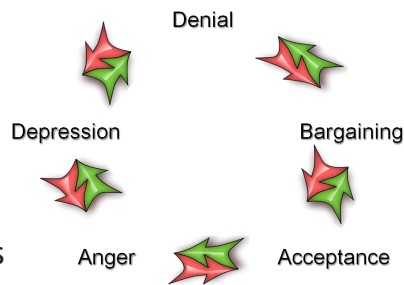


# Ambiguous Loss

## THEORIES

Dr. Elizabeth Kubler-Ross



Pauline Boss

Anger

Acceptance

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.

## *BOTH - AND THINKING*

Care for *both* of you

He is gone *and* here

You are a caregiver *and* have your own needs

## 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