

Coping with Transitions, Loss & Grief

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Important Considerations

- Emotional intelligence and sensitivity
- Strong visual memory
- Tendency to replay events in the mind
- Understanding of time



Turning 22

- Plan ahead and provide as much exposure to new environment and routine as possible
- Consider incorporating a transitional object
- Create positive associations (pairing visit/meetings with positive experiences)
- Take on new roles and responsibilities based on interests and strengths

Tips for Specific Transitions

Breakups/Dating Difficulties

- Time and space to vent
- Share your own experiences to normalize
- Assist with social media and limiting notifications about ex
- Plan ahead for run-ins with ex at social events
- Born this Way

Shorter Term Illness/Recovery

- Consider timing of when to share the information
 - How would it affect the person with DS as well as the person who is ill?
- Plan ahead for the hospital visit; use role play and social stories if needed

Changes to Family Dynamics

- Encourage open dialogue
- Validate, while also reframing negatives into positives
- Use technology to stay in touch
- Take on new roles and responsibilities based on interests and strengths

Death

- Time and space to vent
- Reminiscence
- Social stories
- Consider how closely to stick to daily routine

Can always incorporate spirituality, creativity, movement, and technology!