

Institute for Disability Studies
ShareCare Notes
Helpful Hints for Coping with Caregiver Grief and Loss
August 25, 2006

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1. Research on Caregiving and Grief

One aspect of caregiving which is often not discussed in families dealing with Alzheimer's Disease and dementia is anticipatory grief and grieving after the loved one has died. One study which was published in the August issue of the American Journal of Geriatric Psychiatry deals with coping strategies. This study indicated caregiving is closely related to a person's bereavement, and if caregivers do not receive the proper supports, complicated grief can occur later. Complicated grief includes "a sense of disbelief about the death; anger and bitterness; recurrent pangs of painful emotions with intense yearning and longing for the deceased; avoiding situations and activities that are reminders of the loss; and being preoccupied with thoughts of the person." This study, which is the first of its kind, found several ways to help reduce complicated grief.

To view this article please visit

http://www.nlm.nih.gov/medlineplus/print/news/fullstory_37512.html

2. Hints for Helpers

In line with other research which asserts the need for caregivers to have a strong support network, one recent article gives tips on asking for help. One of these tips includes considering the interest and abilities of the people from whom you are soliciting favors. If you ask them to do something they like to do, then friends are more likely to help you. Another tip is to prepare a list and let friends and family members pick an activity from the list that would be the easiest for them to complete. See the rest of this article at:

<http://www.mayoclinic.com/health/alzheimers-caregiver/AZ00018>

3. Long-Term Care and Insurance Coverage

Caregivers may need to look into long-term care options for their loved one. Long-term care does not necessarily mean assisted living or a nursing home. It can also mean family or friends help with the caregiving or regular visits by a home health aide. It is important for you and your family to look into all of the options available before deciding on a track of services. To help get you started, the following link provides some options and tells a little about each one.

<http://www.mayoclinic.com/print/alzheimers/AZ00028/METHOD=print>

Another issue to be mindful of when choosing long-term care is insurance coverage. Find an agent whose primary business is long-term care coverage. Other agents may not know enough about the industry to

provide accurate information. Also make sure the policy includes home health care. Along with these, there are several other issues which you will want to consider. For more information, visit http://www.nlm.nih.gov/medlineplus/print/news/fullstory_37721.html

4. Scam-Jam 2006

A Scam-Jam mini-conference on safety, fraud, and government services was held at the Cloverleaf Mall on Wednesday. For those of you who were unable to attend, we have located some online information which may help you. Here are a few, but definitely not all: A home fire safety checklist

http://www.cityoflamesa.com/Departments/Fire/pdf/Home_Fire_Safety_Checklist_1004.pdf

The Special Populations Fire-Safe Checklist

<http://www.fwfd.net/firesafety/pdf/specialpopulationchecklist.pdf>

A complaint site for identity theft, www.consumer.gov/idtheft

How to avoid email scams www.ftc.gov/spam

FTC Facts on Reverse Mortgages

<http://www.ftc.gov/bcp/online/pubs/homes/rms.htm>

Charities registered in Mississippi

<http://www.sos.state.ms.us/regenf/charities/charannrpt/2005SectionI.pdf>

Unclaimed property

<http://www.mississippi.gov/frameset.jsp?URL=http%3A%2F%2Fwww.treasury.state.ms.us%2F>

Foreign lottery scams and other scam news

<http://bbbmsnews.blogspot.com/>

5. Upcoming Events

August 31, 9 am-12 pm, Sigler Center, 315 Conti Street, Hattiesburg - Wesley Annual Health Fair

September 1, 9 am-12:30 pm, Cloverleaf Mall near Food Court, Hattiesburg - Community Outreach Conference on tax issues, identity theft, and housing issues. To register, email shtaylor@mslegalservices.org.

A note from Project ShareCare: The staff at Project ShareCare select books, articles and news stories to share with you from the news wires, scientific/medical journals and other selected media. We aim to provide you with relevant and timely information to help you in your role as a caregiver. The articles we share with you are not necessarily the opinion expressed by Project ShareCare. We strongly encourage you to please read the original articles and form your own opinions.

Project ShareCare Bank, funded by the Mississippi Council on Developmental Disabilities, is a community building project that

provides networking and neighborly services for families who have an adult member with a disability or chronic condition.

ShareCare is sponsored by the Institute for Disability Studies (IDS), Mississippi's University Center for Excellence in Developmental Disabilities (UCEDD). IDS provides university training, community service activities, research, and information that promote the independence, productivity, and community inclusion of individuals with disabilities and their families. For more information about IDS, visit the Institute's Web site at www.usm.edu/ids or call 1-888-671-0051 (TTY). To make a tax-deductible gift to IDS for this and other projects, visit <http://www.usm.edu/ids/supportus.html>.

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