



**grip** is a tangible reflection tool designed for adult children of a parent with dementia, aiming to create visual insights into the impact of dementia on their own lives and well-being. By exploring personal experiences in four layers and physically laying them down using tangible words, it facilitates deep conversations between the adult child and a conversation companion. This allows the adult child to express emotions, understand changes and losses caused by dementia through provided knowledge, and explore new perspectives on behavioral norms without judgment.



Dementia is a part of our society. One in five people, and for women even one in three, will develop dementia. Dementia has a significant impact on the lives of those affected, as well as their loved ones. This design project focuses on the impact of dementia on the adult children of a parent with Alzheimer's disease.

Once a parent is diagnosed with dementia, a complex situation occurs that forces the adult child to adapt to - and cope with - this new situation. A situation in which three processes can be distinguished: **dementia** and its effects, the **social connection(s)** between them or others and the **grieving processes**. These three processes create a complex reality as each of them are unpredictable, unique to the individual, and influences and intertwines with the other processes.

Because grief is often associated with loss through death, anticipatory grief that accompanies dementia does not always receive the attention it deserves.

Anticipatory grief for the adult child is unique to the individual, unpredictable, and ambiguous. Providing space for this form of grief is crucial because it can lead to a healthier and less intense grieving process after the parent's death. Talking to others, sharing experiences, acquiring knowledge, and having social support are all important factors in creating this space.

The grip tool facilitates conversations between the adult child and a conversation companion with **tangible words** to visually represent experiences, **emotions**, and **losses** related to dementia. It allows for the exploration of  **coping strategies** and the development of new ways of coping, and it aims to provide social support and space for the adult child to share their grief. Overall, the grip tool aims to enable the adult child to better understand the impact of dementia on their lives and increase their awareness, creating more room to grieve over time.

Maureen Sanchez de Boevé  
**Creating room for anticipatory grief:**  
 enabling adult children to reflect on the impact of  
 having a parent living with dementia  
 MSc Design for Interaction

**Committee** Dr. Ir. Marieke Sonneveld  
 Ir. Caroline Kroon  
**Company** None  
 April 6 2023

