There are also losses that are not easily identified. Although the care receiver may be physically present, he may be mentally or emotionally absent. He may not be quite the same person that he used to be. These ambiguous losses can trigger complicated reactions with no rituals to guide you through the grief.

Ways to Cope with Your Losses

- Talk and express your feelings regarding your problems with caregiving. Friends, relatives, counselors, ministers, or support group members can be great listeners.
- Schedule time for yourself and maintain your social contacts. Avoid isolating yourself from others. Do not feel guilty for having someone give you a break from your caregiving duties.
- Be realistic about your abilities and limitations as a caregiver. You can’t do it alone, so be willing to accept help from others.
- Realize you are not alone with your feelings. Many people, including other caregivers, share your concerns and thoughts.
- Keep your sense of humor. Remember that laughter can be the best medicine.
- Forgive yourself and those around you.

Identifying these losses is the first step toward understanding these feelings.

The losses I am experiencing are:

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I can do these things to help cope with my losses:

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I can call and talk about my losses with these people:

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Notes:_______________________________________________________________
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For more information, read:


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This tip sheet is part of a series:

Caregiving Relationships: For People Who Care for Adults

University of Illinois Extension, College of Agricultural, Consumer and Environmental Sciences, University of Illinois at Urbana-Champaign.

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