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Epoch Bulletin

July 2026

The Long Goodbye Living With Grief Before Loss



It might feel strange, confusing or even heartbreaking to sit across from the person who raised you, and feel, with a pang of guilt you cannot name, that they are already gone. When your elderly loved ones are diagnosed with dementia, or are terminally ill, the grief often comes first.

This is anticipatory grief, and how it shows up is often confusing. Let's break it down so it's easier to understand and process.

[Read more](#)

The 5 stages of grief and what it looks like in this situation

Denial, anger, bargaining, depression and acceptance.



You might hear the diagnosis and wish it weren't true. Anger often follows, then bargaining - a quiet hope that doing everything right might change the outcome. Acceptance, when it comes, is hard-won and still hurts. Processing grief can be incredibly difficult, and in the Indian context, it carries its own layer of complexity - where openly naming or sitting with grief isn't always encouraged. But grief needs to be understood, not suppressed.

However, we find a 6th stage as well. To find meaning for them and for our own lives.

[Read more](#)

When they no longer know who you are

This is perhaps the sharpest pain of all. You walk in, and they look at you like a stranger; they might call you by someone else's name, or they are frightened of you.



We hope this blog helps in navigating some of these challenges, with patience and understanding. They might not remember your name, but they will feel the love you give them.

[Read more](#)

“My mother didn’t recognise me yesterday.”



Our CEO and Co-founder, Ms. Neha Sinha, writes about how dementia can change the dynamics of a family and how someone can handle this

situation.

[Read more](#)

You need to be their family, not their caregiver

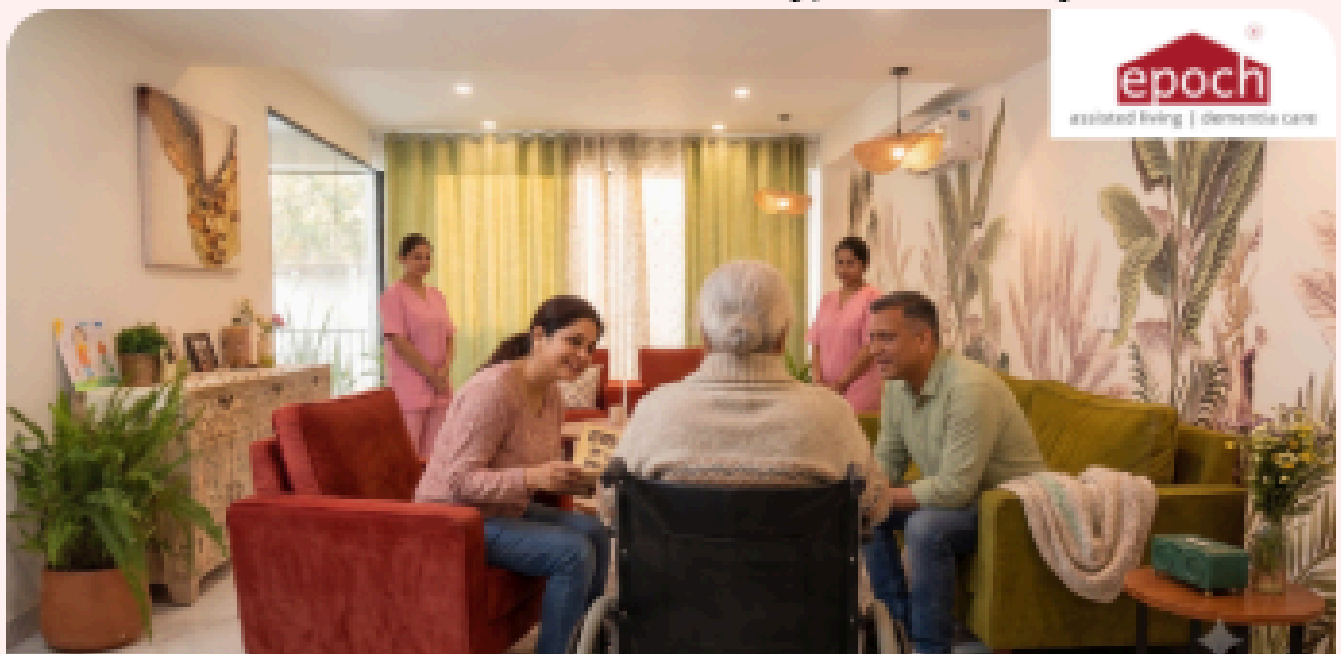
Often, to compensate for the grief, family members work overtime as caregivers for their loved ones, sometimes even losing valuable connection with them. You need to be there for them, as a family, giving them the love, assurance and support they need. It's hard for them too



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Here at Epoch, we strive to create an environment where you can return to being their spouse, children, grandchildren, or friends. To be able to live with them wholeheartedly, not anxiously.



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Palliative care or end-of-life care at Epoch focuses on making your loved ones feel as comfortable as possible, with pharmacological and non-pharmacological interventions, wherever necessary.

To know more about our palliative care program at Epoch: [Click here](#)

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