

The Caregivers Journey Compassionate And Informed Care For A Loved One

Loving, Supporting, and Caring for the Cancer Patient
The Caregiver's Encyclopedia
Alzheimer's: A Mother-Daughter Journey
Wellness and Harmony
The Antidote to Suffering: How Compassionate Connected Care Can Improve Safety, Quality, and Experience
Navigating the Alzheimer's Journey
When Someone You Love Has Alzheimer's
Take Time
We Carried the Mat
The Mindful Caregiver
Our Journey of Love
Unforeseen Journey
Navigating Your Cancer Journey
Who Cares?! the Journey of a Caregiver.
Compassion and Commitment
Love, Laughter, and Morphine
HELPER'S JOURNEY
Loving Gordon
Grace on the Go
Take Good Care
Care for the Caregiver
When the Caregiver Becomes the Patient
Contemplative Caregiving
Welltower
The Caregiver's Toolbox
The Caregiver's Encyclopedia
Journey Through Alzheimer's
The Journey Home, Stories of Compassion and Inspiration from AseraCare Hospice
Caregiving
Compassionate Caregiving
Grace for the Unexpected Journey
Compassionate Journeys
The Caregiver's Tao Te Ching
The Caregiver's Journey
The Caregiver's Companion
A Caregiver's Journey
Shaking Hands With Alzheimers Disease
An Unintended Journey
Cocoon of Love for Cancer Caregivers
What about Me?

Loving, Supporting, and Caring for the Cancer Patient

Family caregivers are the unsung heroes of the life-saving drama that's triggered by major illnesses. Nearly three quarters of American households will find themselves caring for a loved one at a single point in their lives. Many of these caregivers will find themselves physically and emotionally overwhelmed. However, through God's love and ultimate guidance there's help. This book interprets the journey of Meagan M. Thomas, a 23 year-old journalist who found herself in the center of her own news story, when she left her job and became the full-time caretaker for her mother. This daily devotional captures the thoughts, feelings, and insights to what so many people in society experience when they trade in their own lives to embark on an unexpected journey. "Who Cares" signifies the love, mercy and compassion we must all have when caring for a loved one.

The Caregiver's Encyclopedia

Our Journey of Love, 5 Steps to Navigate Your Caregiving Journey shares the lessons, tips & tricks learned over the past thirty years in roles of caregiving. Sue Ryan's journey began with her feeling like she was on an emotional roller coaster-often blindfolded-and not knowing what to expect next. She didn't know anything about the disease or caregiving. She constantly felt overwhelmed. She felt like she was missing something. Sue was disappointed in herself because she felt like she should be able to do more for the person receiving the specialized care she was providing. She was exhausted

mentally, physically and emotionally. She lost who she was in giving care. She was only surviving. She didn't like the disease. She didn't like what it was doing to her care receiver, to her, and to those around them. She didn't like how she felt, so she began to learn. Now, instead of feeling helpless and overwhelmed, she feels balanced, filled with hope and love. Our Journey of Love: 5 Steps to Navigate Your Caregiving Journey, is written to help everyone in roles of care support positively navigate their journey, the journey of their care receiver, and the journeys of those who support them. Through the massive acceptance and radical presence learned along this journey, Sue embraces each insight with an open mind. She's learned the value of self-care and how using it creates a better experience for her care receiver and for her. She gives you guidance about what she's learned in many areas including identifying caregiving roles with clarity, making it easier to handle frustrations (including friends stepping away), creating more positive experiences for you and your care receiver, reducing stress and eliminating overwhelm, having the hard conversations we would rather not have. Our Journey of Love: 5 Steps to Navigate Your Caregiving Journey, is written in the first person to clearly reflect sharing Sue' story, not to tell you what you need to do. You are invited to consider what Sue has learned, both what has and what has not worked for her.

Alzheimer's: A Mother-Daughter Journey

Offers advice on medical and financial issues, depression, stress, housing, home care, and other issues confronting anyone caring for someone who is ill or disabled

Wellness and Harmony

“Caregiving is a journey like no other. This pocket companion offers hope and prayerful guidance along the way. Read it once, read it twice, read it every day.” —Joel Carmer, hospice chaplain, Kansas City

The Antidote to Suffering: How Compassionate Connected Care Can Improve Safety, Quality, and Experience

For family caregivers of persons with chronic illnesses, the day can be too full of worries, laundry, hands-on care and medications. It definitely can be an unhappy situation. But, can it be a happier one? In this workbook, we're setting out to find out: Can we increase happiness during a difficult time in life? Each month, you'll set goals based on one word: Plan, Replace, Space, Join, Resolve, Let Go, Quiet, Teach, Learn, Rejoice, Save, Say. You can set one goal or more, but try to keep within three goals. You'll keep progress of how well you're doing with the goal(s) and reflect on what's going well. At the end of each month, we hope an effective action becomes a helpful habit. Why not ask others to join you? Companionship on the journey helps you stay on your road to more happiness. Invite your friends, family members and support group

members. Readers say: "To find accountability in making a daily habit part of your routine is very powerful. "Take Time" does this. I so enjoy the challenges and how they can add to our happiness during a difficult time, how the happiness can even grow. I have been caring for my mother for several years. I became complacent in feeling as though I couldn't have challenges for personal growth or true happiness while in caregiving – that one day I would, but not now. Take Time doesn't allow you to wait. It will go with you and stay with you, pointing out the happiness along the way. You can live life with the person you're caring for. I am so grateful for Take Time – for all of Denise Brown's books where she goes with us on our journeys, helping us learn, grow, find meaning and keep it all with us during caregiving and beyond." "What a wonderful book! I am a family caregiver for my husband, and it hasn't been easy to be happy on a daily basis. I LOVE how this book gives me a focus for a month! When a day is challenging, it's nice to have a place to refer to remind myself that I can still be happy. I'd recommend this book for anyone, not just caregivers."

Navigating the Alzheimer's Journey

Integrating two decades of hospice care and social science research, this heartfelt book offers practical lessons on the transformative possibilities of end-of-life caregiving. *Contemplative Caregiving* is an indispensable guide for end-of-life caregivers and for anyone seeking to transform experiences of caregiving and grief. Rather than leading to burnout and despair, caring for those who are suffering and dying can enrich our lives with meaning and further our own spiritual growth and resilience. Whether you are caring for a loved one with cancer or dementia, grieving a sudden traumatic loss, or even serving time in prison, *Contemplative Caregiving* offers encouragement for showing up to the fullness of life in whatever those circumstances may be. Healing, compassion, and spiritual growth are available to us all, in this lifetime, right now. Baugher's unique style of integrating social scientific research on caregiving and grief with teachings from Buddhist, contemplative Christian, and other wisdom traditions illuminates how we each can transform experiences of loss and suffering into a path of compassion. *Contemplative Caregiving* weaves together powerful stories from interviews with diverse hospice caregivers—Vietnam veterans, nurses, housewives, Catholic nuns, those convicted of murder—with the author's own journey toward wholeness in the face of grief and traumatic loss, including the murder of his own mother. Through rich storytelling, teachings on compassion, and skillful contemplative exercises, Baugher invites you to join him in exploring the healing power of contemplative caregiving.

When Someone You Love Has Alzheimer's

Illustrated, unabridged version of the first three books in the Welltower Series: *First Run*, *Second Run*, *Final Run*.

Take Time

Find peace, and even joy, in the journey to a loved one's final days. This reassuring book will help you cope with all of the decisions, challenges, and emotions that come with a terminal diagnosis or old age. Learn how to bring your family together, how to minimize and alleviate pain, and how to care for yourself so you can provide better care for those you love.

We Carried the Mat

There is no higher praise for an instructor, then a student who takes what she has learned and soars beyond all expectations. That is Shirley Rieker; a student who started with her memories in a guided autobiography path she wasn't even sure she wanted to be on, and developed an entire guide on helping caregivers navigate the arduous journey of Alzheimer's caregiving. This is more than a guidebook; it is the compassionate, challenging, and humor filled path of a daughter who made it her goal to put a smile on mom's face each day. Whether you read it for guidance on your own path in providing care to a loved one, or for a deeper understanding of what the caregiving experience can be like, you will not put this book down without feeling changed.

The Mindful Caregiver

Our Journey of Love

As a unique guide to coping with life-limiting illness, The Journey Home, Stories of Compassion and Inspiration from AseraCare Hospice is a book that provides a resource for patients, families and physicians who struggle with how and when to discuss the hospice option. The book was authored by K.T. Anders and John Ross, and published by AseraCare Hospice. It offers a firsthand look at the benefits of hospice through more than 60 personal accounts of AseraCare patients. The book guides patients and family members through the decision-making process, the roles of the care team and, ultimately, bereavement. The book provides examples of how to broach the hospice conversation and how to present it as a positive option. It reinforces the perspective of hospice as a valuable component of care delivered to a patient with terminal illness. Anders, the book's author, knew hospice and its benefits well. Anders' mother had undergone hospice, and unbeknownst to AseraCare, Anders herself was seeking treatment for a terminal illness that eventually brought her to hospice. Her husband wrote the final chapter dealing with bereavement after Anders passed away. With this book, Anders' journey has created a lasting body of knowledge on which others can draw.

Unforeseen Journey

For the weary dementia or Alzheimer's caregiver If you are a caregiver to someone with Alzheimer's or another type of dementia, you carry a heavy load. On top of having to watch someone you love suffer, you are probably losing sleep, growing frustrated, and struggling with loneliness or even depression. With little to no help and no time for a break, this unrelenting stress is hard to carry. Whether that's you or someone you know, the caregiver needs care, too. Grace for the Unexpected Journey: A 60-Day Devotional for Alzheimer's and Other Dementia Caregivers provides that support. Each daily devotion: Is short, ideal for demanding schedules Reflects on a relevant Scripture passage Features a relatable caregiving story Offers a key Scripture for meditation Debbie Barr is a speaker, health educator, and the author of multiple books, including Keeping Love Alive As Memory Fades (coauthored with New York Times bestselling author Gary Chapman). As a health educator with a deep concern and compassion for dementia caregivers, she saw their need for faith-based encouragement. With compassion and understanding she uses Scriptures to address their practical hardships and spiritual concerns. When the struggles seem insurmountable, this devotional offers strength. When stress floods in, it points to peace. And when darkness falls, it illuminates hope. Caregivers walk a long, difficult road. This devotional gives grace for their journey.

Navigating Your Cancer Journey

At Last--Care for the Caregiver! Soon after you begin caring for your loved one with Cancer, you realize what an overwhelming commitment you have made. As you search for answers and understanding, you may feel alone and in need of someone to help you along. It seems others don't really understand what you are dealing with. You may even feel like it's all too much to bear. You have a lot of questions. This is not your usual caregiver book. "Cocoon of Love for Cancer Caregivers" will take you on the caregiver journey with compassion and practical tips to help both you and your loved one through this difficult time. It's a beautiful read with a heart-warming message of love for the caregiver. Within this book, you will discover - How to care for yourself at this challenging time How to make your loved one feel loved Ways to bring comfort, compassion, and joy into your daily lives What butterflies have to do with your loved one and you How to face your fears head on How to emerge from this experience a changed, but stronger person

Who Cares?! the Journey of a Caregiver.

Caregivers hold the key to the health, well-being, and happiness of their aging relatives, partners, or friends. The Caregiver's Encyclopedia provides you with all of the information you need to take the best care of your loved one—from making major medical decisions to making sure you don't burn out. Written by Muriel R. Gillick, MD, a geriatrician with more than 30 years' experience caring for older people, this book highlights the importance of understanding your friend's or family member's overall health. With compassion and expertise, this book will help you "think like a doctor." The content •

helps you navigate the health-care system • shares important information about treating basic geriatric syndromes, including delirium, dementia, and falls • teaches you about preventive care options • enables you to manage medical decisions related to both acute and chronic conditions • discusses what Medicare covers and what it doesn't • guides you through different approaches to care • weighs the risks and benefits of hospital vs. home, nursing home, or hospice care • provides a detailed list of medical supplies that you might want to keep on hand • offers you additional resources and emotional support Throughout, Gillick provides helpful information and concrete concepts that caregivers can put into practice today. Authoritative, comprehensive, holistic, and highly illustrated, The Caregiver's Encyclopedia will help you figure out how to be the best caregiver you can be.

Compassion and Commitment

Spiritual and Practical Help From a Caregiver Most caregivers today have no training for the role into which they are thrust. Having been the primary caregiver for her mother, Lois Knutson draws on not only her years of experience, but also her professional training to offer encouragement and assistance to caregivers. Because she knows the situations that weigh down caregivers, Knutson gently builds them up as they continue to care for their elderly loved ones. In addition to practical tips, readers will find ways to care for themselves. Subjects addressed in Compassionate Caregiving include: how to balance work and caregiving; when and how to find home healthcare or care facilities; long-distance caregiving; how to provide for the dying; and much more.

Love, Laughter, and Morphine

Caregivers would benefit from this read. This is a moving, inspirational personal journey into Alzheimers disease. Gerry has incorporated many techniques with a gentle loving approach to address complications arising from crippling disease. Her diary excerpts are real and honest. This book is not only emotional, truthful and educational; it expresses the bond and undying love between mother and daughter. Caregivers must read it. It is a powerful book. Twyla R. Proud. R.N. From the author: My title refers to the journey Mother and I took into the world of Alzheimers. As I listen to others talk about their experiences, they also refer to it as a journey. In many ways that word accurately describes the experience. When you start out on a journey, you often meet many obstaclestwists and turns in the roadmany joyful and some not so happy events occur. Much the same happens when you care for someone with Alzheimers. The road ahead is unknownsometimes scary with many bumps, twists and turns, and sometimes precious and breathtakingly wonderful. I hope somehow that because of this book your experience may be less scary and much more precious.

HELPER'S JOURNEY

Those who serve the dying confront high-acuity challenges each and every day. Yet, as hospice caregivers learn how to cope and persevere, their work becomes more and more meaningful, more and more rewarding. To that end, it is hoped that *Wellness and Harmony* will inform, uplift, and inspire you—whether you're an enthusiastic beginner or a proud veteran. The material is thought provoking, yet reassuring. Much of the content is spiritual in nature, but not religious. Perhaps the lessons will help you perceive the world a bit differently, and that alone can be wonderfully energizing. You'll find helpful tips, practical interventions, and quiet reflections. Think of this endeavor as an opportunity for introspection. Therefore, allow the pathway to turn inward. By looking deeply into your heart, you'll become a more compassionate and effective caregiver, a more loving and supportive partner, and a more fulfilled and grateful person. And yes, an introspective journey will strengthen your most important relationship: the one you have with God. Each triumphant venture begins with a humble first step. Are you ready to do the work? Are you eager to add more wellness and harmony to your life? Praise for *Wellness and Harmony* "By following the guidelines of intentional living—by being proactive rather than reactive—I'm able to bless the things I can't change. I'm able to let them go!" —Rhonda Konicki, advanced practice nurse "Spiritual insights that will brighten your day at work, and at home." —Rev. Tom Myers, chaplain "I'm better equipped to handle stress 'under fire' and turn obstacles into opportunities." —Kristie Lindon, registered nurse "Innovative methods for achieving work-life balance." —Bonnie Orlins, licensed independent social worker "Compelling stories, and lots of wow moments!" —Deb Hunter, registered nurse "This journey not only helps you recognize the gifts of bedside care, it empowers you to cope with the challenges as well." —Dana Datz, registered nurse

Loving Gordon

The rewards of family caregiving are many; the challenges, surprisingly impactful. You need to read this book if: —you feel that caregiving tasks previously done with ease now require extra motivation and energy to complete; —the compassion you once had is waning, and you find yourself cutting corners to complete caregiving tasks; —you feel that you are approaching the end of your rope, and you are overwhelmed due to stress and exhaustion; and —most importantly, if you are just beginning the work of caring for another human being. It will not prevent the abovementioned scenarios from happening, but it will allow you to tolerate them and survive. Challenges are coming your way. Help will be needed. The help starts here.

Grace on the Go

According to the 2009 census, more than five million people living in the United States have Alzheimer's disease or some other form of dementia. Not reported in these statistics are the fifteen million family caregivers who, in total, contribute seventeen billion hours of unpaid care each year. This book addresses the needs and challenges faced by adult children and

other family members who are scrambling to make sense of what is happening to themselves and the loved ones in their care. The author, an experienced medical and science writer known for her ability to clearly explain complex and emotionally sensitive topics, is also a former family caregiver herself. Using both personal narrative and well-researched, expert-verified content, she guides readers through the often-confusing and challenging world of dementia care. She carefully escorts caregivers through the basics of dementia as a brain disorder, its accompanying behaviors, the procedures used to diagnose and stage the disease, and the legal aspects of providing care for an adult who is no longer competent. She also covers topics not usually included in other books on dementia: family dynamics, caregiver burnout, elder abuse, incontinence, finances and paying for care, the challenges same-sex families face, and coping with the eventuality of death and estate management. Each chapter begins with a real-life vignette taken from the author's personal experience and concludes with "Frequently Asked Questions" and "Worksheets" sections. The FAQs tackle specific issues and situations that often make caregiving such a challenge. The worksheets are a tool to help readers organize, evaluate, and self-reflect. A glossary of terms, an appendix, and references for further reading give readers a command of the vocabulary clinicians use and access to valuable resources.

Take Good Care

Finally! There is strategy in navigating through Alzheimer's. A book on Alzheimer's that gives simple yet effective communication skills that emphasize compassion for the individuals with Alzheimer's Disease AND the caretaker. Important topics such as behavior, difficult caregiving decisions and the caregiver's own self care. This BEST HEALTH CARE BOOK uses first hand experiences and a variety of support tools and gets answers that can be used. The benefits are enormous and seen immediately upon using the techniques. A MUST READ for anyone who is concerned about Alzheimer's.

Care for the Caregiver

Examine a compelling account of a professional caregiver's inspirational struggle with a mind/body illness and the renewed sense of compassion his recovery provides. This uplifting narrative is the story of a caregiving professional stricken by panic attacks, a wounded healer desperate to be healed. When the Caregiver Becomes the Patient is the candid and compassionate first-hand account of Daniel Langford's struggle with the anxiety disorder that signals a physical, cognitive, and emotional crisis that paralyzes him, despite his extensive background as a health care professional, social worker, and pastoral minister. His journey from the disorder's horrifying onset to the understanding and acceptance of its roots, and finally, to an insight that evokes a renewed appreciation for the human spirit is an inspirational guide to healing and recovery. The anecdotal form of When the Caregiver Becomes the Patient lends itself to a personal retelling of Langford's

struggle, detailing his sessions with family physician Dr. David Betat, and colleague and co-author Dr. Emil Authelet as they explore the biopsychosocial and spiritual dimension of Langford's attacks. Their informal dialogues serve as a model of how a lateral relationship between colleagues can create an environment for healing and recovery that can be passed on to others. The book also critiques and reviews existing literature on panic attacks and anxiety disorders related to the author's search for understanding. When the Caregiver Becomes the Patient examines: panic attacks--cause, treatment, and recovery a critique of existing literature on panic attacks clinical and spiritual perspectives on anxiety disorders critical elements of the healing process effects on the caregiver's relationship with his/her client a fresh model for the caregiver/patient relationship An essential resource for caregivers, counselors and therapists, educators, physicians, and health care and religious professionals, as well as those searching for an understanding of anxiety disorders, When the Caregiver Becomes the Patient reassures those who receive care that the care giver struggles with life as well. That understanding of the mutuality of pain and recovery creates a connection that helps ease the isolation that often accompanies suffering.

When the Caregiver Becomes the Patient

In this amazing work, Westbrook generously shares with us the tools he has used and created over the last 30 years to bring comfort - physical, spiritual, emotional, and intellectual - to the dying, the families of the dying, and their professional and lay caregivers. Using the narrative style of Native Americans, Westbrook role-models his tools through a series of powerful, poignant, and moving stand-alone stories which illustrate precisely how to journey and navigate some of the most difficult End-of-Life situations, and to do so with Grace, equanimity, and deep partnership. Whether those dying are young or old, male or female, sober or loaded, sheltered or homeless, alone or surrounded, appreciative or combative, terrified or curious, rich or poor, or any other pairings you can imagine, this book engages the reader in ways to quickly establish trust and rapport and to then use humor, curiosity, reframing, and other tools to challenge, support, and co-journey with patients and families in ways that are transformative. The beauty of this book is that each brief chapter is a stand-alone teaching tool that can be used independently of the rest of the book. It can be used as a supplementary text for students, and in continuing education workshops for professionals. It can be used by the dying themselves and/or by their families. It can be read in quiet contemplation, or aloud as a stimulus for conversations of depth and weight and of hope and transformation. The power of this book and its tools lies in its role-modeling of how to simply use our humanity - our suffering, vulnerability, courage, humor, compassion, passion, curiosity, honor, love, and imperfection to create deep and lasting connection as we co-journey toward the End-of-Life.

Contemplative Caregiving

Authoritative, comprehensive, holistic, and highly illustrated, The Caregiver's Encyclopedia will help you figure out how to be the best caregiver you can be.

Welltower

Months before Jay's first symptoms appeared, I felt compelled to start keeping a journal. Looking back on those fledgling entries, I recognize now that my decision to begin journaling at that particular time was prophetic. Writing in that "safe place" reconnected me to my heavenly Father during the most turbulent time of my life. As Jay was losing his battle with ALS, I found myself groping for the journal and pen. At my lowest times, I found God speaking encouragement to me through others. Countless times I recorded something in my journals spoken from the lips of strangers, friends, mentors, and pastors. These were bits of light and wisdom that I tried to implement in my hectic life as Jay's wife and caregiver. Now I'm very grateful they are preserved as a resource during times of trouble. As you juggle the physical and emotional challenges of being a caregiver or caring supporter, it is my prayer that this book will provide encouragement, compassion, affirmation and hope. God will meet you right where you are, and remain beside you every step of the way. Join Him where He is already at work. He will equip you to do all that you need to accomplish, just as He led me through my journey to completion, one step at a time.

The Caregiver's Toolbox

Caregiving can be enormously challenging, terrifically rewarding, and potentially draining. Caregivers often wonder how they will navigate the tumultuous waters of caregiving and not lose themselves completely. The Mindful Caregiver highlights two major approaches to help transform the journey: adopting a practice of mindfulness, which helps caregivers become more self-aware and fully present with the person with whom they are caring, and honoring "the spirit-side" of caregiving which offers new ways of connecting to one another. These approaches take into account not just the needs of the care recipient, but also the needs of the caregiver and other people in his/her life. Remembering to care for oneself when someone else is in great need can be difficult, but with the suggestions and tips in this book, any caregiver can cultivate routines and practices that benefit everyone. Solutions that caregivers can use in their day to day routines are provided, so caregivers who use them can feel more empowered and hopeful. Using real stories throughout, Nancy Kriseman offers self-care exercises and addresses a wide variety of subjects such as setting realistic expectations, making the best possible decisions, advocating effectively, and evaluating available resources and services. The Mindful Caregiver provides inspiration, encouragement, and guidance for finding ease in the caregiving journey. By emphasizing both mindfulness and the spiritual dimension, caregivers can reap the gifts of caregiving, appreciate the special moments, and find strength during the challenging times.

The Caregiver's Encyclopedia

As the population ages, it is increasingly likely one will find himself or herself in the role of caregiver of someone elderly, chronically ill, or with a disability. Although it is a role many are unprepared for, it is one that is assumed out of love, necessity, or a combination of both. Now that you are a caregiver, what do you do? Author Cynthia Hill knows the fear and uncertainty you feel from firsthand experience. In *Care for the Caregiver: Comfort and Encouragement for the Journey*, Hill discusses topics important to caregivers. You will learn about the importance of respite care, stressors faced by caregivers, getting through the daily routine of caregiving, and how others can help caregivers. She shares how to handle the inevitable difficult decisions caregivers must make. Hill also explains how and why you need to depend on God, the ultimate caregiver. There is a list of suggested hymns that can give you the spiritual uplift needed on those days when you feel you've reached the end of your rope. A list of resources is provided for those who need additional assistance in a specific area. It takes preparation and perseverance to accomplish what has been set before you. But with the information found in *Care for the Caregiver: Comfort and Encouragement for the Journey*, you can find peace, confidence, and assurance that you can handle the challenges of caregiving with the application of practical information and God's help.

Journey Through Alzheimer's

Those who care for the ailing, whether helping someone recover, grapple with a long-term disability, or face a terminal illness, often feel alone, overwhelmed, exhausted. William and Nancy Martin have worked as counselors, hospice trainers, and Zen guides — and as caregivers to Nancy's late mother. With empathy and insight, they offer readers solace drawn from the wisdom of the Tao Te Ching. Like the original Chinese text, this book contains eighty-one chapters. Each chapter includes a poem for caregivers, evocative of the verses of the Tao Te Ching, followed by a reflection that presents practical guidance for navigating the emotional and physical hardships of caregiving. The resulting resource gently awakens readers to the grace, growth, and even joy possible at each step along their path.

The Journey Home, Stories of Compassion and Inspiration from AseraCare Hospice

At least once in your life someone will say to you, "I have cancer," and when she says the three words, you may struggle with a response. If a loved one or friend hasn't informed you of a cancer diagnosis, it's only a matter of time until they will. Every year fourteen million people worldwide learn they are living with or may die from this insidious illness. The uncertainty of cancer causes anxiety in those diagnosed and feelings of inadequacy in loved ones and friends who want to help. When someone says "I have cancer," what will you say? More importantly, what will you do? In *Loving, Supporting, and Caring for the Cancer Patient*, readers will learn specific ways of going beyond the response "I'm so sorry," and

practical behaviors that will ease a loved one or friend's journey. They range from being specific immediately after a diagnosis, to honoring their loved one or friend at the moment of passing. Based on Stan Goldberg's own cancer journey, thirty years of counseling and coaching people living with cancer and their loved ones, and as a bedside volunteer in four hospices over eight years, the book is filled with poignant accounts of clients and patients, personal reflections, and age-old stories filled with infinite wisdom.

Caregiving

During the coronavirus pandemic, many of us are caring for others, both professionally and personally – while also attending to our own health and well-being. This book helps those who care for others navigate the subtle but important difference between caretaking and caregiving. In a time when tens of millions of people provide care for family members, older adults, and people with special needs, we should all be experts at it. Instead, we often struggle with caring for others while taking care of ourselves. "Cynthia Orange's newest gem is a rare combination of inspiration and information that invites us to examine our behavior and feelings with an open heart, free from judgment, as we care for others and ourselves. Take Good Care offers valuable care suggestions throughout—from how to navigate difficult conversations to what contact numbers to post on the refrigerator. This manual for living will enlighten any caregiver's experience, and Cynthia holds your hand through the process as only she can." —Lisa Sue Woititz, author of Unwelcome Inheritance: Break Your Family's Cycle of Addictive Behaviors In Take Good Care, author Cynthia Orange brings together compelling testimonies from a wide range of caregivers, advice from leading experts in the field, and her own hard-won wisdom to capture the subtle differences between caretaking and caregiving. With a foreword by Susan Allen Toth, the critically acclaimed author of No Saints around Here: A Caregiver's Days, this book shows us how and why caring for each other can be a mutually rewarding experience. It's easy to become overinvolved in another person's life and needs when giving care. Feeling burdened with expectations and resentments in a codependent relationship hinders a sense of joy, purpose, and engagement. Relationships require empathy and boundaries; with them, a codependent caretaker can transform into an intentional, self-aware, and compassionate caregiver.

Compassionate Caregiving

When her husband, Gordon, was diagnosed first with Alzheimer's dementia and later Lewy body dementia, Ruth and Gordon Pollard faced the challenge of their lifetime. Aiming to keep him at home as long as possible while knowing a memory care facility might be an eventual reality, Ruth educated herself about every aspect of the disease, attending seminars and reading stacks of books. She embraced support from family, friends and neighbors and joined a support group. And most importantly she asked for help, for this journey cannot be completed on one's own. Along the way, Ruth found wisdom in

the words and actions of professional caregivers as well as her dearest loved ones. Surprisingly, help also came from complete strangers in the form of encouragement and understanding. The journal she kept for several years now supports and inspires caregivers and their family members through their walk with dementia, one of life's most arduous, tender and compassionate journeys.

Grace for the Unexpected Journey

Caring for someone with Alzheimer's disease is more stressful than almost any other caregiving role. You may already know firsthand how true this is. With limited treatment options from the medical community, it is truly your care that is the most meaningful treatment for your loved one. Navigating the Alzheimer's Journey is your best guide to providing that care. Whether the diagnosis is still fresh or you are well into your caregiving journey, the suggestions in this book will smooth your way. Filled with reassurances and practical advice, Navigating the Alzheimer's Journey gives you the encouragement and tools you need to manage the daily care of someone with dementia in a caring, compassionate, and supportive way. As a longstanding professional Alzheimer's specialist and a former caregiver herself, Carol Bowlby Sifton knows exactly what information you need to know, including how Alzheimer's disease and other dementias may affect your loved ones, how to communicate and interact most successfully, and how to manage activities of daily care. Learn why challenging behaviors occur and how to respond to them, how to arrange the environment to support everyday functioning, how to capitalize on remaining abilities, when and how to get help, and what plans to make for future care. You will find your most pressing day-to-day needs met in this comprehensive and informative book. Just like a compass, it will keep you confidently pointed in the right direction at each stage of your caregiving journey.

Compassionate Journeys

Millions of Americans are or will be amateur caregivers for ill spouses, parents, or friends. Caregivers today, more than ever, use technology to help manage schedules, medication routines and pharmacy reminders, legal and financial affairs, as well as travel and expenses. Yet recent insurance options and health care's emerging digital world make for an overwhelming, complex process. If you are one of the 64 million current caregivers, could you access your parents' critical documents in an emergency, using their user IDs and passwords? Do you know how often your parents or parents-in-law are taking medications, how often your loved one goes to the doctor, and how to be involved in medical and life decisions? Statistics show 85 percent of caregivers are not trained in caregiving, so many people are likely winging it, picking up pieces of information here and advice there. The Caregiver's Toolbox is your guide to cool apps and online tools, insider tips on how to reduce your medical bills, your privacy rights as a caregiver, where to go for free and low-cost help, and much more. It clearly shows which tools will relieve your stress, and those that may add stress. The authors dedicate much of their

professional lives to helping people navigate the health care matrix. For updates on tools, applications, and emerging technology, visit the authors' website, www.caregivers-toolbox.com.

The Caregiver's Tao Te Ching

An uplifting collection of inspirational essays, interviews and advice, *The Caregiver's Companion* provides support to caregivers in their hour of need. It explores the complete cycle of caring for chronically or terminally ill loved ones—from the early stages of their illness to the months of grieving that follow their passing. To truly help those in need, caregivers must first make sure their own needs are met. With the help of *The Caregiver's Companion*, you will learn how to deal with the fear, stress and grief that often accompany caring for the sick, as well as come to terms with the finality of death and the relinquishing of the caregiving role. Spiritual and compassionate, *The Caregiver's Companion* serves as a daily source of support and understanding for anyone facing this complex and sometimes painful role.

The Caregiver's Journey

My husband was diagnosed with early-onset Parkinson's disease when he was fifty years old. Two years later, his diagnosis was changed to Lewy body dementia with Parkinsonism. I decided to keep track of our journey and the twists and turns people deal with when diagnosed with a debilitating disease. I tried to cover all the basics on a timeline—from being diagnosed, different medications we tried, a constant decline in the activities of daily living, being hospitalized, entering a nursing home or coming home, and having in-home health care. When you have a loved one with a devastating illness, whether it is a spouse or a parent, you want the very best care for them if you can't care for them yourself. This book covers our experiences with issues involving health insurance, nursing homes, trying to work full-time, and the reliability of several in-home health care agencies and the unfortunate nightmares you deal with on a regular basis. It also touches on how to deal with the stress you experience when your life doesn't turn out as you thought. I ended up losing my job because of all the times I missed trying to work trying to care for my aging parents (my mom Alzheimer's), my spouse, and family and all the duties that go along with owning a home. The brain is such a complex organ, and when it starts to die, it affects every person differently. I hope this book will help others dealing with loved ones suffering from dementia by giving them awareness, insight, and an idea of what to expect as the disease progresses.

The Caregiver's Companion

More than a million Americans will be diagnosed with cancer this year. Someone will be introduced to the world of caregiving for each and every new patient. Add thousands of AIDS, stroke, heart disease and Alzheimer's cases and you

discover that there is an entire community of caregivers who have many of the same fears and concerns as the patients they care about. Patients become the immediate focus of attention by their medical team and by their families the minute they receive the diagnosis. They are bombarded with information about their disease, about treatment and about support groups. They are offered books and pamphlets and tapes and group sessions. Who is there to help the caregiver? Those who land the job of primary caregiver often have no experience in nursing, no knowledge of the medical jargon, and are prepared with nothing more substantial than their love for the patient. A Caregiver's Journey addresses both the practical and emotional issues facing the family. Many books and pamphlets recognize the caregiver but focus on the patient. This is a practical and helpful guide focusing on the specific concerns of the caregiver.

A Caregiver's Journey

An indispensable guide to reducing the suffering—of patients and caregivers alike—and to improving healthcare delivery for all. In our efforts to treat patients, cure illness, and manage institutions, healthcare professionals too often overlook the fundamental purpose everyone in the industry shares: to alleviate suffering. Press Ganey's Chief Nursing Officer, Christina Dempsey, has worked everywhere in healthcare, from the ward floor to the hospital boardroom. She has also experienced the system as a patient and as a family member of a critically ill patient. In *The Antidote to Suffering*, this 30-year healthcare veteran and patient-experience thought leader argues that the key to improving healthcare is to reduce the suffering—physical, psychological, and emotional—of patients and caregivers alike through Compassionate Connected Care™. Drawing on her 360-degree perspective, Dempsey offers a comprehensive, detailed, evidence-based plan that addresses the clinical, operational, cultural, and behavioral dimensions of care that every patient and caregiver experiences, in every setting. When suffering decreases, Dempsey argues, outcomes improve for patients and those who care for them. A virtuous cycle takes hold, leading to increases in morale, loyalty, and productivity and results in a culture that drives quality, safety, and value. It paves the path for creating a new national healthcare culture—one that values compassion, fosters efficiency, and drives innovation. *The Antidote to Suffering* is the first book to explore the pervasiveness of suffering in our healthcare system, and to provide the strategies and tools to:

- * Identify and measure suffering throughout your organization
- * Create a system in which every clinical response is informed by compassion
- * Operationalize staff behavior to promote meaning and purpose
- * Increase productivity by building a culture of collaboration

Reducing human suffering isn't just a moral imperative for healthcare providers. It's a practical way to improve organizations and fix our broken system—without sacrificing the respect, dignity, and compassion we all deserve.

Shaking Hands With Alzheimers Disease

Alzheimer's: A Mother Daughter Journey is a photojournalistic memoir about a daughter's experience as primary caregiver

to her late mother who was afflicted with Alzheimer's disease. Ambushed by the demands of caregiving, author/photographer Celia Pomerantz anchored herself by developing a series of compassionate mission statements to meet each phase of the disease. Like many caregivers, her journey begins with the struggle of convincing her mother to move out of her home and into an assisted living facility. Shortly after taking that courageous step, she finds creative ways to manage her mother's daily living activities like showering, swallowing pills, and general hygiene. Using the guiding principle she calls "Safety and Happiness," Celia learns how to make thoughtful decisions about her mother's medications, family holidays, and effective communication and collaboration with the staff at her mother's facility. As the disease progresses, her mission statement also changes. At the end of this mother-daughter journey, Celia relies heavily on the guidance she formulates from the mission statement she calls "Peace and Simplicity." It is here that we discover how she keeps connected to her mother beyond words. This book will change your outlook on caregiving by giving you practical tips on how to convert an otherwise stressful responsibility to a period populated with beautiful and memorable moments. It is the hope of author/photographer Celia Pomerantz that "Alzheimer's: A Mother Daughter Journey" finds itself in the hands of caregivers whose daily struggles and fatigue contribute to their deep fear of being incompetent and very alone in their endeavors. In this light, she asks her readers to kindly pass this book on to another caregiver or a local Alzheimer's support group. These stories are meant to be shared.

An Unintended Journey

Navigating your Cancer Journey is a book that dares to understand the unique challenges that exist for cancer patients and caregivers at home, during treatment. This book was written by an oncology nurse navigator to empower cancer patients and caregivers with knowledge on topics like: • Financial Resources • Exercise and the Cancer Patient • Nutrition • Complementary and Alternative Therapies • Clinical Trials • Self Help • Cancer Medications • Medical Insurance • What is Cancer Anyway? • Cancer and Sexuality • End of Life Counseling • Care for the Caregivers • How to travel with cancer • Survivorship and more... The compassion and understanding with which Marais writes feels like a warm, calming hug from a beloved best friend. Her obvious and refreshing belief in the power of the patient takes center stage and is solidified through eloquently penned patient stories that bring home the message: You are not alone. Marais is a natural writer whose descriptions gently move the reader from one vivid landscape to another with ease and grace. We sincerely hope she continues to put pen to paper! Angela Wade Dog Ear Publishing Editor

Cocoon of Love for Cancer Caregivers

Caring for a terminally ill loved one often involves navigating a challenging path through uncharted territory. This journey of the heart can be overwhelming especially for those new to caregiving. Over time, stress, anticipatory grief, and sleep-

deprivation take an emotional and physical toll. Our ability to cope, be kind to ourselves, and provide the best level of care for our loved one may be reduced unless we know what to expect, how to organize the 'tools of the trade' and when to seek assistance. Based upon the author's experience as an unprepared caregiver for her beloved grandmother with colorectal cancer, *Love, Laughter, and Morphine* is part memoir with practical hands-on tips for the caregiving journey and its aftermath. Honest, compassionate, and raw, this book lays bare the changing needs of caregiver and loved one as each struggles to come to terms with the unique sorrows and challenges accompanying end-of-life care. Encouragement, good-humor, and heartfelt support abound in this important book suitable for any brave caregiver walking a loved one Home.

What about Me?

Answers important questions about the effects and treatment of Alzheimer's disease, including how to balance the patient's needs with one's own

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