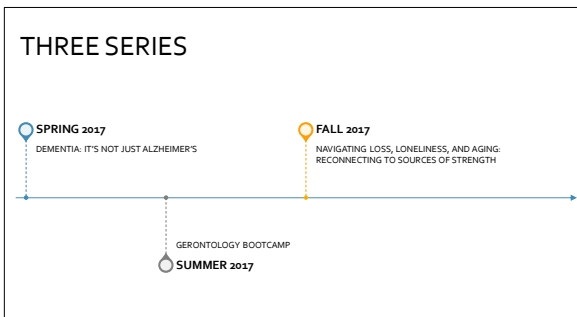



Navigating Loss, Loneliness, and Aging: RECONNECTING TO SOURCES OF STRENGTH


PART 1 - LOSS

Developed by:
Gigi Amateau, Enid Butler, Annette Clark,
Annette Kelly, Jenny Inker, Raleigh Priddy, Jay White

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VCU Department of Gerontology
<http://www.sahp.vcu.edu/departments/gerontology/>


Virginia Department for Social Services
www.dss.virginia.gov/

HOUSEKEEPING

"Certificates of Attendance" will be made available upon completion of all four parts of this series - to receive your certificate, you will have to complete a certificate request form and final evaluation. Additional information is on the series' website.

QUESTIONS CAN BE POSTED AT ALL TIMES by using the webinar control panel's "QUESTIONS" TAB

THE SESSION WILL BE INTERACTIVE, so be prepared to enter your responses in the questions tab of your control panel.



A PROGRAM FOR PROFESSIONAL CAREGIVERS WORKING IN ADULT DAY CARE SETTINGS

A FOUR-PART WEBINAR SERIES

1	2	3	4
Part I: Loss	Part II: Grief and the "New Normal"	Part III: Loss & the Professional Caregiver	Part IV: Social Connectedness
LIVE	RECORDED	RECORDED	RECORDED

At the end of this series, YOU will have an increased understanding of:

the difference between grief and loss	the areas of life that loss can impact	how to work towards a "new normal"	activities and resources for navigating loss
person-centered care as it relates to loss	the importance of self-care for the professional	the relationship between loss, loneliness, and social isolation	risk factors for loneliness and social isolation
the health consequences of loneliness and social isolation	how loneliness and social isolation impact the body's immune system	the health benefits of social connectedness	activities for enhancing social connectedness

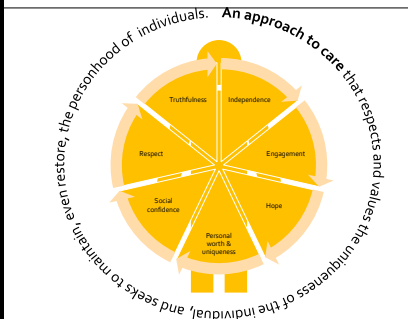
At the end of this webinar, you will have an increased understanding of:

- the difference between **grief** and **loss**
- the areas of life that **loss** can **influence**
- person-centered care as it relates to loss
- how people experience **primary and secondary loss**
- how loss influences participants, family members, and staff
- how to work towards a "new normal"

SESSION 1 Learning Objectives




What is person-centered care?



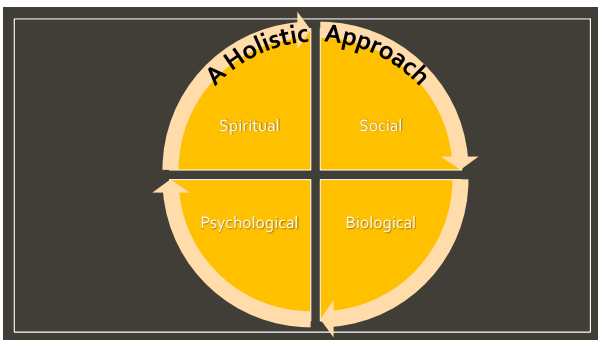
Person-Centered Care

Care is driven by the care recipient and supported by the care professional.	Fosters optimal aging for the individual
Recognizes the individuality of each person	Avoids paternalism

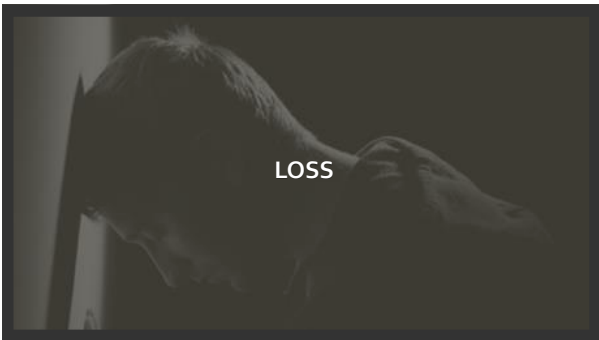


Holistic Approach

A holistic approach simply means looking at the individual as a whole person rather than focusing on the disease.







Failure to keep or to continue to have something

The experience of having something taken from you or destroyed

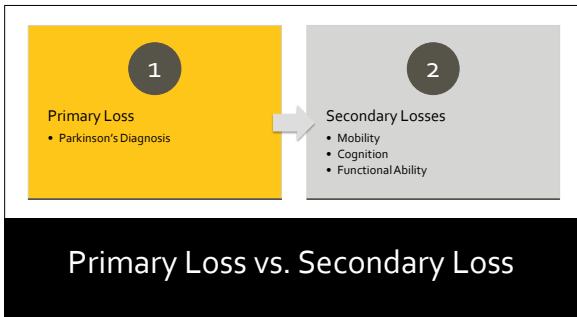
Loss is not just related to death of a spouse or loved one.

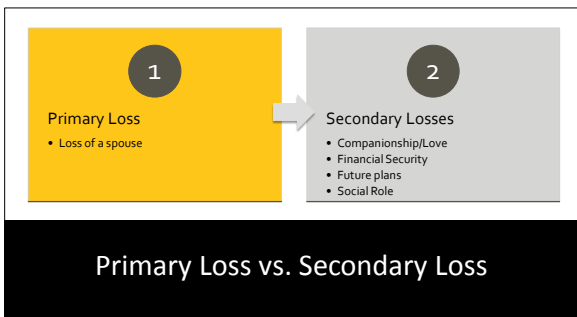
It can also be related to the loss of independence, loss of home and familiar surroundings and valued activities.

www.memoriam-webster.com

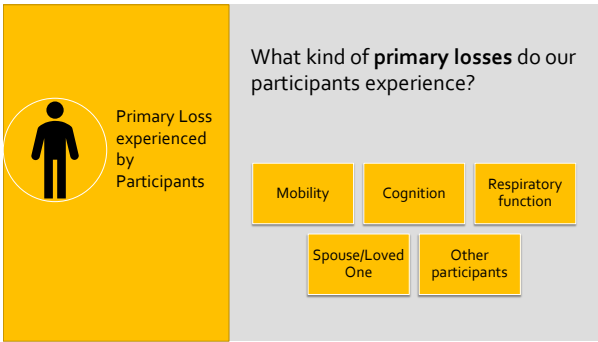
What is Loss?












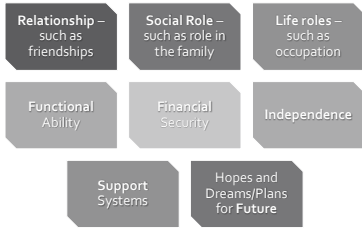
CONTRIBUTE: 

What are some **secondary losses** that our participants may experience?

Please use the Questions tab of your webinar's control panel to enter your answers.

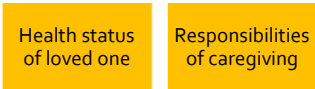


Secondary losses:





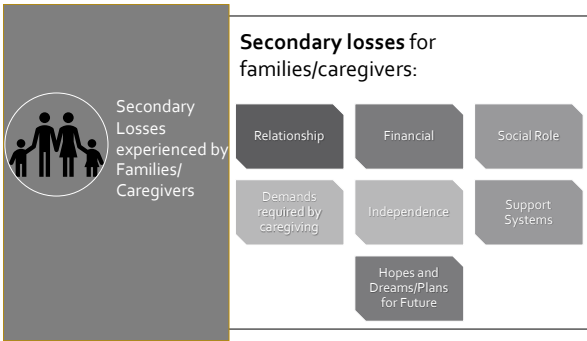
What kind of **primary losses** do our families experience?

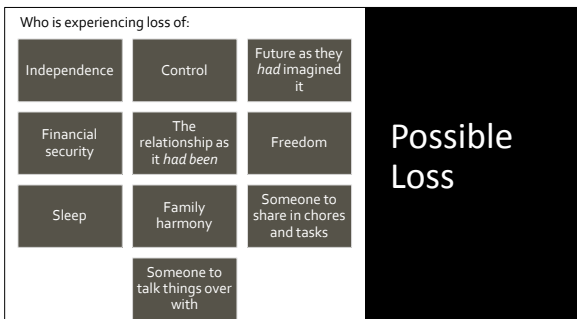


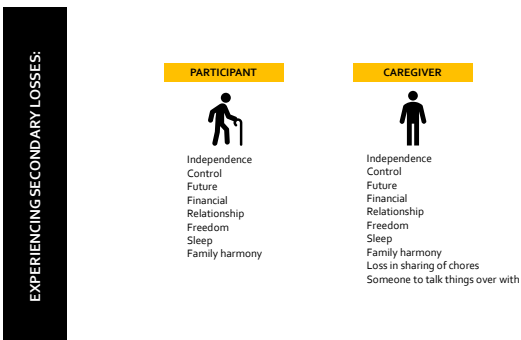
CONTRIBUTE:

What are some **secondary losses** that our Families/Caregivers may experience?

Please use the Questions tab of your webinar's control panel to enter your answers.









Scenario: Barb

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 grandma 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.

CONTRIBUTE: 

BARB

- PRIMARY LOSS**
- Cognition
 - Mobility

- SECONDARY LOSS**
- Gardening and cooking on her own
 - Future travel plans with Bob
 - Social role

BOB

- PRIMARY LOSS**
- Barb's health status
 - Energy and time

- SECONDARY LOSS**
- Relationship with Barb
 - Future travel plans with Barb
 - Social role/loss of independence
 - Financial loss due to health care

Scenario: Dave

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, 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 Dave's confusion, she replies, "Oh, that's just normal aging- he's fine."

CONTRIBUTE: 			
DAVE	PRIMARY LOSS	SECONDARY LOSS	
	<ul style="list-style-type: none"> • Cognition • Loss of spouse • Health 	<ul style="list-style-type: none"> • Functional ability • Social role 	
NAN	PRIMARY LOSS	SECONDARY LOSS	
	<ul style="list-style-type: none"> • Mother • Energy and time 	<ul style="list-style-type: none"> • Relationships with parents • Social role/loss of independence • Support systems • Plans for the future 	



Primary Losses experienced by Staff/ Co-workers

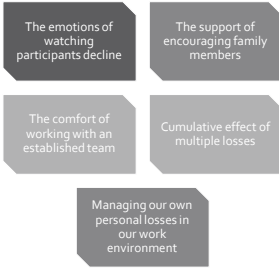
What kind of **primary losses** do our staff experience?

-  Participant
 - decline in health status, move or death
-  Family Caregivers
 - transition, move or death
-  Coworkers
 - transition, move or death
-  Personal issues
 - divorce, death etc.



Secondary Losses experienced by Staff/ Co-workers

Secondary losses



Scenario: Crystal

Crystal was a healthcare professional at a local adult day center. She had worked as a nurse at the center for nearly 20 years and was well liked by family, staff, and participants. She was often the first person to meet families, as she was responsible for completing the initial intake. She was also responsible for scheduling staff shifts and leading staff meetings. Crystal passed away suddenly. The staff rallied. They cooked food and shared a meal, and they created an award in her honor.


CONTRIBUTE: 

STAFF


PRIMARY LOSS	SECONDARY LOSS
<ul style="list-style-type: none"> • Crystal's death 	<ul style="list-style-type: none"> • Loss of leadership, companion, friendship, team

A Holistic Look at Loss


Most of our participants are coming to us with a health loss but it impacts their "whole" person




Psychological/
Cognition




Biological



Spiritual



Social



HOLISTIC LOOK AT LOSS

Biological	Psychological	Social	Spiritual
<ul style="list-style-type: none"> • Not enough energy to participate in enjoyable activities • Mobility issues that require dependence on other 	<ul style="list-style-type: none"> • Identity • Self-perception • Meaning 	<ul style="list-style-type: none"> • Loss of social or professional role • Isolation and limited contact with the outside world • Concern about value to others 	<ul style="list-style-type: none"> • Ability to participate in the faith community



The Impact of Loss



SESSION REVIEW			
Person-centered <ul style="list-style-type: none">• Holistic• Biological• Psychological• Social• Spiritual	Primary Loss <ul style="list-style-type: none">• Mobility• Cognition• Spouse/Loved One• Health status	Secondary Loss <ul style="list-style-type: none">• Loss of social or professional role• Social Contact• Independence• Function	Impact of Loss <ul style="list-style-type: none">• Holistic• Biological• Psychological• Social• Spiritual





- Phone: (804) 828-1565
- Website: <http://www.sahp.vcu.edu/gerontology/>
- Email: agingstudies@vcu.edu

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Review parts 2, 3 and 4

