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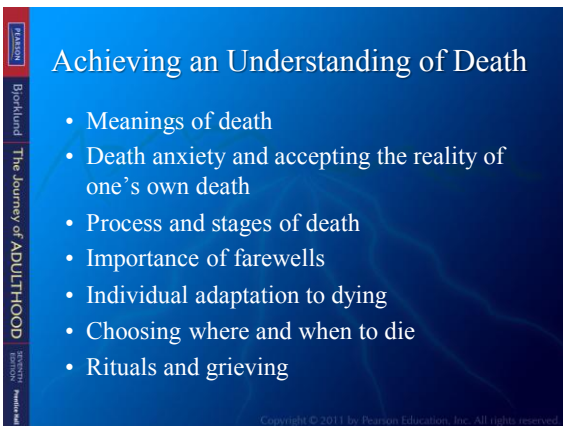
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- Meanings of death
- Death anxiety and accepting the reality of one's own death
- Process and stages of death
- Importance of farewells
- Individual adaptation to dying
- Choosing where and when to die
- Rituals and grieving

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## Meanings of Death

Four meanings of death associated with adult understanding:

- Death as organizer of time
- Death as punishment
- Death as transition
- Death as loss

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## Death Anxiety

*Age:* middle-aged people have greatest fear of death.

*Religiosity:* moderately religious people are most anxious.

*Gender:* women have higher death anxiety than men.

*Personality traits:* adults not able to resolve various tasks and dilemmas of adulthood are most anxious about death.

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## Accepting the Reality of One's Eventual Death

*Finitude:* coming to grips with one's own death.

Processes or preparations for death:

- Reminiscence
- Living will
- Organ transplant donor

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True or False?

*Death and mourning have always been part of the human experience, but the thoughts people have about death and the way mourning is expressed differ from culture to culture and from era to era.*

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Stages of Death Reactions

**Kübler-Ross**

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

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Limitations of Kübler-Ross Research

- Methodological flaws.
- Controversy over notion of stages of dying.
- Missing process of farewells.

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## Kübler-Ross' Three Key Issues

- 1) The dying are still alive and have unfinished needs they may want to address.
- 2) Caring others need to listen actively to the dying and identify with their needs to provide effectively for them.
- 3) We need to learn from the dying to know ourselves better and our potential for living (Corr, 1993).

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## Farewell, Good-Bye...It's Time to Say Adieu!

- Importance of Farewells
- Early farewells: letters, gifts
- Planned and completed farewells: conversations
- Deathbed farewells: Looks, touches

*Farewells may make dying easier and facilitate disengagement and acceptance.*

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## Individual Acceptance of Dying

**Greer (1991) findings:**

- Positive avoidance (denial)
- Fighting spirit
- Stoic acceptance (finalism)
- Helplessness/hopelessness
- Anxious preoccupation

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## Choosing Where to Die

**Preference:** Dying at home  
**Reality:** Dying at hospital or nursing home

How are quality of end-of-life care and place of death related?

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## Aspects of Hospice Care Philosophy

Death viewed as a normal, inevitable part of life, not to be avoided but to be faced and accepted.

Patient and family should prepare for the death by examining their feelings and planning for their later life.

Control over care and care-receiving setting should belong to patient and family.

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## Aspects of Hospice Care Philosophy

Family should be involved in care to as full extent as possible to facilitate some resolution of relationships with dying person.

Medical care provided should be *palliative, not curative, meaning that pain should be alleviated* and comfort maximized.

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## Choosing When to Die

- Suicide
- Living wills
- Oregon's Death with Dignity Act
- Physician-assisted suicide
- Euthanasia
  - Passive
  - Active

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## After Death Occurs: Rituals and Grieving

Rituals associated with death apply meaning to death and the life of the person.

Process of grief can be viewed through Kübler-Ross' stage theory.

Personality and coping influence how one deals with grief.

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## Bowlby's Stages of Grief

- Shock
- Yearning
- Despair
- Reorganization

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## Wortman and Silver: Kinds of Grief

- Normal grieving
- Chronic grieving
- Delayed grieving
- Absent grieving

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## So...what do you think?

What commonalities and differences do you see in the various models of grieving presented in this chapter?

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## Funeral Rituals Across Cultures

All human cultures have participated in **ritual mourning**.  
These rituals have clear and important functions.

Let's take a minute to review and discuss funeral rituals across cultures in the US (See Table 11.3 in your text).

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## A few last thoughts!

Loss can also lead to growth.  
Awareness of death can help define and give meaning to daily life.

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## Chapter Review

1. Death has various meanings. To some it is an organizer of time, to others it is \_\_\_\_ (and long life is a reward).
2. Most believe that death is a transition either to an afterlife or to a new life through reincarnation. The most pervasive meaning of death is \_\_\_\_ of opportunity, of relationships, of time.

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## Chapter Review

3. Death anxiety most strongly occurs in \_\_\_\_ adults and people of midlevel \_\_\_\_.
4. \_\_\_\_ adults think more about death, but have less fear.
5. \_\_\_\_ express more death anxiety than \_\_\_\_, but that might reflect higher rates of anxiety in general.

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## Chapter Review

6. In recent years, as medical technology has become able to extend life, many people have come to fear the \_\_\_\_\_ more than they fear death itself.
7. A good number of adults have drawn living wills that express the limits they want in \_\_\_\_\_. Another way people prepare for eventual death is by becoming an organ transplant donor.

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## Chapter Review

8. \_\_\_\_\_ described five stages of death reactions, including denial, anger, bargaining, depression, and acceptance.
9. Dying people can accept the reality of their deaths by giving \_\_\_\_\_ messages to their loved ones.

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## Chapter Review

10. Kübler-Ross identified three key issues about the dying process: Those who are dying are still alive and have \_\_\_\_\_ needs.
11. We need to listen to them to be able to provide the care they need and to learn from the dying how to \_\_\_\_\_.
12. \_\_\_\_\_ responses to disease seem to have an effect on the course of the illness.

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## Chapter Review

13. Those who react to a diagnosis of a potentially terminal disease with positive avoidance (denial), with a fighting spirit, and even with hostility are more apt to \_\_\_\_\_ than those who show anxiety, depression, or fatalism.
14. Another factor in a person's response to death is the amount (and quality) of \_\_\_\_\_ they have.

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## Chapter Review

15. Most people express the wish to die at home in familiar surroundings, but the majority die in \_\_\_\_\_ and \_\_\_\_\_.
16. \_\_\_\_\_ provides a team of professionals and volunteers who focus on pain relief, emotional support, and spiritual comfort for the patient and family, usually in their own home.
17. The goal of hospice is not to cure the patient but to provide a \_\_\_\_\_.

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## Chapter Review

18. A defining characteristic of our species is that we have \_\_\_\_\_ ways of dealing with the death of a member of our community.
19. Each culture has its own traditions, and in the US, a nation of immigrants from many cultures, there are many ways of expressing loss and grief. The only common bond is that we feel \_\_\_\_\_ and \_\_\_\_\_ when someone dies who has touched our lives.

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## Chapter Review

- 20. The most common reaction to the death of a loved one is \_\_\_\_\_.
- 21. The pattern of bereavement is not related to the quality of the relationship before death in most cases. It is related to the quality of the bereaved person's \_\_\_\_\_.

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