|  |
| --- |
|  |
| **ISA ISPID  Abstract Submission  Nº: 209**   |  | | --- | | Topics: **Implementing best practices** | | Type: **Workshop** | | **Grandparents: Forgotten Grievers... Tools for Helping a Difficult Process** | | **Díaz , Noemí** 1; **García Pérez , Ana** 2 *1 - Palliative Care Unit, Hospital E. Tornú-FEMEBA. Buenos Aires.. 2 - Palliative Care Unit, Hospital de Clínicas -Facultad de Medicina- Udelar, Montevideo..* | | **Objectives of the session** Grandchildren can play a decisive role in the lives of grandparents, as they help to strengthen the bond with their children and promote experiences of legacy and transcendence, in accordance with their stage of the life cycle. Perinatal loss of a grandchild implies a double suffering: the loss of the grandchild while being a witness to the suffering of their son or daughter. In addition, the grandparent may also feel that they are facing a great challenge, the deviation of the “natural order”, in which the young bury those who preceded them. This situation creates a profound existential crisis, confronting them to a new concept of death in which they remain as a survivor. On occasions during the grieving process feelings of guilt may appear due to a potential life that vanishes before a life already lived. Also, profound feelings of helplessness and pain are frequent at not being able to help their own child. There is a high need for understanding and support in grieving grandparents (GG). Frequently they must face grieving in silence since family efforts are focused on the devastating suffering of the parents. The experience of this suffering can be overwhelming and is often experienced in solitude, which deprives them of the necessary social support, increasing its intensity. Grieving in this vulnerable population, while sharing some elements of the grieving process in general, displays specific characteristics of the grandparent-parent and grandparent-grandchild relationship, in addition to the personality of each mourner and their own way of coping.  The **general objective** of this session is to address the particularities of grieving grandparents. The **specific objectives** are: 1.       To aid health team professionals in the understanding of GG and provide tools for helping this process. 2.       To raise awareness in health institutions, NGOs, professionals and community members who work in the area (volunteers), about the specific needs of emotional support for the GG population. 3.       To encourage the creation of support/mutual help groups to offer GG a guide in the bereavement process and for reducing social isolation.  **Content of the session** We will begin with a brief description of the bereavement process in general from a narrative-constructivist perspective (Neimeyer R.) and then focus on the specificity of GG. During this first descriptive stage, feedback from workshop assistants will be included until achieving an integrative theoretical definition of GG, specifying particularities and posing challenges. After, the experts will provide tools for a better understanding and facilitation of the GG´ process. The benefits of creating mutual help groups will be explained. The therapeutic tool that will be given priority to is psycho- education integrated with emotions. Lastly, the workshop coordinators will facilitate the sharing of experiences, stories and reflections that arise in the discussion.  **Method and extent of audience participation** The workshop is intended for physicians, nurses, psychologists, social workers, volunteers, coordinators and members of institutions and NGOs working in this area and other professionals involved in the assistance of GG. The activity will consist of three stages: Start: 1.     Theoretical information through a slide show. 2.     The contribution of attendees in a guide discussion aimed at framing the study topic. Development: 1. Brief experience-based exercise of personal experience with loss. 2. Integration of the experience with preceding theoretical information, in small groups, guided by the coordinators. 3. Discussion exercise, from a selection of scenes from the movie “Return to Zero” (2014). Based on a true story, it recreates the impact of intrauterine loss on a couple and their family. The movie will be used to trigger, in small groups, reflections on GG. 4. The coordinators will provide tools for the appropriate therapeutic management of GG. Closing: We will arrive at a group synthesis drawn from the workshop.  **Proposed content area and why it is important to participants** The mourning of grandparents who have lost grandchildren is a topic frequently vacant in professional and community assistance. We believe that its approach tending to raise awareness and provide practical tools is relevant and necessary for health professionals and community leaders who come in contact with this vulnerable population. Caring for the parents of grieving parents, means taking into account the family system as a whole that is in crisis, and has an overall impact on the health of each of its members (for example, brothers of the deceased baby, uncles, etc.). An adequate theoretical and clinical management will encourage greater understanding of the specific dynamics of the grieving process in grandparents and of their needs, allowing greater possibilities for support in people with a high level of emotional distress, with risks of comorbidity and frequently limited social support. The encouragement for creating support groups permits a greater range of assistance and a support network in this painful situation. Also, the groups stimulate the individuals´ resources and own potentials and activate multiple interactions for the common goal. | |  |  |  |  | | --- | --- | | **CONTACT** | | | Name: | **Noemí Alicia** | | Lastname: | **Díaz** | | E-mail: | **noemi.alicia.diaz@gmail.com** | | Country: | **Argentina** | | Institution | **Palliative Care Unit, Hospital E. Tornú-FEMEBA. Buenos Aires.** | | Cellphone: | **+54911 50098433** | | City: | **Buenos Aires** | |