

# Hospice at Home



*Dying is Inevitable, Suffering is Optional*

**How to Work through the Stages of Grief**

# Table of Contents

## 2) The Types and Processes of Grief

## 4) Making it Through Grief

Making sure your emotional needs are met  
Accept Help  
Be kind to yourself  
Stay Healthy

## 5) Getting Back on Track

## 6) Support Others Who are Grieving

## 6) Rituals, Cultural Mores and Common Myths about Grieving

## 7) Grieving to Completion

## 7) Different Types of Grief

## 9) Summary

## How to Work through the Stages of Grief

*Grief can appear as the result of any major change from losing a job or divorce to receiving a terminal medical diagnosis, and, of course, death of a loved one. Understanding the stages of grief—which are the same for virtually all instances—and having keys for dealing with grief can make the hospice experience less stressful for all involved.*

*(NOTE: This report is intended to assist anyone -- family, friends, and "outside the circle" caregivers -- in dealing with grief. It is written as if instructing the caregiver who is not a friend or family member, and can be more neutral. However, if you are the caregiver and are also close to the patient, this information will assist you in your personal process as well as support you in dealing with others who may grieve a patient's illness and passing.)*

Grief is not simply an emotion that occurs when there is some sort of loss. It is a progression of feelings that, according to Elizabeth Kubler-Ross, an expert on death and dying, virtually everyone goes through.

Kubler-Ross defined a series of stages of grief that are widely accepted by the scientific and medical community. In my experience they are very accurate and assist in the understanding of what is actually going on and how it can be dealt with.

The emotional stages of grief are very similar to the emotional stages of dying. First there's denial, then anger, followed by bargaining, depression, and finally acceptance. It is highly likely that those grieving will go through that progression, though there may be some backtracking from one stage to another at times. In other words, it's not a strictly linear process, and once through the anger phase, it's not unlikely that anger may show up again from time to time.

If you are also a primary caregiver, on top of going through the stages of grief, you will also be going through the challenges of caring for someone you love, and whose condition will be deteriorating so the job gets progressively harder. There are many ways you can support yourself and the one you are caring for once you at least have a sense of what most likely will be going on emotionally.

## The Types And Processes of Grief

The first thing to understand is that grief is a natural reaction to any important loss or change. It's a healthy, human response to a