

More than a Moment

Palliative Approach to Dementia Care Grief Supports & Mindfulness Programing

Alzheimer
Society
ALBERTA AND
NORTHWEST TERRITORIES



MORE

than your
hardest moment.

HelpforDementia.ca/grief

What is Grief?

grief

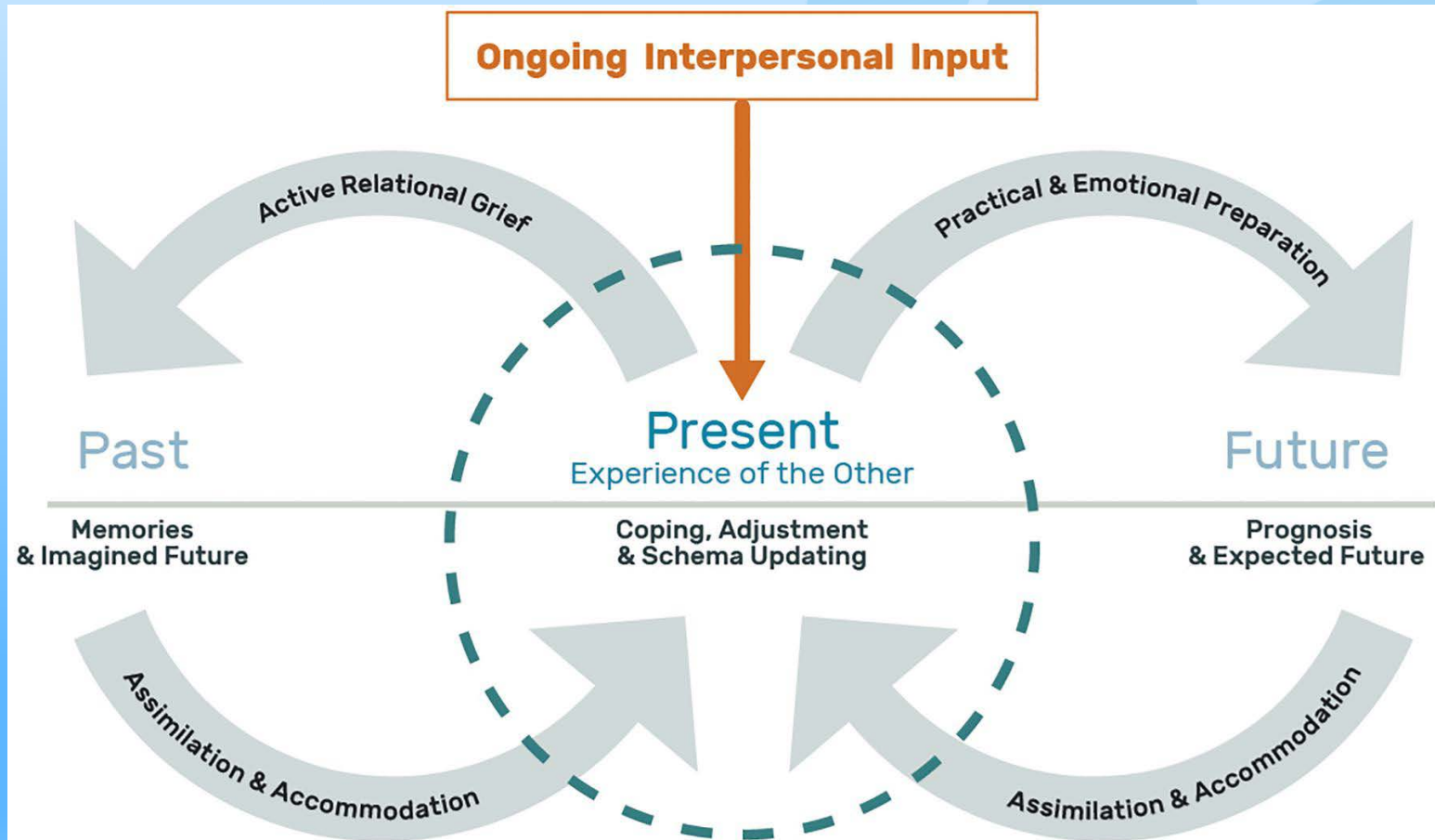
Origin





Continuing Bonds Grief Model

(Care Partner non-death grief)



Dementia Grief

- Anticipatory
 - Grief that occurs before a loss
- Ambiguous
 - Loss not clearly defined or lacks closure
- Cumulative
 - Multiple losses over time where emotional impact layers
- Disenfranchised
 - Loss not recognized or valued by others
- Delayed
 - Grief manifests weeks, months or years after loss
- Masked
 - Grief expressed in physical symptoms or changes in behaviour

- Complex
 - Prolonged grief disorder, an open wound that never heals

How to Hold What is Heavy - Grief Care Knowledge & Skills

Project Tools

- Grief Literacy
- Palliative Approach Planning
- Mindfulness Skills

Delivered through

- Help For Dementia
- Client Services Navigators
- Grief Care Team Programing
 - Grief Support Series
 - Seeds of Hope – Preparing for End of Life
 - Mindfulness Skills



How to Hold What is Heavy - Grief Care Support

Project Tools

- Care Partner Support Groups (up to and including bereavement care)
- Peer Support Grief Program
- Compassionate Communities

Delivered through

- Client Services Navigators
- Society Programing
- Grief Care Ambassadors



How to Hold What is Heavy - Grief Care Processing

Project Tools

- Grief Counselling

Delivered through

- Grief Care Team
- Grief Counsellors (one to one or group brief therapy approach)
- EMDR (STEP GTEP)



What is the Palliative Approach?



Palliare & Pallium – to cloak

Palliative – to wrap In comfort

Supports

- Grief Counselling (one-to-one, group, and/or EMDR)
- Living through Loss - Seeds of Hope (Preparing for End of Life Stage – Feb 2026)
- Life after Loss - Bereavement Support Group (Sept-Dec 2025, Jan-May 2026)
- Living Well – Ongoing Grief Support Group (new year 2026)
- Mindfulness Skill Program (Sept-Dec 2025, Jan-April 2026)
- Mindfulness Workshops (New Year 2026)
- Seasonal Remembrance Events (Winter -Dec 19)
- Pallilearn Compassionate Communities Workshops
- Waiting Room Revolution Workshops
- Virtual Memory Wall

