

*Changing the Culture of  
Dementia Care  
One Mind at a Time*

Positive®  
Approach

**GEMS**®  
Dementia **Aware**  
Dementia **Knowledgeable**  
Dementia **Skilled**  
Dementia **Competent**

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# **Coping with Grief, Loss and Death in the World of Dementia**

**Providing Positive Approach  
to Care® Support**

## **Question Five**

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## Question:

**How do I grieve the loss of my loved one who lived with dementia?**

**-I was her care partner for many years, and it just seems different than when having lost others in my life-much more intense**

**-I thought I was ready, but I wasn't**

**-I feel guilty for wondering how long I could endure being her care partner, and now she is gone**

# **Dementia loss often feels very different than other losses:**

- **Dementia care partnering often lasts quite a bit longer than care partnering with other illnesses**
- **Dementia care partnering often very intimate tasks**
- **Dementia care partnering typically involves drastic shifts/changes in the relationship**
- **In some ways, you have lost parts of the person along the way and may have been grieving all along the journey**

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