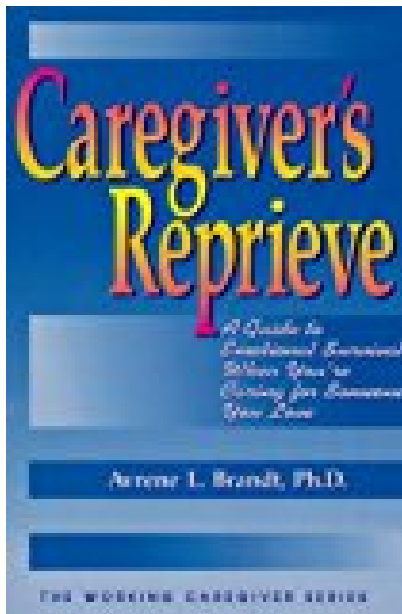


Caregivers Reprieve A Guide to Emotional Survival When You're Caring for Someone You Love The Working Caregiver Series



BOOK DETAILS

- Author : Avrene L. Brandt
- Pages : 120 Pages
- Publisher : Impact Pub
- Language : English
- ISBN : 1886230064

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BOOK SYNOPSIS

A practical discussion of the emotional challenges of caring for an aged or chronically ill loved one. Combines expert narrative with personal vignettes of four "real" caregivers: "Becca" (49, her son was brain-injured in a motorcycle accident at 19); "Fred" (65, had just retired when his wife developed Alzheimers); "Nora" (just 34 when her husband was diagnosed with stomach cancer); and "Woody" (as a teenager he became primary caregiver for his mother when she developed MS). Helps readers deal with the reality of tragedy, understand the dramatic changes in life expectations, develop healthy coping styles, and accept the validity of their emotional responses. Chapters cover what it means to be a caregiver, physical and cognitive changes in the patient, the impact on ones beliefs and life expectations, developing healthy coping strategies. Appendices offer detailed descriptions of stroke, head injury, tumors, dementia, MS, Parkinsons and more.

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