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Chapter Presentation

Week 10

I found interesting learning about anticipatory grief which occurs prior to the actual loss. I actually remember me and my family going through anticipatory grief without knowing or having a name for it. My grandmother died at age of 97, and her last few years of life her health deteriorate really fast. So the reality of her death was present in our lives for many years. I could relate to what the book says that many people who have predeath bereavement period may do better on handling their grief. This was a reality for us not just because of the health declining but also because of the advanced age. One thing that I find intriguing that the book mention about the first task of mourning in anticipatory grief is that some people hold on to hope that the person will survive despite the visual evidence of the eminent death. I wonder where does the line of hope changes to denial, especially if the person is dealing only with a disease not the advancement in age as was the case for grandmother. I hope to understand that better in order to be helpful to both patients and family members.

It was important to learn more about Middle adulthood which encompasses ages 45 to 65. Since this is a time that people may experience more losses, not just death losses but also living losses such as physical and cognitive decline, divorce, loss of work and career transitions, loss of health, loss of dreams among others. Middle age is also a time that adults be overwhelmed with the responsibilities of taking care of older generations while caring for themselves and for the development of future generations, is important for me as a counselor to understand the challenges that this age group goes through. Significant shifts in relationships with partners, children, parents and others may happen in midlife years usually bringing a heavy load of

responsibilities. Since people are living longer, there are a great number of middle age adults taking care of their aging parents while trying to raise their own children or grandchildren. This is also a time of increased responsibilities at work, usually involving management roles, and responsibilities to train and lead others. I was surprised to learn that midlife in the United States is a time of significant decline in life satisfaction, especially with unmarried adults. It seems marriage works as a protective resource that promotes happiness in life.