

Loss Related to Death of a Loved One



P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE

The death of a loved one can weigh heavily on the heart and mind of an older person. The death of a loved one can be the most stressful event in a person's life. Numerous emotions can be experienced like sadness, anxiety, anger, guilt and despair. There are changes in appetite and sleep as well as physical illness. These are all normal parts of grieving and the feelings ebb and flow over time.

Steps For Coping:-

1. Each person experiences grief in his or her own way. It is very important to seek out people who understand your loss. It takes a long time to complete the grieving process.
2. Older people who are grieving are helped by joining a support group.
3. Discussing negative feelings with a Psychologist is very helpful.
4. Feelings of intense sadness over an extended time period or signs of declining health may indicate depression. If the Doctor diagnosis depression, then the person may be referred to a mental health practitioner. Antidepressants may be helpful as well as counselling.

To know more about How to deal with Loss Related to Death of a Loved One contact Geriatric Clinic (Clinic for the Elderly)

**The Geriatric Clinic is located at
3rd floor, Health Check Department,
Hinduja Clinic Building
Timing - **Thursday - 9.30 am to 11.30 am**
To schedule an appointment call
39818181 or 67668181**

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