

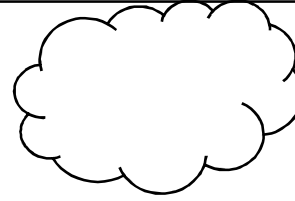
**THE 3-A GRIEF INTERVENTION MODEL:
ADDRESSING AMBIGUOUS LOSS
FOR DEMENTIA CAREGIVERS**

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**GRIEF INTERVENTION:
LAYING THE GROUNDWORK**

- CAREGIVER ACCOUNTS
- LITERATURE REVIEW
- OBSERVATION IN PRACTICE
- PERSONAL EXPERIENCE
- SURVEY WITH
PROFESSIONALS

OBJECTIVE



- *RAISE GRIEF AWARENESS*
- *IDENTIFY HOW GRIEF MANIFESTS ITSELF IN THE CAREGIVING*
- *PROVIDE A COMPASSIONATE APPROACH IN PRACTICE FROM A GRIEF PERSPECTIVE*

3-A GRIEF INTERVENTION MODEL



FAMILIES EXPERIENCE
GRIEF REACTION
TO SIGNIFICANT LOSS

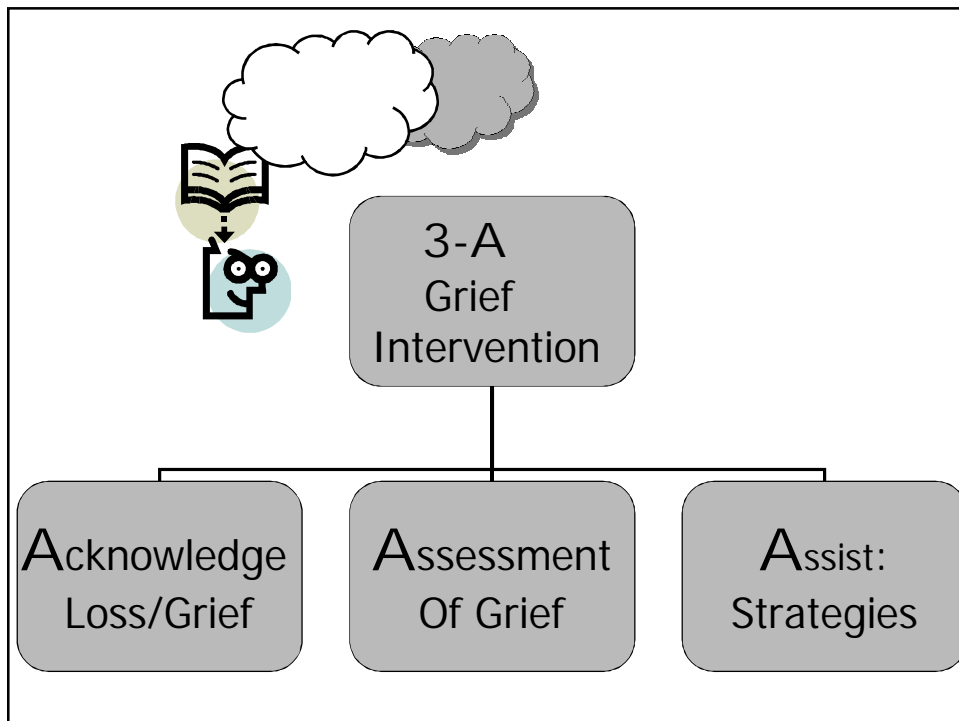
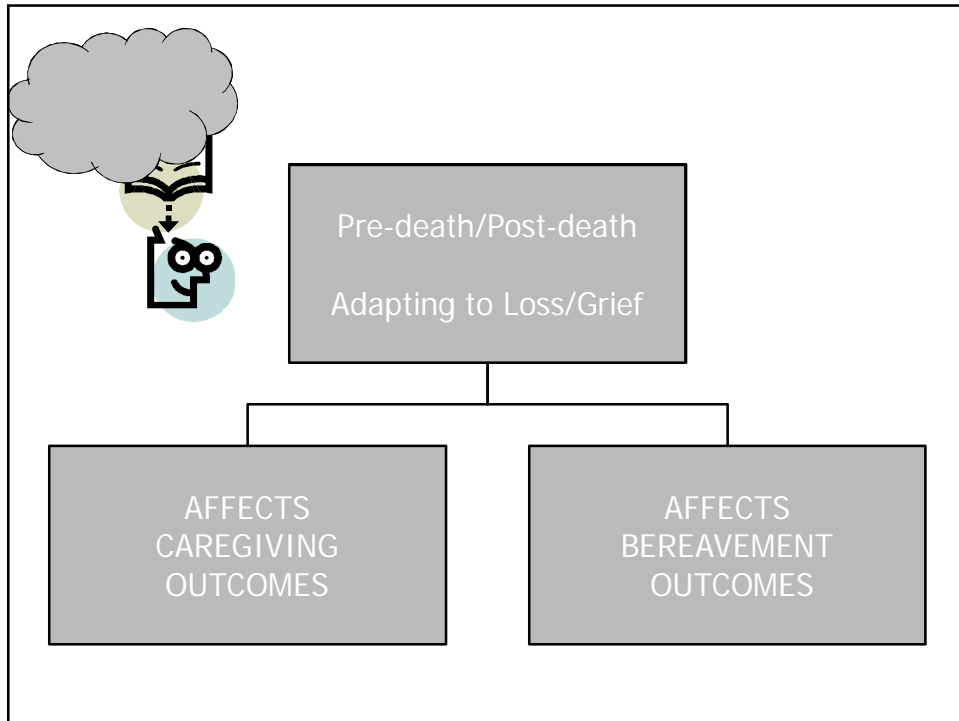
GRIEF: UNIQUE TO THE
INDIVIDUAL IS
EMBEDDED IN THE
CAREGIVING EXPERIENCE

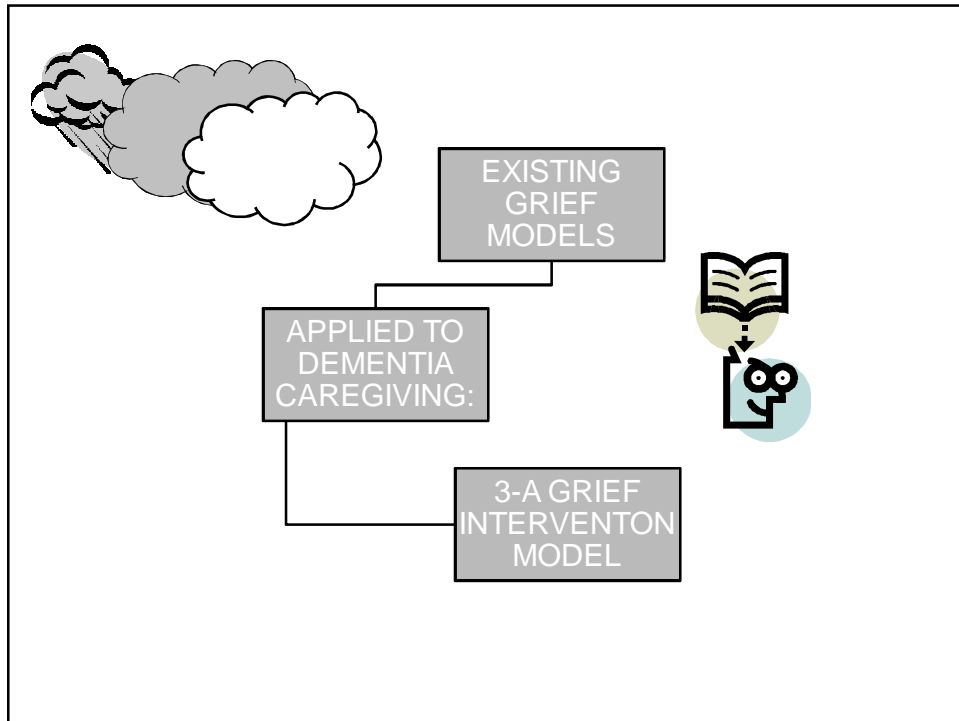
LOSSES: AMBIGUOUS LOSS (Boss, 1999)

- Ambiguous: syn. “as clear as mud”
Physically present/Psychologically absent
- Landmarks of loss (Peterson, 2006)
eg. no longer driving, knowing childrens names, placement in a long term care facility
- Three Dimensions of Loss (Dempsey & Baago, 1998) loss of person, identity, ideal

GRIEF REACTION

- DISENFRANCHISED GRIEF (Doka, 2004; Doka, 1989)
reaction to loss that is not socially sanctioned, openly acknowledged or publicly mourned
- STYLES OF GRIEVING (Martin & Doka, 2000)
 - Intuitive: overtly through feelings, tears, guilt, anger, anxiety, etc.
 - Instrumental: covertly through problem solving, promoting a cause related to the loss, reluctance to talk about feelings





Existing Grief Models

- **“GRIEF WORK” Worden’s Tasks (1991)**
- **DUAL PROCESS MODEL OF COPING (Stroebe & Schut, 1999)**
- **ATTACHMENT (Bowlby, 1969)**
- **STYLES: INTUITIVE/INSTRUMENTAL**

“Grief Work” Worden’s Tasks (1991)

- Accepting the reality of the loss
- Experiencing the pain
- Adjusting to an environment without the loss object
- Emotionally relocating the loss

WORDEN TASK MODEL **APPLIED TO CAREGIVING**

- **Role Acquisition** (Aneshensel et. al 1995)
 - accepting reality of loss (task) (Worden, 1991)
 - denial (stage) (Kubler-Ross, 1969; Bowlby, 1969)
 - caregiver “career” (task)
- **Nursing Home Placement**
 - expressing the pain (task)
 - adapting to an environment without the inflicted individual (task)

Attachment: threat to loss of a bond Separation distress (Bowlby, 1969)

- Spouses “letting go” throughout the stages of the disease - difficult to resolve when the mutuality of the relationship is fading away at the same time as the inflicted spouse is increasingly dependent
(Ingebretsen & Solem, 1998)”
- “Compulsive caregiving” – over identify with the caregiving role, overattending to the needs, immersed in caregiving

Immersed in caregiving

- Resistant to obtaining help despite the heavy demands and toll it takes on the care provider.
Obtaining help means:
 - facing the loss
 - threat to attachment bond
 - failure in meeting needs
- Self-Neglect

GRIEF MODEL

Dual process model of coping with loss
(Stroebe & Schut, 1999):

**Oscillating (fluctuating) between
loss-oriented and restoration-oriented
stressors**

APPLIED TO CAREGIVING

- **Adjusting to diagnosis (Robinson et. al. 2005)**
- **Both/And Thinking (Boss, 2009)**
- **Caregiver Respite/Relief - for wellbeing**

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graph TD; A[GRIEF MODELS APPLIED TO THE CAREGIVING EXPERIENCE] --- B[GRIEF INTERVENTION WITH FAMILY CAREGIVERS];
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GRIEF MODELS APPLIED TO THE
CAREGIVING EXPERIENCE

GRIEF INTERVENTION
WITH FAMILY CAREGIVERS

➤ Acknowledging Grief

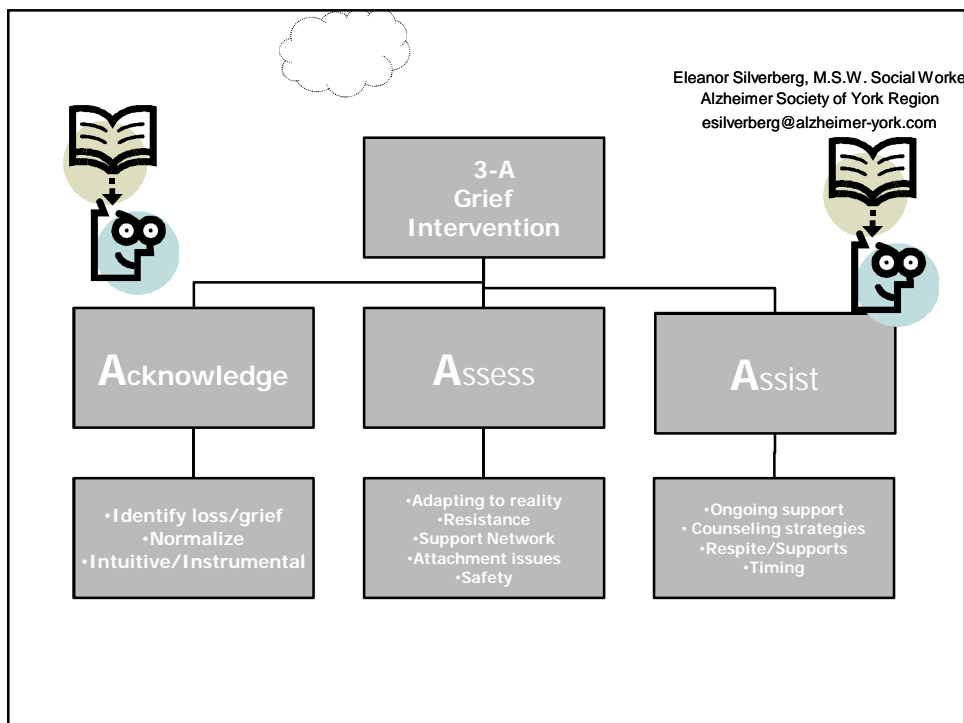
- Identify the grief
- Recognize Different Grieving styles
 - Intuitive -Instrumental
- Normalize the grief

➤ Assessing Grief

- Grieving Style: Intuitive/Instrumental
- Facing the reality of the loss
- Adapting: wellbeing, able to give care
- Attachment
- Resistance
- Safety

➤ Assist: Strategies

- Ongoing non-judgmental support
- Building rapport
- Empathy
- Listening
- Timing
- Respite/support network
- Normalize



Reference

- Silverberg, E. (2007) *Introducing the 3-A Grief Intervention Model, Acknowledge, Assess and Assist, The Omega Journal of Death and Dying, Vol. 54, 215-235*

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- *DVD presentation at Baycrest, November, 2008 of the 3-A Grief Intervention Model, produced by the Alzheimer Society of York Region, Copies avail. \$10*