



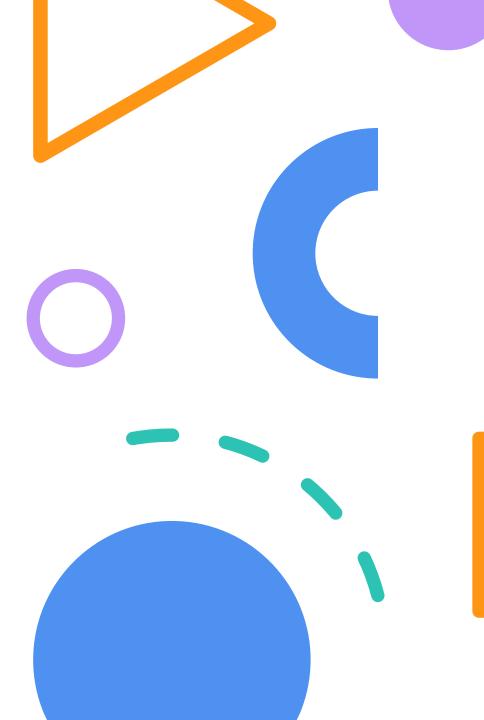
1. Most Successfully Grieve

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 who have someone who can check in on you?

COVID GRIEF

- ☐ LOSS OF SUPPORT GROUPS
- ☐ HOLIDAYS TURNED UPSIDE DOWN
- **□** LONELINESS & ISOLATION
- ☐ END OF LIFE

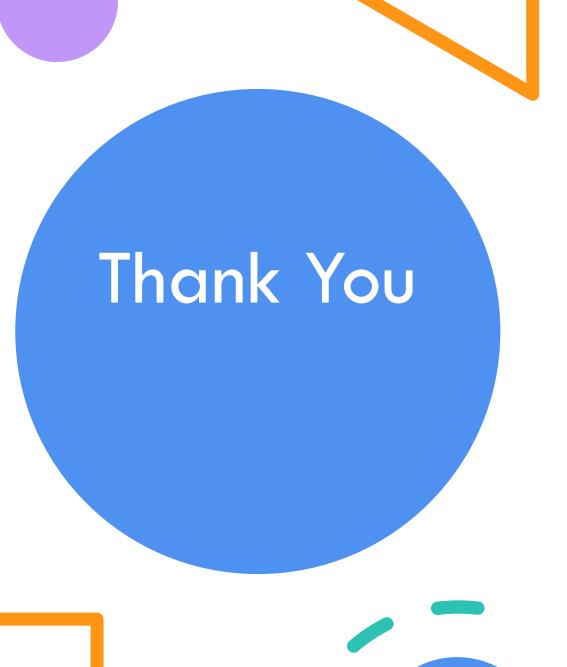




TAKE CARE OF YOU

- 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

9/3/20XX Presentation Title 10



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