



THE IMPACT OF THIS SERIES

"The power of the video series is that each week, through a 20-minute video, Dr. Boss gives caregivers an understanding of their ambiguous loss journey and teaches them the techniques which are crucial to reducing their stress, reclaiming hope and improving their health and well-being."

**~ Ann Wheat
Duet Family Caregiver
Services Director**

"I couldn't believe how Dr. Boss was stating the thoughts and feelings I have, and sharing ways of dealing with them to help caregivers through this journey and come out the other side...so imperative when we hear the statistics of poor health and early death of caregivers."

**~ Sandy
family caregiver**

"Dr. Boss' theory on ambiguous loss gave a name to what I confront daily. Although I continue to grieve and miss what used to be a wonderful partnership with my wife, I am now much more able to identify new joys in our life together. This has been life changing for me and helped me be more present and positive when I am caring for my spouse."

**~ Kim
family caregiver**



SITE HOST REQUIREMENTS

Here are a few requirements to host a video discussion series to provide an optimal environment.

- A meeting space for two hours a week for 10 weeks.
- A private room large enough to accommodate 6-12 chairs arranged in a circle without tables.
- Audio/visual equipment capable of clearly projecting video and sound in at least one of three formats: CD, flash drive, internet streaming.
- Promotion of the series through any existing channels: monthly calendars, newsletters, flyers, meeting announcements, bulletin boards, mailings, video monitors, etc.



Duet
Partners In Health & Aging

Finding Meaning and Hope A Video Discussion Series for Family Caregivers

Based on the book
*Loving Someone Who Has Dementia:
How to Find Hope While Coping with Stress and Grief*
By Pauline Boss, PhD (Jossey-Bass, 2011)

**A free peer-led program that offers real promise
to reduce stress and build resilience.**

INTRODUCING A NEW RESOURCE FOR FAMILY CAREGIVERS

Duet: Partners In Health & Aging has launched *Finding Meaning and Hope*, a free ten-part video discussion series based on the book ***Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief***, by Pauline Boss, PhD. *Finding Meaning and Hope* is designed for full-time, part-time, or long-distance caregivers of loved ones with dementia or other conditions where the care recipient is psychologically absent.

The video series is the basis for structured weekly conversations led by a trained Duet facilitator, to help equip caregivers with tools to reduce stress and build resilience.



YOUR GUIDE FOR THE SERIES



Pauline Boss, PHD, is emeritus professor at the University of Minnesota, and was visiting professor at Harvard Medical School, 1995-1996, and Hunter School of Social Work, 2004- 2005.

She's best known for her groundbreaking research as pioneer theorist and clinical practitioner of stress reduction for people whose loved ones are physically present but psychologically absent – a term she coined ambiguous loss.

The International Committee of the Red Cross (ICRC) has described Dr. Boss' theory of ambiguous loss as a "watershed" in its global efforts to support the families of missing persons. According to the ICRC, "One of the theory's major achievements is that it gives a name to the isolating experience of grief without closure."^{*}

*The Agony of the Uncertainty: Missing Loved Ones and Ambiguous Loss, 2015



HOW TO GET INVOLVED

- 1. Participate.** Participate in a caregiver video discussion series near you.
- 2. Volunteer.** Become a trained facilitator.
- 3. Host.** Serve as a site host for the series (see additional details on back of brochure). Duet has trained volunteer facilitators who need locations to host groups. We also will train your representatives at no charge.

Contact Duet's family caregiver services for additional information. Dates and locations of upcoming video discussion series and facilitator trainings can be found on our website.

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