

# CAREGIVER AWARENESS

The Final Stages  
Of Caregiving

Stages  
of Grief

Coping  
With Grief

The Senior  
Alliance

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# Contents

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## 3 The Final Stages Of Caregiving

## 4 Stages Of Grief

Grief is fluid, and there is no right way to grieve. Understanding your emotions along with the stages of grief can help you and those around you cope.

## 5 Coping With Grief





# The Final Stages of Caregiving

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In the final stages of care, caregivers often face complex choices and may feel a mix of emotions as varied as sadness, worry, frustration, relief, and guilt.

These feelings are all normal. It is important to seek help with caregiving tasks and for emotional support during this time.

**Additional support is needed when navigating the difficulties that surround end-of-life care.**



***We bereaved are not alone.** We belong to the largest company in all the world - **the company of those who have known suffering.***

- Helen Keller



Grief is a universal experience. Everyone will eventually lose something or someone they love, but **the way we grieve is unique to each individual.**

As a caregiver, your grief after losing a loved one might be different from past experiences because you may mourn the loss of your caregiving role. If caregiving was a significant part of your identity, it might feel like you have lost a part of yourself.

Find Support

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# Stages Of Grief



Denial, anger, bargaining, depression, and acceptance are commonly cited as the five stages of grief people experience after a loss. It is important to recognize that the stages of grief manifest differently for each person. You may not go through them in a specific order and you might not experience all of them. It is possible to revisit a stage you thought you had moved past and it may take longer for you to grieve than it appears to for others.

**Grief is fluid, and there is no right way to grieve.** Understanding your emotions along with the stages of grief can help you and those around you cope.

Recently, for an episode of the *Inside The Senior Alliance podcast*, we talked to Jennifer Frush, executive director of the **New Hope Center for Grief Support**, about grief and the support the organization can provide to those who are grieving in our service area. Learn more about the resources and supports available to you.

Listen to the Podcast

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# Coping With Grief

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Coping with grief does not follow a set process. Your coping strategies might vary from day to day. Some days you might feel more like yourself, while other days it feels impossible to get out of bed. The most important thing you can do is take care of yourself.



Even small routines like making your bed, brushing your teeth, or eating a meal can help.



There's no right way to grieve. Set your own pace and expectations.



Seek additional support if you need it. Therapists and grief counselors can offer tools to help you cope and heal over time.



Celebrate the memory of your loved one by engaging in activities that remind you of the joy they brought.



Lean on your support system—talk to friends, join a group, or reach out for help when you need it.

Get more self-care tips

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# Starting Your Caregiver Journey

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*When caregiving ends, you have to fill two voids: **the void left by the death of your loved one**, and the void left by the end of caregiving. You're feeling the impact of two significant losses.*

- Denise Brown

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The Senior Alliance's Caregiver's Guide: Starting Your Caregiver Journey provides invaluable tips and comprehensive information about assessment and planning, wellness and communication, selfcare, and other topics of interest to family and informal caregivers.

Press Play to view or download  
*Caregiver's Guide:  
Starting Your Caregiver  
Journey*

