

# CASE STUDY: BARB

*For use with Navigating Loss, Loneliness, and Aging: Reconnecting to Sources of Strength Series*

**CASE STUDY #1** - Barb Smith, a 72 year old female is a wife, mother and grandmother experiencing a diagnosis of Alzheimer's disease. She and her husband were once an active and traveling couple, but things are now completely different.

Mr. Smith (Bob) says that a few years ago Barb had bypass heart surgery, and he started to notice a decline in her. He feels this was the time when her memory started to deteriorate; "one day she was soaking the plump vegetables from the garden, somehow her mind got off the track, and she left the water running in the sink until it overflowed and leaked into the downstairs ceiling." Mr. Smith says, "We laughed about these things at the time, but soon they became more disturbing." And then Barb began to lose interest in all those things she had loved to do: gardening, sewing, and cooking. Bob says, "The wife, mother, and gramma that had been so creative and in control started to fade away."

As the disease progressed, Barb was requiring more and more caregiving, and becoming completely dependent on Bob for many activities of daily living. Bob was becoming tired. Three days per week, Bob drives Barb to the adult day center. He usually stays for the first hour to be sure she is settled in, and then he comes back to join her for lunch. At the end of the day, he is always interested in hearing a report from staff regarding his wife's activity participation and socialization.

	PRIMARY LOSSES	SECONDARY LOSSES
BOB		
BARB		

# BOB: FINDING A “NEW NORMAL”

What center actions or resources would you suggest for Bob? Why these particular resources?

	CENTER ACTIONS	RESOURCES
BIOLOGICAL		
PSYCHOLOGICAL		
SOCIAL		
SPIRITUAL		