

Grief, Loss, Dementia



BlueCare

Live life your way

BlueCare Grief, loss and Dementia Program

The unique experience of caring for someone who has dementia, is that feelings of grief and loss may be experienced while the person is still with you. This grief, however, can change over time.

This is referred to as ambiguous loss. Carers also experience something called disenfranchised grief, a grief experience that is not recognised, or under-recognised by self or others.

Aim of BlueCare Grief, Loss, Dementia Program:

- To provide carers with an understanding of dementia, and the grief and loss relating to dementia.
- Validate feelings within that process, and promote self-care and resilience strategies.
- Suitable for family members/primary carers/support person of a person living with dementia.

The Group

The Group meets regularly, with trained facilitators, to provide emotional, social and practical support for group members. This is a structured program of 2.5 hours per week over five weeks. Participants really benefit from sharing their experiences in the safety of a small group.

Contact for information:

0417 555 826

Email: GriefandLossProgram@bluecare.org.au

Web: bluecare.org.au/services/grief-and-loss-programs

Confidentiality is respected at all times



As one of Queensland's largest aged care providers, we provide a range of services to support people in their homes, in our local community centres, our aged care residences and in our retirement villages.

Our mission and values commit us to actively listen to the needs of each person we assist and shape our services to meet their unique needs and circumstances.