

Who we are

Dementia Resource Community was founded in 2015 by Cathrina Moore RMN, RGN for the purpose of connecting likeminded people who want to improve life for those living with neurological illness and the symptoms they encountered as a result.

A partnership was formed with Dementia UK in 2016 with Chapel House Care, Dementia Resource Community Ltd is a non-profit subsidiary of the Chapel House Care. Our Admiral Nursing pilot commenced in 2017 and Cathrina undertook Admiral Nurse case work as part of an isolation project GIFT Network.

We now work with local commissioners who want to make difference to those living with a dementia diagnosis. We now provide those services to a number of key partner organisations in the Northwest please visit our website for more information.

Email: an@dementiaresourcecommunity.co.uk

Web: <https://www.dementiaresourcecommunity.co.uk/>



Understanding Grief



LOSS & DEMENTIA



LOSS & DEMENTIA

Grief usually occurs from a single or major loss, e.g., physical death of a loved one. Usually, the loss is clearly defined, is final, and mourning is understood by others. Dementia poses some grief reactions that friends and acquaintances might not understand or have considered.

It is important to note families may experience grief when a loved one is diagnosed with dementia. Dementia involves many significant losses with unusual characteristics that are sometimes difficult to understand and manage.

This can make individuals feel like they are losing their loved one, causing feelings of grief and loss.

Individuals and Families may need specialist support to work through emotions. They may need to gain knowledge and understanding of often complex health needs, to support those they care about.

Sometimes death comes after a prolonged period of ill health where the person with dementia has needed a significant amount of care and love. At this time, well-meaning comments like....

“Well, it must be a relief...”

“It’s a blessing in disguise...”

“She was suffering anyway...”

“You had already lost him mentally...”

can be hurtful and can complicate grief. Such comments may be interpreted as devaluing a caring relationship with a, husband, wife, partner, sibling, parent, or friend.

SUPPORTING SOMEONE WHO HAS CARED FOR A LOVED ONE WITH DEMENTIA THROUGH GRIEF

We all grieve in different ways. There are ways you can support someone experiencing grief during this time:

- Grief is a normal emotional response to death- Their feelings are normal, allow them to express their feelings if they wish to.
- Some people do not openly express their feelings- this is not an indication of a lack of a sense of loss.
- Be non-judgmental - Everyone experiences different feelings when going through grief. Some may cry, some may be angry, some may feel guilty due to a sense of relief.
- Ensure they know how to find support – some individuals may seek support from other agencies, such as their GP, Samaritans, CRUSE, or other mental health support.
- Encourage them to write down their feelings – this may help them make sense of how they feel.
- Do not feel as if you need to give them an answer – often listening is extremely helpful and what your friend might need.
- Keep in contact – make sure you make a conscious effort to make time to talk- saying I am here if you need me will not make someone reach out.
- There is no time limit on grief.