

“SECONDARY LOSSES”

As a caregiver, when we experience changes with our loved one, there are many secondary losses connected to the primary change. We may also experience the.....

- Loss of JOY
- Loss of BALANCE
- Loss of BELIEFS
- Loss of DREAMS
- Loss of CONTROL
- Loss of GOALS
- Loss of EXPECTATIONS
- Loss of INTIMACY
- Loss of COMMUNITY
- Loss of SUPPORT
- Loss of SECURITY
- Loss of INNER PEACE
- Loss of HEALTH
- Loss of SELF-ESTEEM
- Loss of FAITH
- Loss of PLANS
- Loss of MOTIVATION
- Loss of LAUGHTER
- Loss of ENERGY
- Loss of TOMORROW
- Loss of DESIRE
- Loss of PURPOSE
- Loss of PATTERNS
- Loss of BELONGING
- Loss of HOPE
- Loss of UNCONDITIONAL LOVE
- Loss of ACCEPTANCE
- Loss of FUTURE
- Loss of STABILITY
- Loss of FRIENDSHIP
- Loss of A SAFE PERSON
- Loss of A BEST FRIEND
- Loss of NORMAL
- Loss of A CHEERLEADER

About Bob Willis, Author of Article

As Bereavement Coordinator for Hospice of Oklahoma County since June of 1995, Bob provides grief support and counseling for families, facilitates grief support groups for the community, and is a frequent speaker on grief, loss and caregiving issues. Bob has been an ordained Southern Baptist minister since 1979. He has received training through the Grief Recovery Institute, the Center for Loss and Life Transition, the American Academy of Bereavement, and the Traumatology Institute of Florida State University.

Bob is the author of “The Ultimate Caregiver: Words from the Cross to the Caregiver’s Heart”, to be released in September of 2008. This book provides communication tools and guides for caregivers to express important feelings to their care-receivers during the difficult role of caregiving.

He is also an accomplished sculptor with his bronze work in colleges and a children’s hospital. He leads sculpture workshops in the Oklahoma City area, and is the designer of the “Healing Heart” sculpture (www.Godhealshearts.com). He and his wife, Lynn, present the “Gospel in Clay” in churches throughout the Midwest. As Bob sculpts a bust of Christ in clay, Lynn sings songs of His sacrifice, blending Scripture and testimony into this powerful message.

Disclaimer: Content of Article is from Bob Willis and does not express the opinion or recommendation of FamilyCare America, Inc. and the National Caregivers Library.

The loss in any of these areas can create a grief response. Give yourself permission to grieve these losses as a result of the changes being made. Give yourself permission to be a care-griever.