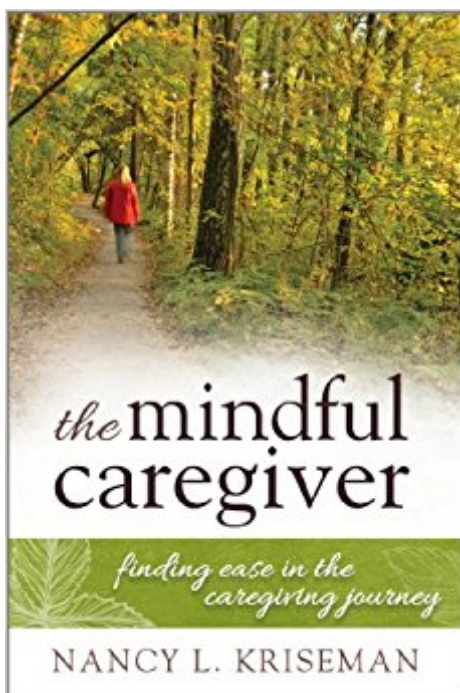


The book was found

The Mindful Caregiver: Finding Ease In The Caregiving Journey



Synopsis

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.

Book Information

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Customer Reviews

The Mindful Caregiver is a thoughtful book and an enjoyable read written from the heart based on the author's years of experience as a geriatric social worker and as a caregiver for her mother with Alzheimer's disease. The book provides practical approaches to caregiving and presents the often painful challenges in an easy to read format using real cases to illustrate and support the points. Kriseman explores coping strategies for the caregiver, how to advocate for the elder, navigate the health care system, and utilize support services. Throughout the book she emphasizes that taking care of oneself is essential for providing the best care for the care recipient and for sustaining that care over months to many years. As a practicing physician, I believe the book, while geared to caregivers of elders with terminal illnesses, provides many valuable points that can be applied to everyday life, and to caregiving for the chronically ill of all ages.

I can glean some information from this book, but it focuses primarily on care of an elder. My husband is only 45 and not incapacitated, so I was looking for general support. I know my situation is rare and I have not found any sort of support group so I guess thinking this book might help was unrealistic, but I did try. Some of the ideas make sense, but if you are in a situation where you don't have an individual with dementia who needs to be under constant nursing care this really doesn't offer too many ideas. Again, a few that apply across the board, but not much. I was disappointed because I was hoping for more.

This book crams a lot of hard-learned wisdom into a very few pages. The chapters describe in very few words things that it's taken me years and years to learn. Right on target, highly comforting, very sensible advice. Highly recommended.

Very helpful book!

Caring for my wife and dealing with most of the issues in this book really brought this book's subjects into focus. In some cases it has helped anticipate those problems that are almost sure to come.

I have had to be a caregiver and think the tips will help caregiver. Also, had some funny touches and as a caregiver you definitely need humor. I bought an extra one for a gift for someone going thru the caregiving process.

Great information for anyone on a caregiving journey.

Found very helpful

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