

Ambiguous loss

When loss has no clear ending

Ambiguous loss is a loss that remains uncertain or unresolved. You may be grieving while still hoping, waiting or caring for someone.

What it can look like

Someone is absent

Someone is physically absent but still part of your emotional life. This can happen when a loved one is missing.

Connection has changed

Someone is physically here, but your connection has changed, for example because of dementia or a brain injury.

How you might feel

Sadness, hope, anger or guilt may come and go. Uncertainty can make grieving harder. Your experience deserves care and understanding.

What may help

- Name what has changed and what you miss.
- Talk with a trusted person, counsellor or support group.
- Keep small routines and make time for rest.

You do not need all the answers to seek support.

Pauline Boss | Understanding ambiguous loss
Alzheimer's Society | Dementia and grief

Talk. Be Heard. Reflect.

Room2 Counselling | Information handout | Edition 1

General information, not a diagnosis or individual treatment advice.