

NEWSLETTER

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ISSUES #5

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Welcome to Our
Monthly Insight!

UNDERSTANDING AMBIGUOUS LOSS AND ANTICIPATORY GRIEF

Caring for a loved one with Parkinson’s disease (PD) often brings both rewarding and deeply challenging experiences. Among these challenges are the feelings of ambiguous loss and anticipatory grief—emotional hurdles that can feel isolating and overwhelming. To provide support, the Parkinson Society of British Columbia recently hosted a webinar led by clinical counselor Trevor Josephson, which explored these concepts and shared practical strategies for coping.

Here, we’ve summarized the key insights and tools from this powerful session, alongside resources to help you or someone you know navigate these emotions.

Understanding Ambiguous Loss and Anticipatory Grief



AMBIGUOUS LOSS

This occurs when a loved one is physically present but emotionally or mentally distant (e.g., due to cognitive changes or dementia) or physically absent but still part of your life.

ANTICIPATORY GRIEF

A form of grieving that arises when anticipating loss, such as the progression of a disease or changes in the dynamics of a relationship.

These feelings are normal but can lead to isolation, frustration, and even depression. Recognizing and addressing them is the first step toward healing.



NELIA LADLAD

Founder and CEO

Ms. Nelia Ladlad is a distinguished entrepreneur and the founder of Ace Home Care Inc., a leading provider of Home Care Services. With over 20 years of expertise in homecare management and ownership, Ms. Ladlad is deeply committed to enhancing the quality of care for patients, especially those in underserved and remote communities.

Her passion for innovation and patient-centered care drives her work, ensuring that individuals receive the support they need to live healthier and more fulfilling lives. Ms. Ladlad also serves as the content writer and contributor for this newsletter, sharing her valuable insights and expertise in the field.

Impact on Care Partners

- Loss of identity and control as roles shift.
- Compromised relationships with loved ones and others.
- Long-term feelings of uncertainty, guilt, and sadness.

As PD progresses, caregivers often grieve the gradual loss of who their loved one used to be while grappling with the daily realities of caregiving.



Strategies to Cope and Build Resilience

Acknowledge Your Feelings

Name your emotions—it's okay to feel grief, frustration, and even anger. Recognizing these emotions helps you process them.

Find or Create Meaning

- Reflect on how you've adapted and grown through these challenges.
- Focus on the aspects of life you can control and cherish the present moments.

Final Takeaways

Ambiguous loss and anticipatory grief are not just individual experiences—they ripple through families and communities. By naming these feelings, building support systems, and practicing flexibility in how we view our challenges, we can foster hope and resilience. Remember, you are not alone in this journey.



SEEK SUPPORT

- Join support groups or lean on family and friends. Isolation makes coping harder, but community strengthens resilience.
- Consider professional counseling for additional guidance.

REDEFINE HOPE

- Adjust your expectations to reflect what's achievable and meaningful.
- Find joy in small victories and moments of connection.

BE A CAREGIVER OR FIND A CAREGIVER TODAY!

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