

The Institute for Disability Studies
April 14, 2005
ShareCare Notes

In this Edition: A Focus on Grief and Loss

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1) Anticipatory Grief

Pat Kaufman provides an explanation of anticipatory grief and how it may affect caregivers, as well as some steps toward coping effectively with the grief and loss often felt by caregivers. See

http://www.arachnoiditis.info/content/caregiver_articles/3_grief.html .

Visit

http://healthyplace.healthology.com/webcast_transcript.asp?f=mentalhealth&c=edlercare_anticipatory&spg=FIP for a webcast describing anticipatory grief, with information and guidance provided by a clinical social worker and a registered nurse.

2) Grief Affects both Caregivers and Care Recipients

When dealing with a progressive or terminal illness, both caregivers and care recipients may experience grief. For some ideas to help you and your loved one constructively cope with his/her reaction to loss, see

<http://www.agingcarefl.org/caregiver/fourStages/stageFour/section05>.

3) Caregivers Needed for NIA-Funded Study

Caregivers are currently being asked to participate in an NIA-funded study by the Oregon Center for Applied Science. Participation in the study involves submitting online surveys. Participants may be paid up to \$85. For more details, see

<http://www.caregiversfriend.com/?version=9&cms=1>.

4) New Web-based Resource for Caregivers

The American Geriatric Society Foundation for Health and Aging has launched a new website and web-based tool to assist caregivers. For access, see

<http://www.healthinaging.org/agingintheknow/>.

5) Resources for Caring for the Caregiver

Dorothy Womack, a caregiver for 14 years, shares her personal journey toward coping with grief at http://www.caregiver.com/articles/general/coping_with_grief.htm

Are you experiencing grief that is interfering with your ability to make decisions and care for yourself? Project ShareCare offers screening to help you better understand how caregiving is affecting you. Call or email for more information about tools such as the MM Caregiver Grief Inventory.

6) Upcoming Events

April 20, 2005, 12:30 – 3 p.m., “Living with Grief: Ethical Dilemmas at the End of Life,” Hospice Foundation of America’s 12th Annual Bereavement Satellite Teleconference. The University of Southern Mississippi, Joseph Cook Library, Room 123. For more information, contact Susan Hubble Burchell at (601) 266-5367.

April 26, 2005, 8:30 a.m. – 3 p.m., Pine Belt Caregiver Resource Fair and Symposium, Forrest General Hospital Center for Healthy Living at the Family Y. For more information about registration, please call Theresia Ratliff at (601) 432-6818 or visit www.ids.usm.edu and click on the link to the Fair and Symposium.

April 29, 2005, 9 a.m. – 12 p.m., Senior Health Fair, First Baptist Church of Purvis Family Life Center. For more information, please call (601) 268-8127.

While grief is fresh, every attempt to divert only irritates. You must wait till it be digested, and then amusement will dissipate the remains of it.

Samuel Johnson

English author, critic, & lexicographer (1709 - 1784)

Take care,

Angel Jernigan