

Strategies and resources to support your grief after caregiving

You are grieving after a long period of caregiving. Because you have spent a lot of energy, you need to recover and take care of yourself. To get you started, here are some useful strategies. They will help you identify and respond to your needs so that you can open up to yourself, to others, and to life.

To meet my needs to be in action, I can...	To meet my emotional needs, I can...	To meet my information needs, I can...
<p>Respect my basic daily needs (e.g. activity/rest balance, exercise, sleep, avoid drugs/alcohol, etc.).</p> <p>Take care of my physical health (e.g. walking, exercise, etc.).</p> <p>Create a daily routine/ritual (e.g., engage in relaxing activities, do simple things, take deep breaths, etc.).</p>	<p>Express my emotions.</p> <p>Allow myself moments of sadness, anger, and discouragement.</p> <p>Give myself permission to enjoy pleasant moments even in times of suffering.</p> <p>Use humor and dare to smile despite sadness.</p>	<p>Read the fact sheets entitled «Suggested readings on bereavement» and «Immediate support and helplines».</p> <p>Listen to podcasts, webinars, videos, etc. to learn about resources on bereavement that might be relevant to me.</p> <p>Take the time to consult resources on grief support for children and teenagers if it applies to my situation.</p>

To meet my needs to be in action, I can...	To meet my emotional needs, I can...	To meet my information needs, I can...
<p>Let myself be inspired by:</p> <ul style="list-style-type: none"> • <i>Different artistic activities (e.g. reading, music, journal writing, painting, coloring, gardening, etc.)</i> • <i>Relaxation (e.g. bath/shower, breathing, meditation, mindfulness, fishing, kayaking, etc.)</i> • <i>Entertainment (e.g. cinema, theater, museum visits, shows, etc.)</i> <p>Give myself moments to connect with living things (e.g. nature, plants, animals, outside in a place I enjoy, etc.).</p> <p>I can ask for help from a healthcare professional, a grief counselor or a support group.</p>	<p>Express my gratitude, my wonder, let myself be moved by what surrounds me.</p> <p>Develop compassion for myself: patience, gentleness...</p> <p>Develop a «one day at a time» and «here and now» philosophy.</p> <p>Nourish my spirituality (e.g. hope, peace, presence of the departed).</p> <p>Surround myself with meaningful and welcoming people, while respecting our differences.</p>	<p>I can talk to people who have been through a similar situation to mine (e.g. bereavement support group).</p>

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To follow up on the suggested strategies, we now offer you some resources to support your grief specifically after caregiving.

RESOURCES IN QUÉBEC

General resources

211 Service Québec

Information on community, public and parapublic services in Québec.

<http://www.qc.211.ca/> (Select English language)

<https://www.211qc.ca/en/search?q=deuil&sort=name>

Gouvernement du Québec et JuridicQC

Caregivers: 7 tips to help you move forward after a family member or a friend dies.

<https://juridicq.gouv.qc.ca/en/seniors-experiencing-a-loss-of-autonomy/caregivers/being-a-caregiver/caregivers-7-tips-to-help-you-move-forward-after-a-family-member-or-friend-dies>

L'APPUI proches aidants

Post-caregiving and grief

<https://www.lappui.org/en/actuality/post-caregiving-or-understanding-what-happens-after-caregiving/>

<https://www.lappui.org/en/practical-advice/being-a-caregiver/bereavement-and-post-care/>

Maison Monbourquette

Bereavement follow-up resources

<https://www.fondationmonbourquette.com/ressources-anglais>

Ordre des infirmières et infirmiers du Québec

Toll-free number 1 800 363-6048

Website <https://www.oiiq.org/en/>

Ordre des psychologues du Québec

Toll-free number 1 800 363-2644

Website <https://www.ordrepsy.qc.ca/english>

Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec

Toll-free number 1 888 731-9420

Website www.otstcfq.org

Regional resources

Albatros Capitale-Nationale

Support for relatives and the bereaved

<https://albatrosquebec.ca/soutien-aux-proches-et-aux-endeuilles/>

GASO

Groupe des Aidants du Sud-Ouest de Montréal : bereavement support service after caregiving

<https://www.gaso.ca/en/soutien-individuel>

RESOURCES IN CANADA

Canadian virtual hospice - MyGrief.ca

Information and resources

<https://mygrief.ca/>

Module 20 – As illness progresses: Dementia, ALS, MS, Parkinson’s, or Huntington Disease

<https://mygrief.ca/mod/lesson/view.php?id=1035>

MEDICAL AID IN DYING (MAID) IN QUEBEC AND CANADA

Gouvernement du Québec

Act respecting end-of-life care

<https://www.quebec.ca/en/health/health-system-and-services/end-of-life-care/act-respecting-end-of-life-care>

Medical aid in dying

<https://www.quebec.ca/en/health/health-system-and-services/end-of-life-care/medical-aid-in-dying>

Advance request for medical aid in dying

<https://www.quebec.ca/en/health/health-system-and-services/end-of-life-care/medical-aid-in-dying/advance-request-medical-aid-dying>

Guide for the person and their loved ones - Advance request for medical aid in dying

<https://publications.msss.gouv.qc.ca/msss/en/document-003850/>

Canadian virtual hospice - MyGrief.ca

Module 26 – Grief and medical assistance in dying

<https://mygrief.ca/mod/lesson/view.php?id=893>

INTERNATIONAL RESOURCES

United States

CaringInfo (National hospice and palliative care organization)

Coping with grief and loss (also available in Spanish)

<https://www.caringinfo.org/planning/grief-and-loss/>

NIH (National Institute on Aging)

Coping with grief and loss – Information (also available in Spanish)

<https://www.nia.nih.gov/health/grief-and-mourning/mourning-death-spouse>

Parkinson's Foundation

Care partner program: Ambiguous loss

<https://parkinson-foundation-online-courses.thinkific.com/courses/care-partner-program-ambiguous-loss>

Europe

Parkinson Europe

Webinar « Death, dying and Parkinson's »

<https://parkinsonseurope.org/2021/03/11/death-and-parkinsons/>