



Welcome

Thank you to all our everyday heroes!

Thanks to caregivers, more seniors can age where they choose to live. Caregivers show up for friends, family, and clients, in homes, residential settings, and facilities to provide care, assistance, and attention, even when it is difficult.

We heard that you wanted to be connected with your caregiving community, so we created this newsletter to provide inspiration, updates, and share resources. This first issue was created with help from all of you. We hope you find value in it. We will continue to use your feedback to make it better for you. There will be opportunities to share your thoughts and stories in future newsletters.



“The closest thing to being cared for is to care for someone else.”

– Carson McCullers



FUN FACTS

What are the most commonly spoken languages in Washington state?

Washington state is home to a diverse and multicultural population, which is reflected in the languages spoken by its residents.

- English
- Spanish and Spanish Creole
- Cantonese and Mandarin
- Vietnamese
- Russian

What is the native language of Washington state?

The native language of Washington state is Lushootseed, spoken by Indigenous communities in the Puget Sound region.

How many languages are spoken in Washington state?

163 languages.

What is the name of the Washington state accent?

Pacific Northwest English or Northwest English

Which languages does CDWA offer support in?

English, Arabic, Cantonese, Khmer, Korean, Lao, Mandarin, Russian, Somali, Spanish, Tagalog, Ukrainian, and Vietnamese.

What to Expect After Losing Someone You Cared For

Caregiver grief is real. It can feel overwhelming, make daily life difficult, and bring deep sadness and loss. You can expect to mourn not only their death but also all the cumulative grief that has piled on since you took over their care.

Types of Grief

Ambiguous Loss

Caregivers may struggle when a client is physically present but mentally absent, such as in cases of dementia or coma. This can make it hard to accept their decline while still holding onto hope.

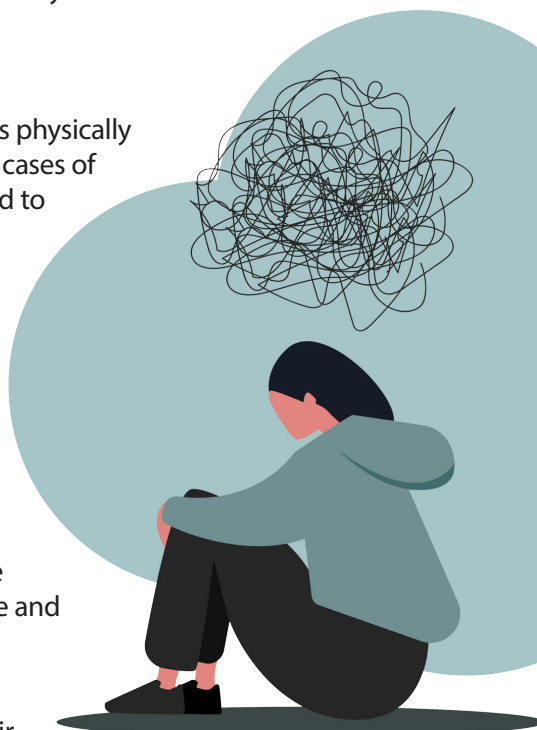
Anticipatory Grief

Caregivers may start grieving before a client passes, especially as they see changes in their health. This grief comes from the bond formed through care and the adjustment to life after their absence. Feelings of sadness, loneliness, and uncertainty are common, along with changes in routine and responsibilities.

Delayed Grief

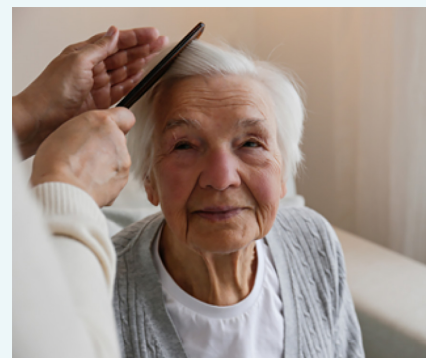
Some caregivers don't fully process their loss right away. The emotional strain of caregiving and adjusting to new routines can delay grief, making it harder to cope.

Caregiver grief is unique to those who have cared for someone who was sick and dying. Your role was important but also demanding, bringing many life changes. With time and effort, healing and coping can become easier.



Secrets that Make Caregiving Easier

Remember the Person Inside



The person you are caring for is likely different than they were before. This could be mentally, physically or a combination of the two. They may recognize this change in themselves which, as you can imagine must be both frustrating and scary. Your client may react by taking out this frustration on you. Maybe they are saying hateful things or refusing to speak to you today. No matter the situation, it's important to remember who they truly are as a person beyond their frustration and current behavior.

Your Voice Matters

Share Your Story!

Hot weather can be tough for caregivers and clients alike. In our next issue, we'll explore ways to stay cool, safe, and comfortable during hot weather.



Have a great strategy or personal experience to share?

Send us your tips and stories to be featured in Caregivers in Action!

Email: stephanie.marko1@dshs.wa.gov

Bereavement Support

[Paid Leave and Family Medical Leave Act](#)

Hospice of the Northwest

(360) 814-5550 or (206) 320-4000

Evergreen Health

(425) 899-1077

Hospice of Spokane

(509) 456-0438

Pierce County Family Caregiver Support

(253) 789-4600 or (800) 562-0332

Bridges Grief Counseling

(253) 403-1966

Providence Sound HomeCare and Hospice

(360) 493-5900

[Hospice of the Northwest](#)

