

# The Grief You Feel Before a Loss



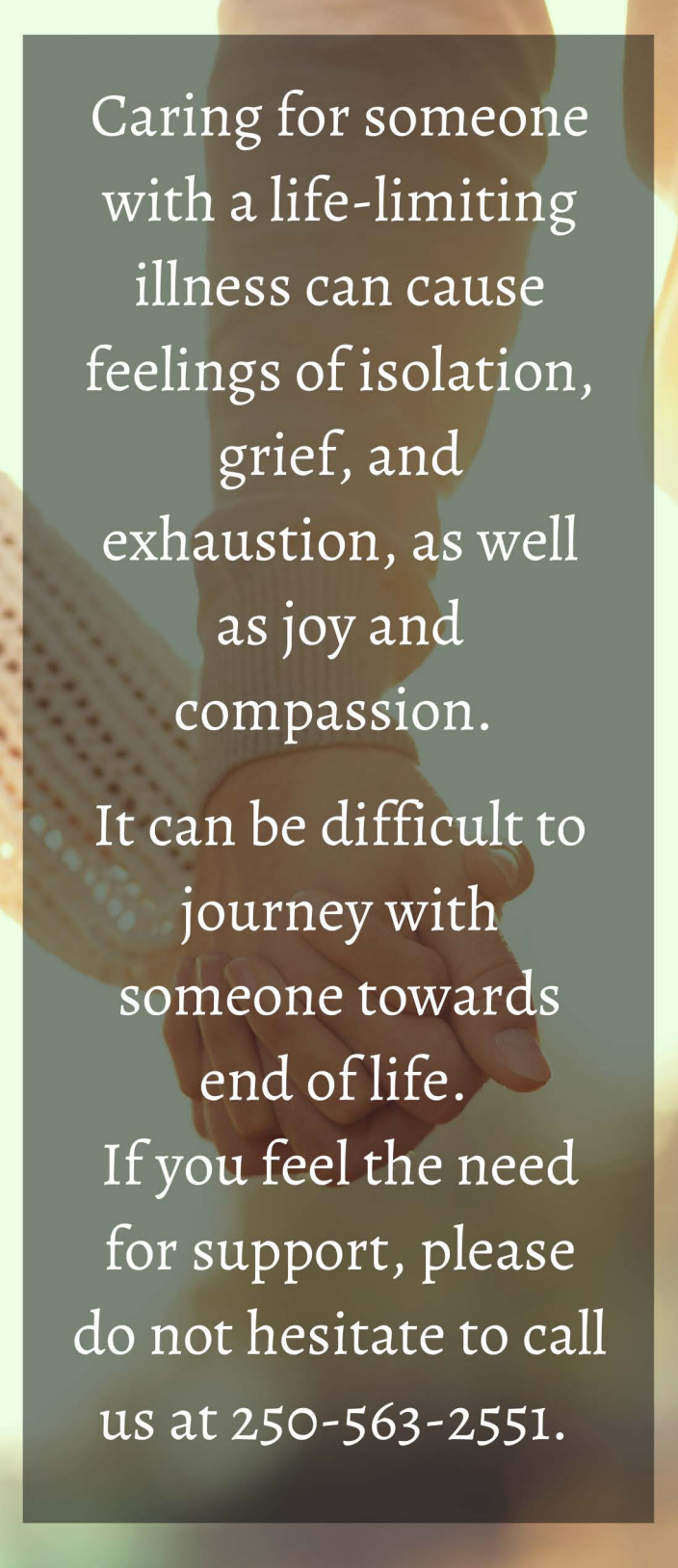
PRINCE GEORGE  
**HOSPICE**  
PALLIATIVE CARE  
SOCIETY

# *Anticipatory Grief*

Often, as a carer, we can have feelings of grief before we lose the person we are caring for. Know that this is normal. Even though your person is still with you, your life together has changed dramatically. From the moment of diagnosis, grief begins. After a diagnosis, your life is continually changing. These changes bring up feelings of anger, sadness, frustration and even helplessness.

Watching a person lose their abilities can be devastating. There is a sense of uncertainty about what the future will hold. It can be exhausting living in this uncertainty. Please care for yourself when these feelings arise. Sometimes caring for yourself can feel like one more thing on the to-do list. Try to take a moment and breathe.





Caring for someone  
with a life-limiting  
illness can cause  
feelings of isolation,  
grief, and  
exhaustion, as well  
as joy and  
compassion.

It can be difficult to  
journey with  
someone towards  
end of life.

If you feel the need  
for support, please  
do not hesitate to call  
us at 250-563-2551.

# *The Losses That Have Already Happened*

## Loss of Community:

Illness can be isolating both for the person who is ill and for the carers.

## Loss of Income:

Sometimes this can happen if the primary income earner is no longer able to work.

## Loss of Your Normal Life:

Your routines and day to day activities will have changed.

## Loss of your Future Plans:

Illness makes it so you are unable to plan for your future.

## Loss of Free Time:

The time is now spent caring for your person.

Sometimes it feels like there are more losses than wins; however, these losses are not to be diminished. They are real, and it's okay to feel how you feel. Be gentle with yourself.

# *Get Support*

If you need someone to talk to, reach out. If you need someone to help with tasks, reach out. If you need someone to help you navigate the system, reach out. If you need to simply rest, reach out. Remember that you matter. Caring can be exhausting.

We are just a phone call away. If you need to talk to someone and can't leave your person, we are here. We can give you ongoing support, or we can be available for a one time call.



*You are not alone*

For more information  
on our Programs, call  
the Solace Center at  
250-563-2551



## CONTACT

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*Hospice ...*

*it's how we care, not  
where we care.*