

LIVING THROUGH LOSS COUNSELLING SOCIETY OF BC

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CHARACTERISTICS OF LOSS OF THE INTELLECTUALLY CHALLENGED

Thinking:

- Aware something is wrong: especially if they have not been told about the loss
- Confusion: disorganized thinking/behavior
- Problems in decision making
- Lack of concentration

** If these conditions already exist then caregivers may not attribute intensification of any thought processes to a grief response.*

Doing:

- Crying
- Isolating
- Neglecting self
- Regression to earlier behaviors; developmental stages

Feeling:

- Depressive
- Loneliness
- Anger
- Irritability or low frustration tolerance
- Sadness

These feelings are often observed in what the person is doing.

Physiology:

- Changes in sleeping and eating patterns
- Lowered immune system
- Somatic complaints; unexplained aches and pain
- Neurological concerns

There are behaviors & characteristics which overlap the 4 areas of thinking, doing, feeling and physiology which influence and occur more frequently during the mourning process:

- Loss of self-esteem and confidence
- Explosive emotions: anger, blame, revenge, jealousy
- Uncontrolled behaviors: tantrums, panic attacks
- Sense of despair and meaningless