

QUICK TIPS

Losing Someone You Cared for with Dementia

Losing a loved one with dementia can be especially challenging, given the complex emotions and experiences that often accompany such a loss.

Here are some bereavement tips to help you navigate this difficult time:

1. Allow Yourself to Grieve

- **Acknowledge Your Feelings:** It's normal to feel a range of emotions, from relief that their suffering has ended to profound sadness and even anger.
- **Give Yourself Permission:** Understand that it's okay to grieve and that everyone processes loss differently. There is no right or wrong way to feel.

2. Seek Support

- **Reach Out to Loved Ones:** Share your feelings and memories with family and friends who understand your loss.
- **Join a Support Group:** Connecting with others who have experienced a similar loss can provide comfort and understanding.

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3. Take Care of Your Health

- **Maintain a Routine:** Keeping a regular schedule can provide a sense of normalcy and stability.
- **Focus on Self-Care:** Ensure you eat well, exercise, and get enough sleep. Physical health is closely linked to emotional well-being.

4. Remember and Honour Your Loved One

- **Create a Memory Box:** Collect photos, letters, and mementos that remind you of your loved one.
- **Celebrate Their Life:** Consider holding a memorial service or creating a tribute that reflects their personality and the joy they brought to your life.

5. Be Patient with Yourself

- **Accept the Process:** Grieving is a journey that takes time. Be patient with yourself as you navigate through it.
- **Seek Professional Help if Needed:** If your grief feels overwhelming or prolonged, consider talking to a counselor or therapist who specializes in bereavement.

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6. Find Meaning and Purpose

- **Engage in Activities:** Participate in activities or hobbies that bring you joy and a sense of purpose.
- **Volunteer:** Helping others can be a meaningful way to honor your loved one's memory and find healing.

7. Reflect on Your Relationship

- **Cherish the Good Moments:** Remember the special times and positive memories you shared with your loved one.
- **Understand the Challenges:** Acknowledge the difficulties and complexities of caring for someone with dementia, and give yourself credit for your efforts and dedication.

Reminder: Grieving the loss of a loved one with dementia can be a unique and deeply personal experience. By embracing your emotions, seeking support, and honouring their memory, you can find a path to healing and peace.