

5

**Self Neglect**

# TOOLS

## Altered Routines

- Talk about new Routines
- Write out the new Routines

## Sense of Purpose

- Volunteer work
- Other family needs
- A Pet
- Activities with friends

## Confused & Hopeless

- Sticky notes & Lists
- Help learn phone reminders
- Daily planner
- Discuss spiritual beliefs
- Get them out in nature

# TOOLS

## Guilt

- What was your motivation
- The facts about COVID
- Intervention and Trauma Work

## Self Neglect

### (Ask these questions)

- What would your loved one say to you?
- How would you treat your friend who went through this loss?
- Make a pact about how often to bath, eat etc. Do you have someone who can check in on you?



# COVID GRIEF

- ❑ LOSS OF SUPPORT GROUPS
- ❑ HOLIDAYS TURNED UPSIDE DOWN
- ❑ LONELINESS & ISOLATION
- ❑ END OF LIFE



# TAKE CARE OF YOU



- Eat nutritionally
- Drink plenty of water
- Sleep if you can – Rest when you can't
- Talk to friends
- Plan safe activities
- Practice self-care & mindfulness
- Snuggle your animals and people
- Have some fun



# Thank You

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