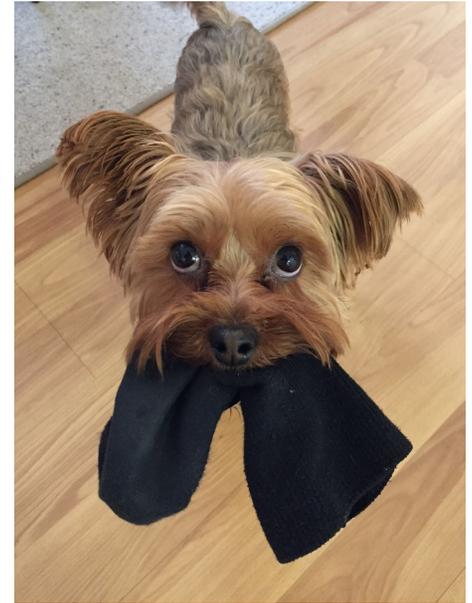


Older adults and the experience of disenfranchised grief following companion animal death



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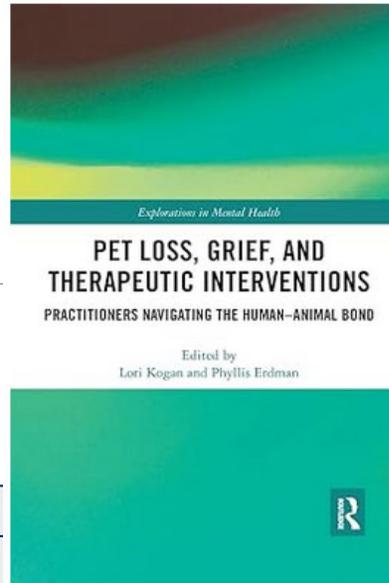
Learning objectives:

in this presentation, participants will develop:

- 1) a deepened awareness of risks to healthy aging associated with companion animal death, and
 - 2) insight into what participants found supportive and unsupportive for managing their grief
- 

Destigmatizing Loss: Responding to Clients Navigating the Loss of a Pet

Michelle Crossley, PhD, LMHC, NCC
Colleen Rolland, MA



A Therapist's Guide to Treating Grief After the Loss of a Pet: A Three-Tier Model

Tamara Miller, PsyD
September 29, 2021

Guiding Clients through the Loss and Grief of a Pet

Dr. Erdman, PhD is a professor in the Counseling Psychology program and Executive Associate Dean for Academic Affairs in the College of Education at Washington State University (WSU). Dr. Erdman has conducted research in parent/child relationships and human-animal interaction (HAI), specifically looking at the effectiveness of equine facilitated activities. She is past chair of the Section on Human-Animal Interaction, Society of Counseling Psychology, American Psychological Association. She served as a consultant on a \$ 100,000 NIH Grant in 2010-2012 to measure the impact of an equine facilitated program on children's stress levels and social competence development. She also completed studies on the impact of equine programs on social skills development for children on the autism spectrum. She works with the PATH Therapeutic Riding Program at WSU and provides programs in equine activities directed with youth, parent child teams and Veterans. She also works closely with colleagues in the College of Veterinary Medicine at WSU, particularly focused on pet loss/grief and infusing the human-animal bond into Veterinary practice. She has created an online non-credit course at WSU entitled: Human-Animal Interaction: What We Know and What We Don't Know. Her goal is to promote the field of human-animal interaction within a multidisciplinary framework.



Predicting end-of-life and surrender decisions and grief following companion animal loss

Jennifer Vonk
Oakland University

© Ross Taylor from "Last Moments"

"They're More than Just a Dog": Understanding the Profound Loss of a Service Dog

Dr. Cori Bussolari- University of San Francisco
Dr. Jennifer Currin-McCulloch- Colorado State University
Dr. Phyllis Erdman- Washington State University
Nancy Gordon, LCSW

Research team and past work

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Social Housing
(<https://www.tandfonline.com/doi/full/10.1080/08882746.2021.188745?scroll=top&needAccess=true>)

Chronic pain (<https://www.mdpi.com/2076-0760/7/9/157>)

Does fido have a foot in the door? Social housing companion animal policies and policy decision-making in a Canadian city

Erin McCabe , Cary A. Brown  , Maria C. Tan, Douglas P. Gross, Donna M. Wilson, Eloise Carr, ...show all
Pages 292-313 | Received 15 Sep 2020, Accepted 23 Jan 2021, Published online: 29 Jan 2021

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ABSTRACT

Living with a companion animal (CA or “pet”) often has a positive impact on quality of life and well-being. Research also highlights potential benefits of CA relationships for

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Article

Undercover Dogs: Pet Dogs in the Sleep Environment of Patients with Chronic Pain

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Grief and CA loss background

“Findings: On the standardized measures, participants scored highly on attachment and loss, but low on guilt and anger. The interview data revealed three themes: catastrophic grief and multiple major losses over the death of their companion animal, immediate steps taken for recovery, and longer-term grief and loss recovery.”

<https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-021-02410-8>

Wilson et al. *BMC Geriatrics* (2021) 21:470
<https://doi.org/10.1186/s12877-021-02410-8>

BMC Geriatrics

RESEARCH

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Older women's experiences of companion animal death: impacts on well-being and aging-in-place



Donna M Wilson¹, Leah Underwood¹, Eloise Carr², Douglas P Gross³, Morgan Kane⁴, Maxi Miciak³, Jean E Wallace⁵ and Cary A Brown^{1*}

Abstract

Background: Companion animal death is a common source of grief, although the extent and context of that grief is poorly understood, especially in older adulthood. The aim of this multiple methods study was to develop a greater understanding of the impact of companion animal death on older women living alone in the community, as older women are a distinct at-risk group, and the supports that should be available to help these individuals with their grief.

Methods: Participants were recruited from across Alberta, a Canadian province, through seniors' organizations, pet rescue groups, and social media groups of interest to older women. After completing a pre-interview online questionnaire to gain demographic information and standardized pet attachment and grief measures data, participants were interviewed through the Zoom® computer program or over the telephone. An interpretive description methodology framed the interviews, with Braun and Clarke's 6-phase analytic method used for thematic analysis of interview data.

Results: In 2020, twelve participants completed the pre-interview questionnaires and nine went on to provide interview data for analysis. All were older adult (age 55+) women, living alone in the community, who had experienced the death of a companion animal in 2019. On the standardized measures, participants scored highly on attachment and loss, but low on guilt and anger. The interview data revealed three themes: catastrophic grief and multiple major losses over the death of their companion animal, immediate steps taken for recovery, and longer-term grief and loss recovery.

Conclusions: The findings highlight the importance of acknowledging and addressing companion animal grief to ensure the ongoing well-being and thus the sustained successful aging-in-place of older adult women in the community.

Keywords: Companion animal, Death, Grief, Older adult, Women, Social support, Aging in place, Well-being

RESEARCH

Older adults and companion animal death: A survey of bereavement and disenfranchised grief

Cary A. Brown^{1,*}, Donna M. Wilson², Eloise Carr³, Douglas P. Gross⁴, Maxi Miciak⁵, and Jean E. Wallace⁶

Abstract

Background: The number of older adults living with companion animals (pets) is increasing worldwide. While evidence revealing positive relationships between companion animals and healthy aging is well established, there is a dearth of research regarding companion animal death and subsequent human grieving. Some emerging research suggests that grief over companion animal death is often discounted or even unrecognized (disenfranchised) by others. The extent and consequences of disenfranchised grief (DG) are poorly understood. This study deepens our understanding of older adults' experiences of DG in relation to companion animal death.

Methods: Participants from Alberta, Canada, were recruited through social media platforms to participate in an online questionnaire that collected demographic information and standardized measures of companion animal attachment, bereavement, and DG.

Results: The majority of the 98 participants were between 60 and 70 years of age, female, and living alone. Following their companion animal's death, 38.1% identified a decrease in physical activity, and 47% reported that their emotional health had declined. One-third identified that they needed to be careful about who they disclosed their grief, as they were not certain that they would be supported. This group had a significantly greater likelihood of perceived decrease in physical health, and they were more likely to score higher on the Pet Bereavement Questionnaire.

Conclusions: This study adds weight to the emergent body of evidence highlighting companion animal bereavement as a legitimate and impactful health and well-being issue. The study found that DG is experienced by a sizable group of older adults following their companion animal's death and that many participants perceived that socially legitimized recognition of loss and accompanying bereavement resources were lacking. These shortfalls contribute to health risks that negatively affect older adults' ability to successfully age in the community.

Today's focus

<https://www.cabidigitallibrary.org/doi/epdf/10.1079/hai.2023.0017>

Background and study rationale

- Companion animals are often considered to be an important family member (Canadian Animal Health Institute, 2020),
- There is robust evidence that living with a CA can play a strong role in promoting physical activity and ensuring emotional well-being (Scoresby et al., 2021).
- This CA/human relationship can be particularly meaningful for older adults, where opportunities for physical activity, sense of purpose, emotional bonds, and social engagement are often more limited due to barriers associated with aging, such as living alone, reduced income, increased mobility challenges, geographically dispersed family members, and narrowing social circles (Bibbo et al., 2019; Enders-Slegers and Hediger, 2019; Tang et al., 2019).
- It is logical to assume that the death of a CA that provided activity, emotional connection, and a sense of companionship and purpose can be experienced as a deep and significant loss.
- Growing research supports the concern that CA death can be a major life event with consequent deterioration of the bereaved person's physical and emotional health (Davis, 2011; Cordaro, 2012; Kemp et al., 2016; Reisbig et al., 2017; Cowling et al., 2020; Kogan and Erdman, 2020).

- CA deaths are not often recognized for their immediate or ongoing effects.
- Our team's study of older adult women residing alone in the community who experienced the death of a companion dog during the pre-COVID months of 2019 revealed that unrecognized or disenfranchised grief (DG) may be prevalent (Wilson et al., 2021).
- Disenfranchised grief may isolate the bereaved individual from others and thus impede recovery.' (APA, 2022, para. 1).
- Disenfranchised grief is now considered to be a contributing factor to complicated grief (CG) (Bruinsma et al., 2015; Thimm et al., 2020), a state in which the painful emotions of grief do not reduce with time and the individual has difficulty resuming pre-bereavement activity and roles.

Study objectives:

To determine the prevalence of DG following CA death and whether other demographic aspects of the individual's life or bond with the CA were related to the experience of DG following their companion animal's death.

Method

- Community-dwelling adults aged 60 years or older who had experienced the death of a dog or cat between January and December 2021.
 - Invitation to complete an anonymous online survey was circulated across Alberta, a western Canadian province with a population distribution of approximately 80% urban dwellers and 20% rural, in January and February 2022.
 - Distributed via senior organizations' communication tools (e.g. newsletters and email blasts) and posted on a wide range of Facebook pages of relevant Albertan organizations and groups.
- 

A few points about recruitment

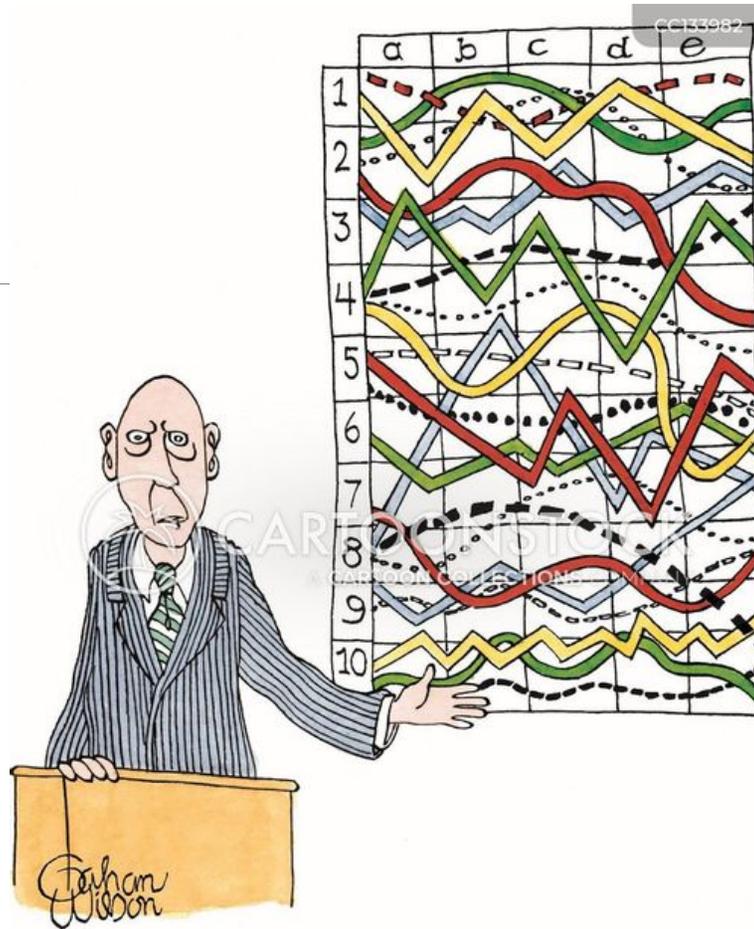
- As rural areas are typically more difficult to access and recruit participants from, an extensive geographic search for Facebook groups that would have relevant members was conducted. The invitation was posted on the Facebook pages of libraries, coffee shops, service clubs (e.g. Lions Club, Elks, and Kinettes), agricultural societies, 'buy and sell' and 'community news' groups, as well as pet services, dog and cat rescues, and pet interest groups in communities across Alberta. It was not posted on Facebook groups for lost animals to avoid emotional distress.
- Men are less likely to participate in survey research (Smith, 2008) and so to maximize gender representation in the survey, the study made a particular effort to identify and post to Facebook groups most typically identified with men (e.g. Royal Canadian Legion branches, Men's Shed, Kinsmen, snowmobile clubs).

Grief after Pet Loss study survey

- Prescreening inclusion questions, questions for basic descriptive demographic data (age, gender, geographic location, when the CA died, whether the CA was a cat or dog), three standardized measures (described below), a separate email address for those wishing to request a copy of the final report was provided.
- 1. Pet Attachment and Life-impact Scale (PALS) (Cromer and Barlow, 2013) -35 questions asking each participant's level of agreement with statements on a five-point scale ranging from '1 = not at all' to '5 = very much' in regards to four factors: **'Love,' 'Regulation,' 'Personal Growth,' and 'Negative Impact.'** Higher scores indicate a greater endorsement of the impact.
- 2. Pet Bereavement Questionnaire (PBQ) (Hunt and Padilla, 2006), 16 questions (four-point Likert response scale (0 = Disagree strongly, to 3 = Agree strongly). Higher scores signify a higher degree of bereavement distress. The 16-question PBQ has no normative data and comprises three distinct domains: **Grief, Anger, and Guilt.**
-

- 3. Witnessing of Disenfranchised Grief (WDG) (St Clair, 2013). The WDG measures the degree to which the bereaved individual perceives their loss to be witnessed. A witness is defined as *'someone who lets you know that your loss was real and that **you had a right to grieve.**'* The WDG is a 22-item questionnaire, each ranked on a five-point Likert scale (5 = strongly agree to 1 = strongly disagree). We modified it for use in our CA study with permission of St Clair.
- Multiple-item, tick-box questions regarding what participants found **supportive or unsupportive** in relation to their grief. Option lists were generated through a background literature review. (eg funerals, donations, commemorative items, adopt new companion animal etc)
- Four open-ended questions were included: *Were there other people or activities not listed above that were helpful? Can you give us examples of what people did to make you feel your grief **WAS NOT** recognized and supported? Can you give us examples of what people did to make you feel your grief **WAS** recognized and supported?*

analysis



"I'll pause for a moment so you can let this information sink in."

Analysis details at:
<https://www.cabidigitallibrary.org/doi/epdf/10.1079/hai.2023.0017>

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Results - demographics

- Despite extensive efforts to recruit across genders, 92 (93.9%) participants identified as female and only 6 (6.1%) as male or other.
- Most participants were 70 years of age or less (60–64 = 42.9%; 65–70 = 40.8%), four participants (4.1%) were 76–80 years of age, and one (1.0%) was over 80 years.
- Most (74.5%, n = 73) participants lived alone when their CA died
- 80.6% (n = 79) reported the death of a dog compared to only 19.4% (19) reporting a cat.
- Companion animal age at death ranged from 0–5 years (3.1%, n = 3), 6–10 years (18.4%, n = 18), 11–15 years (58.2%, n = 57), to 16 years + (20.4%, n = 20).
- Number of years participants had lived with their companion animal pre-death ranged from 0–5 years (10.2%, n = 10), 6–10 years (31.6%, n = 31), 11–15 years (43.3%, n = 43), to 16 years + (14.3%, n = 14).

BACKGROUND OF CA'S DEATH

'Was your CA's death expected?'

- 29 (29.6%) identified it was sudden
- 45 (45.9%) stated it was expected
- 8 (8.2%) did not

A further 16 (16.3%) wrote a comment indicating that death expectation was a complicated matter and was **not answerable with a simple yes or no.**

They typically related that they realized their CA was aging and that death was closer, but there were no particular warning signs that it was imminent (e.g. *'She was very old, she was still strong and in good spirits. Then suddenly she began having seizures at 4pm and lost motor control of her hind end around midnight and I had to have her euthanized the next morning. She was old, but her passing was sudden'*).

MEMORIALIZING ACTIVITIES

90 participants (91.8%) responded to question 12: *'What, if anything, did you do to mark their passing or to keep as a memorial to them?'*

6 participants stated that they **did not feel the need** for anything beyond their memories,

88 (93.6%) listed multiple activities and ways they memorialized their CA.

Most commonly, participants (n = 38, 42.2%) identified tangible items, such as favorite photographs placed around the home, or items such as plaques, paw prints, keychains, and ornaments that they had created or purchased specifically as ways to remember their deceased CA.

Some noted how family members or friends had painted a CA portrait or crafted a needlework blanket or cushion.

The **second most common post-death activity** (n = 29, 32.2%) involved their **CA's cremation ashes**: scattered in favorite places, kept in a commemorative urn in a spot associated with positive memories of the CA, small amounts encapsulated in memorial jewelry or embedded in statues, or instructions to bury with participant.

Other common activities

- 15 keep a collection of the **CA's belongings** (collars, favorite toys, lock of fur) as memorials.
- Having a **funeral/memorial** service (12),
- Placing a **social media announcement** of the CA's death (12),
- Receiving a **commemorative item from the veterinarian** (e.g. paw print in plaster) (12)
- **Burial** (8)
- **Talking** to family and friends about the CA (4)

Note: One participant stated that she felt pressure to make a costly decision about how her CA's death and remains were handled at a time when she was not prepared (*'In my grief, I chose the one option...needless to say this was the most expensive option. It was very difficult for me to pay for the \$411.00 fee. I wish I'd been more clear-minded to be able to choose one of the other options'*)

Results

Table 1. Demographics and well-being self-report (N = 98).

Location			
Large city with population of 200,000+	33.7% (33)	Town with population between 1000 and 50,000	25.5% (25)
City with population between 100,001 and 200,000	4.1% (4)	Town with population of less than 1000	7.1% (7)
City with population between 50,001 and 100,000	11.2% (11)	Rural	18.4% (18)
Activity since CA death (n = 97)	more active 5.2% (5)	less active 38.1% (37)	the same 56.7% (55)
Physical health since CA death (n = 97)	more healthy 4.1% (4)	less healthy 23.7% (23)	the same 72.2% (70)
Emotional health since CA death (n = 96)	more healthy 1.0% (1)	less healthy 46.9% (45)	the same 52.1% (50)
Perceived grief recognized and supported		68.4% (65/95)	
Perceived unsupported and need for caution around disclosure		31.6% (30)	

SOURCES OF HELP: *‘what people or activities, if any, were most helpful to you after your CA died?’* participants ranked items on a predetermined list as available and helpful, available and not helpful, not available but potentially helpful, and not available but likely not helpful (Table 2).

- The four highest occurring resources that participants identified as **having been or likely to be helpful** were: family and friends (85.4%), veterinarians (69.5%), plaques and pictures (67.7%), Commemorative donations (53.9%).
- The four resources most frequently identified as **not having been or not likely to be helpful** were: Social media posts (68.1%), Pastoral care/general counselling (65.6%), Funeral/memorial service (61.9%), Information booklets (58.2%)
- The two resources most often identified as **‘not available but potentially helpful’** were: pet loss support groups (45.1%) and pet loss counselor (43.9%).
- Several participants wrote in the **‘other’** box that being with other people’s dogs or cats or having another CA already living in the home was helpful to them. The most commonly added-in comment (six participants) was ‘adopting another dog/cat.’

Table 2. Perceived helpfulness and availability of CA grief resources (N = 98).

Resource (n)	a	b	c	d	Columns a + c	Columns b + d
	Available/ helpful	Available/not helpful	Not available/ would be helpful	Not available/ would not be helpful	% who found this helpful or perceived it would be helpful (%)	% who found this was not helpful or perceived it would not be helpful (%)
Family and friends (96)	76.0% (73)	9.4% (9)	9.4% (9)	5.2% (5)	85.4	14.6
Plaques and pictures (93)	63.4% (59)	17.2% (16)	4.3% (4)	15.1% (14)	67.7	32.3
Veterinarian (92)	54.3% (50)	9.8% (9)	15.2% (14)	20.7% (19)	69.5	30.5
Commemorative donation (89)	43.8% (39)	24.7% (22)	10.1% (9)	21.3% (19)	53.9	46.1
Social media post (91)	26.4% (24)	28.6% (26)	5.5% (5)	39.5% (36)	31.9	68.1
Website info and videos (91)	17.6% (16)	23.1% (21)	25.3% (23)	34.1% (31)	42.9	57.1
Memorial/funeral service (89)	16.7% (15)	21.4% (19)	21.4% (19)	40.5% (36)	38.1	61.9
Information booklets (91)	12.1% (11)	14.3% (13)	29.7% (27)	43.9% (40)	41.8	58.2
Pet loss counselor (91)	8.8% (8)	3.4% (3)	43.9% (40)	43.9% (40)	52.7	47.3
Pastoral care/general counselor (90)	6.7% (6)	10.0% (9)	27.7% (25)	55.6% (50)	34.4	65.6
Pet loss support groups (91)	4.4% (4)	5.4% (5)	45.1% (41)	45.1% (41)	49.5	50.5

SUPPORTED AND UNSUPPORTED GRIEF

'Did you feel that your grief was recognized and supported or that you had to be careful because some people would not understand?'

65 of the 95 participants (**68.4%**) who responded stated their grief was recognized and supported,

- Many gave examples of what people did, or could have done, to make them feel that their grief was recognized and that they felt supported.
- The most frequently occurring examples involved being listened to and feeling free to talk about the CA, when other people shared stories of the participant's CA, receiving phone calls, flowers, condolence cards, memorial ornaments and jewelry, and donations to charity.
- (Two participants mentioned the support and compassion of their veterinarian in 'bending' COVID public health restrictions to allow them to be present in the clinic when their CA was euthanized.
- One participant stated being referred to a counselor by their veterinarian after the death was a very supportive act.

30 (31.6%) stated that they were careful about disclosure and they were not certain of being recognized and supported

- Participants' most frequent comments involved feeling unsupported when other people suggested or **implied they were over-reacting** (e.g. *'I was told "It was just a dog" and that others have had far worse losses so that I should be focusing more on others; they told me to move on, get over it'*).
- The next most frequent comments related to feeling shut down, as they were **not encouraged to talk** about the loss (e.g. *'Didn't want to talk about it and didn't want me to talk about it; Not really listening to my story; seemed indifferent; Doing other things while I talked'*)
- and they received **advice to get a replacement CA**, which made them feel their relationship with the deceased CA was not seen as significant (e.g. *'there are lots of cats, just get another one'*).
- Being told about the **'positive' impact of their CA's death** regarding, for example their having more free time (e.g. *'now you can spend more time with your family'*), less housework (e.g. *'commented how nice it was to not have cat hair in the house'*), and more freedom to move to other accommodations.
- People **disclosing that they had not actually liked the CA and the CA's bad habits** (e.g. *'told me they never liked Charlie anyways'*), or that they did not personally like pets.
- One participant commented that she was at times not supportive of herself and **she self-censored when talking about her loss** (*'it was hard to talk about my grief over the loss of my dog when people were losing their family members'*).

OTHER COMMENTS: Over 65% of the participants added additional comments in response “Is there anything else you would like to share?”

- Had not actually anticipated feeling so bereaved
- Grief triggers (places, times of the year etc.)
- Original grief had over time softened to trigger happy memories and positive feelings.
- Grief decreased with time and death was an accepted part of life
- Nine participants mentioned that society in general does not prepare us for CA loss
- Lack of societal awareness contributed to feelings of guilt for having potentially made a bad decision for their CA
- Loss of meaningful roles they experienced when their CA died
- The role their CA had played in supporting them through the grief associated with other deaths (*e.g. ‘T had been my son’s treasured dog. My son... died suddenly. Losing T made me feel I was losing the last living connection to my son’*).
- Challenges they would have now if they were to establish a new CA bond (e.g. aging, ill health, housing)
- Loss of a bird, rabbit, reptile, or other type of pet could lead to very significant grief as well
- Logistical issues (such as limited vet availability and feeling hurried to decide about euthanasia) could contribute to deeper grief.
- Of final note is that over 10% (n = 11) of the survey participants thanked us for the opportunity to complete the survey and share their loss. They commented that this work was needed and that it is currently neglected. Some stated that the survey legitimized their grief.

Summary of standardized measure findings

The Pet Attachment and Life-impact scale (PALS) mean participant score (150.68 of a total possible 175) indicated an overall high level of attachment. While there was a range of scores in the PALS subcategories of Love, Regulation, and Personal Growth, the small standard deviation (1.81) in the Negative Impact subcategory reflected that the large majority of participants felt that their **relationship with the CA had little negative impact on their life.**

Scores in the Pet Bereavement Questionnaire showed mid-range bereavement (mean = 22.69 of possible 48), with **most of the variations occurring in the Grief subcategory.** There were much lower scores and range in the subcategories of Anger and Guilt (mean = 3.28 and 3.47 of a possible 15 and 12, respectively).

The mean Witnessing Disenfranchised Grief score was 77.54 out of a possible 110, and the standard deviation (14.46) reflects there was **considerable variation** in the degree to which people felt their grief was witnessed and supported.

Note: Only six (6.12%) participants reported a gender other than female and so the data were treated as a whole with no gender categorization or differentiation.

Four statistically significant relationships emerged:

- ❑ A significant association between older participants and the likelihood of living alone versus not living alone. Age and living alone or with others was not significant in relation to any other variables.
- ❑ The 79 participants whose CA was a dog compared to the 19 participants whose CA was a cat demonstrated significantly higher scores on the PALS. There was no difference between the cat guardian and dog guardian groups in relation to any other variables.
- ❑ The 30 participants who reported feeling unsupported and needing to be careful to whom they disclosed their grief, compared to the 66 participants who reported feeling supported and able to disclose, demonstrated significantly higher scores on the PBQ.
- ❑ In the unsupported versus supported group there was a significant association between feeling unsupported and a perceived decrease in physical health since CA death

Interestingly, the age of the CA and how long the participant had lived with the CA had no significant relationship with other variables, including the PALS and PBQ, or between perceived changes in activity, physical health, mental health, and the PALS, PBQ, and WDG .

Selected discussion points

- ❑ Does **living alone or with other(s)** matter to CA grief? Does living with others act as a protective feature of grief? Complex and understudied questions. Some evidence suggests that the intensity of grief experienced following CA death varies widely between cohabitating couples, and this can contribute to feelings of DG (Gage and Holcomb, 1991).
- ❑ **Gendered response** to grief? Despite extensive efforts, we were not able to gather data
- ❑ Further study to **develop a measure of DG specific to human-CA loss** is much needed. This is particularly warranted for its potential clinical relevance in screening bereaved CA guardians for risks to grief resolution and consequent health and well-being.
- ❑ Much more study is needed about possible **relationships between euthanasia and disenfranchised grief** (contributing to grieving alone and complicated, unresolved grief). Given the consequences to health and well-being of unresolved guilt compounded by the likelihood of self-imposed isolation consequent to DG, a deeper understanding of mental health support related to euthanasia is a key unmet need.
- ❑ Research supports the benefits of **memorializing activities** but does disenfranchised grief decrease the likelihood of people carrying out memorializing activities? Risk of scammers and exploiting grief?
- ❑ Setting **support groups** as the gold standard is simplistic- literature demonstrates some people find groups stigmatizing- how does disenfranchised grief and fear of others 'judgement' relate to this?

Just like our CAs in life- our grief for them is idiosyncratic....

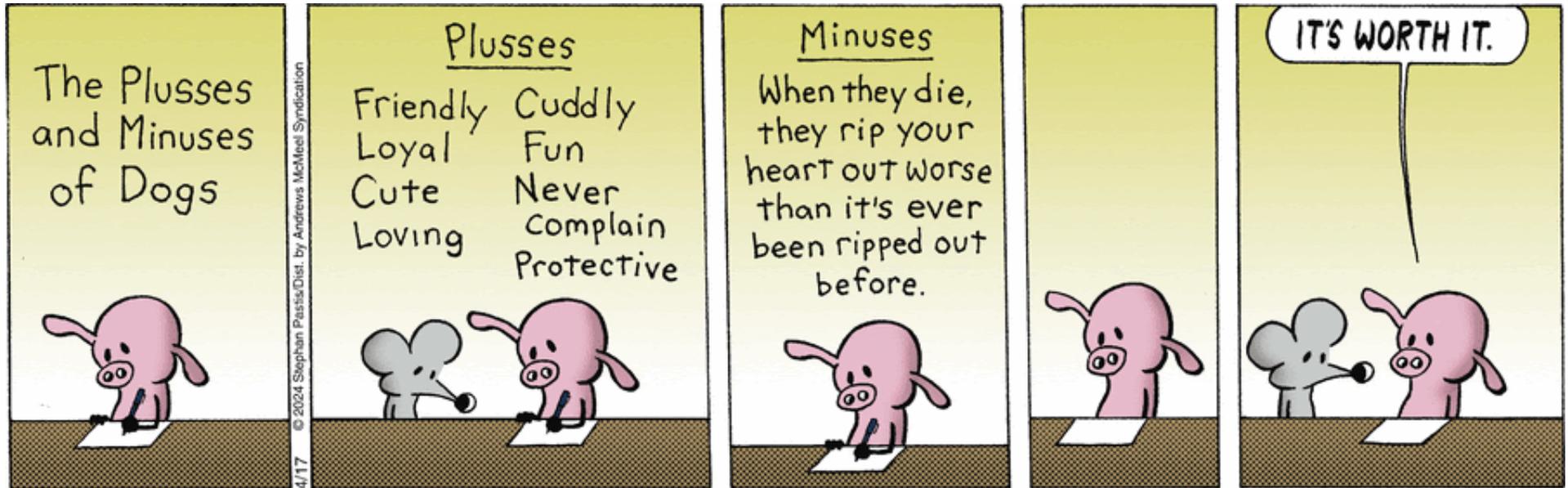


<https://www.istockphoto.com/photo/large-group-of-different-animals-gm1137961063-303627758?searchscope=image%2Cfilm>

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Positive forces for Social change



<https://images.app.goo.gl/qGSGg9aMMq2qCEU57>

Ted and Aria <https://www.youtube.com/shorts/TrefCneFkzs>

Thanks for your time and attention

