

# CASE STUDY: DAVE and NAN

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

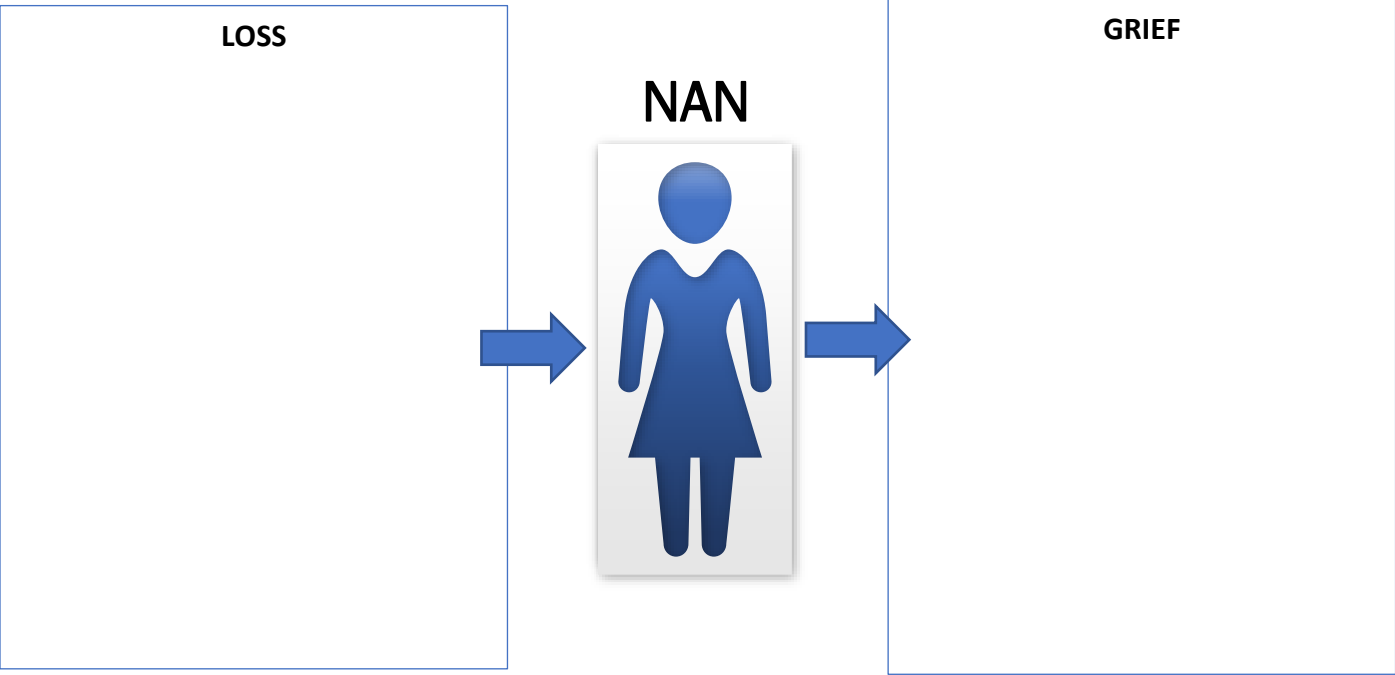
**CASE STUDY #2** Dr. Dave, an 85 year old brilliant, retired physician has spent his career setting up clinics for indigent care and teaching medical students as well as having his own private practice. He now has a heart condition and appears very anxious at times. He is also beginning to show some slight signs of confusion. His wife of 60 years has recently died and since living alone he has been calling 911 several times per week at all hours of the day and night complaining of stomach pain. So far, though, the hospital has not found any conclusive reason for the pain and has not admitted him.

His daughter, Nan, the only family member living in the state, lives about 15 minutes away. He calls Nan several times a day complaining of pain or asking how to operate things (such as the microwave) in his apartment. Each time, Nan answers the phone but becomes short with him, as she is juggling her full time job and 2 young children. She has been meeting her Dad at the ER each time he calls 911 - any time of day or night. She was beginning to look into long-term care placement when she discovered adult day care. Now, Dr. Dave attends 5 days per week from 7 am until 5:30 pm. When Nan arrives to pick up her Dad she is often very short with the staff and complains about being the only one in the family dealing with him. She keeps talking about nursing home placement. When staff mentions Dr. Dave's confusion, she replies, "Oh, that's just normal aging- he's fine."

	PRIMARY LOSSES	SECONDARY LOSSES
DAVE		
NAN		

# LOSS AND GRIEF

Discuss Nan's loss and grief – what is she experiencing and how are these manifested?



# DAVE: FINDING A “NEW NORMAL” – HOLISTIC APPROACH

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

	CENTER ACTIONS	RESOURCES	NOTES
BIOLOGICAL			
PSYCHOLOGICAL			
SOCIAL			
SPIRITUAL			

# NAN: FINDING A “NEW NORMAL” – HOLISTIC APPROACH

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

	CENTER ACTIONS	RESOURCES	NOTES
BIOLOGICAL			
PSYCHOLOGICAL			
SOCIAL			
SPIRITUAL			