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A Caregiver's Survival Guide: How to Stay Healthy When Your Loved One is Sick

Kay Marshall Strom

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FOREWORD BY
Joni Eareckson Tada

A CAREGIVER'S Survival GUIDE



*How to Stay
Healthy When
Your Loved One
Is Sick*

Kay Marshall
Strom

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before purchasing it in order to gage whether or not it would be worth my time, and all praised A Caregiver's Survival
Guide: How to Stay Healthy When Your Loved One is Sick:

1 of 1 people found the following review helpful. A blessing to caregiversBy E. Wayne KemptonAs a pastor

responsible for compassion ministries, I am always concerned for the caregivers in our congregation. Too often, the caregivers give so much of themselves that they simply burn themselves out. I have purchased multiple copies of this book because I give it to caregivers as a resource because it is excellent on so many levels. The author not only gives a very personal story, but also her book has practical advice on care, good resource materials and references, and how to deal emotionally and spiritually to the challenges caregivers encounter. It is helpful for those who care for their loved one in the home, for those who are making the decision as to whether they need to put their loved one in a skilled nursing facility, and for those who have loved ones in nursing facilities. 6 of 6 people found the following review helpful. Beyond my expectations By Angela I bought this book because I was desperate for some help in caregiving. I am caring for an ill husband and needed answers to my questions. I had no idea what I was doing when this suddenly hit us. This book has answered so many of my questions about caregiving and gave me good suggestions on what else might be available. No one is ever prepared to be a caregiver unless they have been through it before. Thank you Kay Marshall Strom for your insights into this season of life. I plan to purchase more of this book and send to other caregivers that might also be blessed by it. 9 of 9 people found the following review helpful. Great content! (and a plea to the publisher) By Customer This book has really great encouragement as well as solid, practical help for the caregiver. I appreciate that the author addresses the kind of "under the surface" questions and fears that caregivers struggle with, and that she does more than name them; she gives answers for dealing with them. I hope that the publisher, however, will take note of this: Most all of the audience for this book is over 40; a majority over 50. Why, then, is the type so small and blurry?! In some places, it looks like it was printed by an inkjet that's a little out of alignment. PLEASE -- reprint this book with larger, clearer type!

When you are responsible for another person's physical needs, your own needs are often neglected. After caring for her spouse, who for ten years suffered from a rare, debilitating disease, Kay Marshall Strom is able to bring a voice of experience and compassion to this important topic. She shows you how to find spiritual support, maintain balanced relationships, decide when caregiving at home is no longer possible, work out your financial situation, understand the impact of long-term caregiving on the whole family, deal with your personal losses. Whether you are caring for an elderly parent, a spouse, an adult child or another family member or close friend, Strom's stories drawn from her own and others' experiences will encourage and comfort you. And her practical ideas for how to meet your own needs for energy, patience, strength, wisdom, peace and creativity will carry you through many difficult days.

"Kay Strom is a caregiver who has invested countless hours in helping her disabled husband. She knows what it's like to plod through the routines, and she has opened up her heart and shared her poignant and powerful account of how she 'found the smile of God' through it all. Kay has experienced a lifetime of lessons and has catalogued invaluable insights to pass on to other caregivers." (Joni Eareckson Tada (from the foreword)) About the Author A professional writer based in Eugene, Oregon, Kay Marshall Strom has written more than thirty books. She now partners with her husband (Daniel Kline) as Kline, Strom International, Inc., and together they have spoken on various topics to well over 100,000 people in more than twenty countries.