

Faith & Grief Support Programs

Grief Roundtable Caregiving & Anticipatory Grief



The CDC estimates that **six in ten** adults in the United States currently live with a chronic disease such as cancer, heart disease, or diabetes. **Four in Ten** have more two or more chronic illnesses. - Feb 2023

An estimated 6.7 million Americans age 65 and older are living with Alzheimer's in 2023.
- Alzheimer's Association

2.8 Million Cancer Caregivers in the United States. - American Cancer Society

Among people with long COVID, 79% report having limitations to their day-to-day activities and 27% characterize the limitations as significant. - The Pulse- WHY Y NPR Radio

About half of Americans who live to age 65 develop a need for long-term-care services and support in their lifetime. - CDC



41 million+

Americans have provided unpaid care in the last 12 months.



40% to 70%

of family caregivers report clinical symptoms of depression.



23%

report caregiving has negatively impacted their physical health.

National Alliance for Caregiving (NAC) and the 2020 AARP report *Caregiving in the U.S.*, which contains responses from a sample of 1,204 family caregivers.

<https://www.aplaceformom.com/senior-living-data/articles/caregiver-burnout-statistics>

AARP's *Caregiving in the U.S. 2020* report highlights the following effects on family caregivers:

- 27% stopped contributing to savings.
- 20% took on additional debt.
- 20% used up their short-term savings.
- 17% paid their bills late or left bills unpaid.
- 13% borrowed money from others.
- 10% struggled to purchase necessary items, including food.

TYPES OF GRIEF – (David Kessler, 2021)

Delayed - Grief that we don't feel in the moment because it's not safe or we're in survival mode.

Disenfranchised - Any grief we judge or minimize.

Ambiguous - Grief that's hard to see.

Inconclusive - There is no body to grieve. There is hope. It breeds conspiracy theories.

Complicated - When painful emotions of loss don't improve with time and are so severe that you have trouble resuming and or creating your life.

Collective and Public -When we grieve as a group an event or public figure.

Traumatic - Combines trauma with bereavement or grief responses.

Masked - Grief that is presenting in another way and the resulting feeling is actually a response to grief.

Anticipatory - The grief that comes before a death.

Cumulative - When someone experiences multiple losses during a short period and or unattended grief that builds up.

Secondary Loss - The other losses that accompany grief in addition to the primary emotional response.

These are just a handful types of grief that you will come across. Our grief is as unique as our fingerprint.

<https://www.faithandgrief.org/typesofgrief/>

Anticipatory Grief

grieving that comes before a death or
another life changing event

Although grief is typically associated with the loss of a person who has died, you can grieve the loss of anything significant to you.

Personal illness or injury
Infertility
Loss of mobility/function
Divorce
Break-up
Estrangement
Loss of a home and/or
belongings
Loss of a job
Retirement
Empty nest
Trauma
Loss of a business

Loss of income/financial stability
Incarceration
A family member's illness or injury
Generational Grief & Trauma
Loss of faith
Loss of identity
Loss of hopes and dreams
Loss of memory/cognitive abilities
Pandemic
Your loved one is changed or different
due to dementia, traumatic brain injury,
mental illness, or addiction

What can we do?

What do you wish others knew about grieving with this type of loss?

Take a moment and write down some of your thoughts on this question.

What can we do as supporters?

Show Compassion

Place our opinions on the shelf

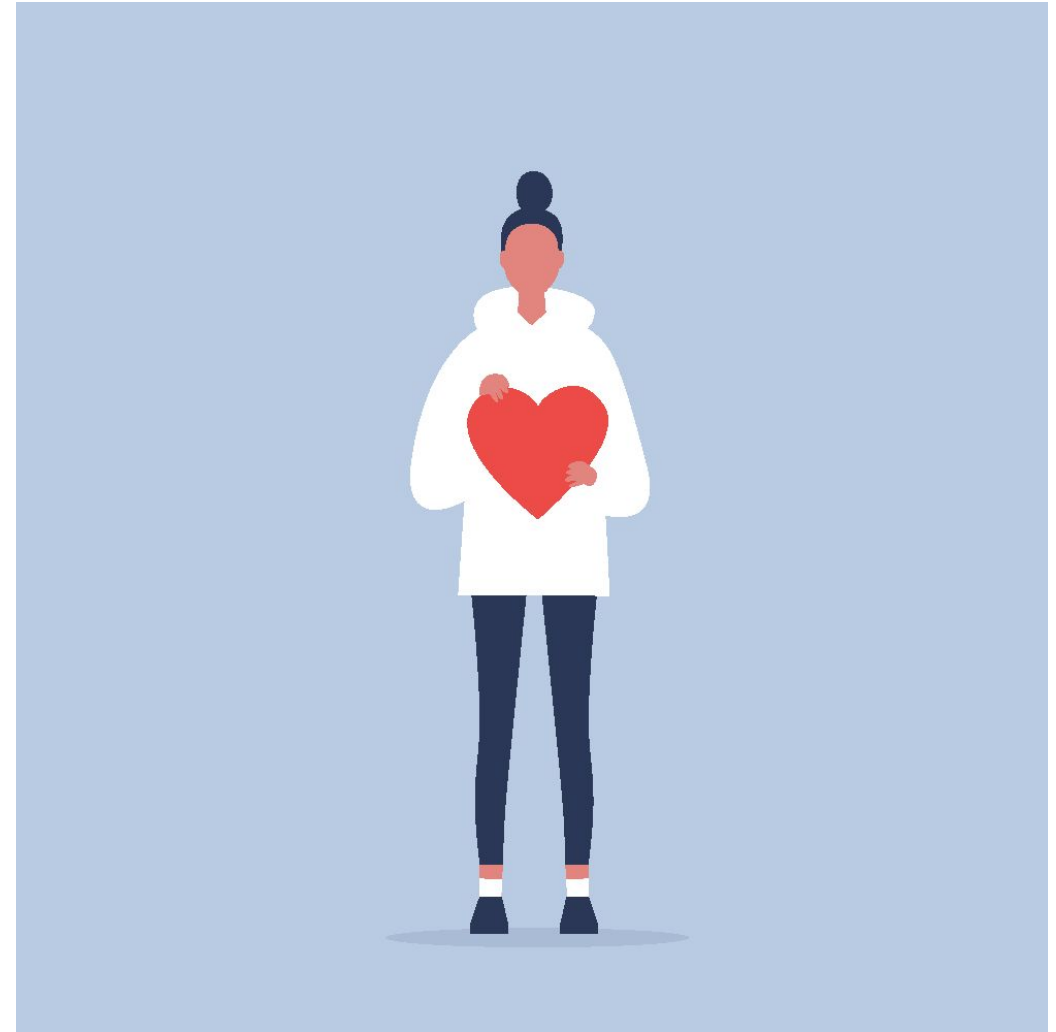
Encourage Self-Compassion

Acknowledge Anticipatory Grief

Compound/Cumulative & Complex

Consider Community Care & Resources

Mourner's Bill of Rights



Importance of Grief Support

Because of these and many other feelings, those who have experienced the death of a loved one often need to:

- Be a part of a supportive community that is welcoming and understanding.
- Know they are not alone by hearing grief stories of others.
- Have an opportunity to engage in honest conversation about their grief.

The need for comfort in grief and a compassionate understanding community is universal.



Grief Support Gatherings

Offered monthly for one-hour, daytime & evenings, online & in-person, at five locations in DFW

The Faith & Grief Workshop

Eight sessions where you learn about the nature of grief, share your story & explore spiritual practices created to support you as you grieve - offered online & locally in-person.

Grief Retreats

A getaway created to focus on your grief and provide you with spiritual practices to support you as you grieve.



Scan to learn more about all our programs and the Faith & Grief Podcast



faithandgrief.org

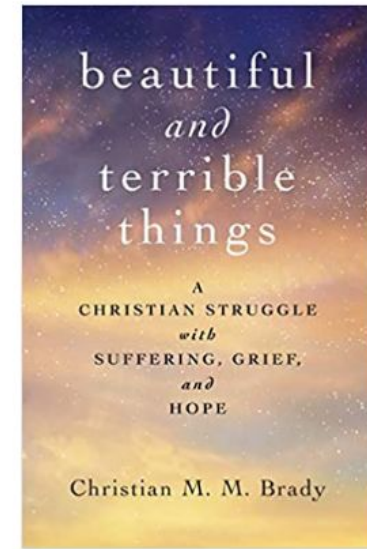
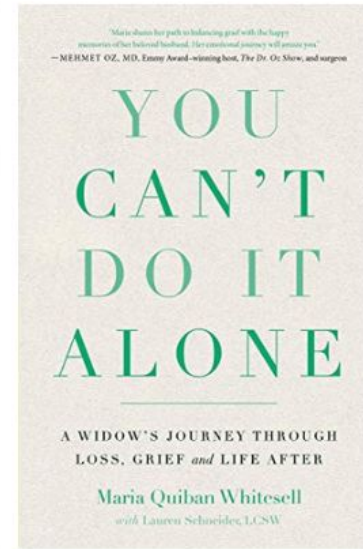
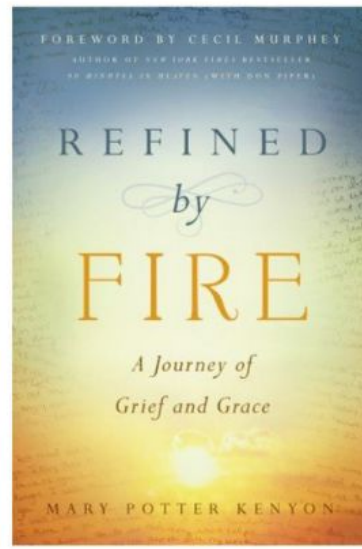
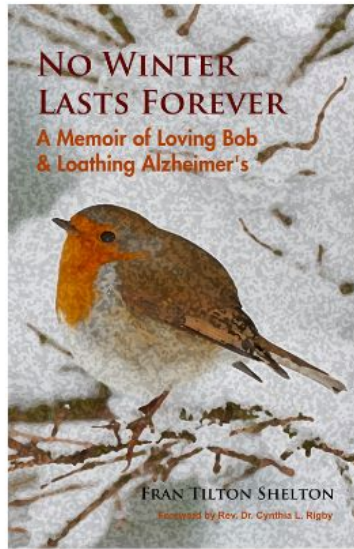


"Grief is not a disorder, a disease, or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve."

EARL GROLLMAN



FaithandGrief.org



faithandgrief.org/book-club

FaithandGrief.org



10th Annual
Faith & Grief Memorial Arch
November 22th - December 14th, 2025
Klyde Warren Park

Remember your loved ones by writing
their name on a ribbon and adding the
ribbon to the Arch



Faith & GriefSM

A Ministry of Compassion and Connection

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