

5 STAGES OF GRIEF

IN CAREGIVERS

GRIEF

“Deep and poignant distress caused by or as if by bereavement.” ~ Merriam-Webster Dictionary

DENIAL

A belief that the diagnosis is wrong or not so serious and that the child is going to be fine.



ANGER

Loss of personal dreams for the parent or caregiver and the individual.



BARGAINING

“If only,” “what if,” or “what should I have done differently?”



DEPRESSION

Feeling directionless, lost or confused about your life and the individual’s life.



ACCEPTANCE

The sadness and sense of loss or grief may never fully fade.

The ability to allow sorrow and joy to live alongside one another.



SOLUTION

Avoid the “tough it out” mentality.

Experiencing and sharing the grieving process is the solution, not the problem.

