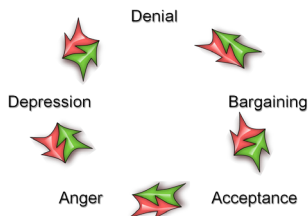


Ambiguous Loss

THEORIES

Dr. Elizabeth Kubler-Ross



Pauline Boss

Paul Teusink and Susan Mahier

HOW CAREGIVERS ARE EFFECTED

DENIAL -

"I can handle this alone"
"she hasn't fallen many times"

OVER INVOLVEMENT -

"I don't need a break"
"There's no one else to do it"

ANGER -

"This isn't how we were going to spend our retirement"

GUILT -

"I promised him I'd never put him in a home"

ACCEPTANCE -

"I want to do what's best for him"

WHY TALK ABOUT LOSS WHEN THEY'RE STILL ALIVE?

"Is she still my wife if she doesn't remember me?"

"I don't feel intimate with my spouse anymore"

It's not a one-time event, each builds on the others increasing stress.

It's affected by external factors.

CARING FOR YOURSELF

Let go of the idea of a balanced relationship

Find other supports for your relationship needs

Stay positive, but cry when needed

Use logic and acknowledge your feelings

Seek professional help for you and the diagnosed person

BOTH - AND THINKING

Care for *both* of you

He is gone *and* here

You are a caregiver *and* have your own needs