

Grief Support Guide: Helping Seniors Cope with Ongoing Loss

Introduction

As we age, the accumulation of losses—friends, siblings, partners—can lead to a state of ongoing grief. This continuous exposure to loss, known as cumulative grief, often goes unrecognized but profoundly affects seniors' emotional well-being.

Signs of Ongoing Grief

- Withdrawal from social activities
- Frequent reminiscing about the past
- Changes in appetite or sleep patterns
- Increased irritability or sadness
- Reluctance to form new relationships

Support Strategies for Seniors

- Embrace Storytelling: Sharing memories keeps loved ones' spirits alive.
- Acknowledge Grief: It's okay to feel sadness even years after a loss.
- Seek Joy: Engage in activities that bring happiness, even in small doses.

Support Strategies for Caregivers

- Active Listening: Provide a safe space for seniors to express their feelings.
- Encourage Social Interaction: Facilitate participation in community events or groups.
- Promote Professional Help: Suggest counseling or support groups when needed.

Creating a Grief-Sensitive Environment

- Memory Corners: Dedicate a space for photos and mementos.
- Grief Days: Recognize anniversaries of lost loved ones.
- Comfort Items: Provide items that offer solace, like weighted blankets or soothing teas.

Seasoned Folks Merchandise

Our signature collection, 'Age is My Superpower,' celebrates the resilience of seniors.

Consider gifting:

- 'I May Be Older, But I'm Not Done Feeling' mugs
- 'Grief & Grit' t-shirts

These items serve as daily reminders of strength and perseverance and are available at seasonedfolks.com/shop-grief

National Grief Support Resources

- Grief Share: griefshare.org/findagroup
- The Compassionate Friends: compassionatefriends.org
- SAMHSA: samhsa.gov



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