Answers for ELDERS
DECISION GUIDE

Life Changes

Bereavement & Grief Consultation

Industry Snapshot

Purpose:

Bereavement and Grief Counselors are especially trained in understanding the process of dying and helping the family members and loved ones adjust to the transition of one's passing. They can work with the entire family, or individual counseling.

Services:

They can help by:

- ✓ Helping families adjust to sudden passing of a loved one
- ✓ Working with a surviving spouse to begin living life again
- ✓ Educating about the dying process
- ✓ Working collaboratively with families and the dying in coordination of Hospice Care, Funeral Planning and their final wishes
- ✓ They can in some cases facilitate support groups and family mediations
- ✓ They can help family members adjust to daily life by providing tools in healing

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Provider Selection

Specialization:

The death of a loved one can be debilitating. In the case of the death of a senior parent, it is common to see families coping in different ways. Grief can cause division and devastation to the family unit. For a caregiver's life, after being consumed by caring for a loved one, it can be a life changing and devastating adjustment.

Grief and Bereavement counseling can help in numerous ways to get your life back on track.

Preparation:

You may need a grief or bereavement counselor if you are having challenges adjusting to life after the loss of your loved one. Challenges can include:

- ✓ Adjusting to life after caregiving
- ✓ Lack of a new life purpose
- ✓ Lack of motivation to forward
- ✓ Symptoms of depression
- ✓ Using food, drugs or alcohol to numb the pain
- ✓ Family conflicts in adjusting to the loss

Evaluation:

All states have a different criteria to qualify individuals who counsel and consult with families in this capacity. Check your state's criteria to determine what the requirements are, including:

- ✓ Registered Counselors
- ✓ Clergy or Ministerial training
- ✓ Consulting background

As always, you research the counselor's experience, and ask specifically about the issues you are dealing with to determine if they are the right fit for your situation.

Discover the Answers for Elders Radio Show

1PM SATURDAYS!
820AM • AM1590

9PM SUNDAYS!
AM1590

If you or your family are navigating senior care, discover the Answers for Elders Radio Show! Learn from our many podcasts here, our live broadcast 820AM or 1590AM on Saturdays and Sundays in Western Washington, or on iHeartRadio, worldwide. Now in our third year, Answers for Elders is "the voice of senior care", featuring content on all of the Decision Guide topics here, and even more!

Hosted by Suzanne Newman, she intertwines her own journey as caregiving her mother. Through her real-life experience, and her passion for supporting families, caregivers, and seniors, she interviews top providers in senior care. Coming at it from a family member's perspective, you will discover how to make later life care decisions a lot easier no matter what stage you are in. Because eldercare is interconnected, there are many moving parts and options that you may not know about. Answers for Elders and the most respected eldercare experts in the industry help you learn through their knowledge and wisdom. Each week we tackle subjects like caregiving, housing, living options, aging in place, healthcare, financial, legal questions and more.

Understanding the different options helps make later life a lot easier. It also helps you be more proactive before changes need to be made so that you can make the best decisions for you and your family members.

About The Host

Suzanne Perkins Newman, Founder & CEO, Former Family Caregiver
My Passion: Advocacy for Caregivers & Seniors

- Host of the Answers for Elders Radio Show!
- Founder/CEO Answers for Elders, Inc.
- Family Caregiver "Coach" • Former Family Caregiver for her own Mother
- Author of *The Advocate's Heart: Finding Your Real Strength in Caring for Aging Loved Ones*
- 25-Year Executive in Advertising, Publishing & Digital Media

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Best news of all? It's FREE!