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The Family Caregiver's Guide (The Family Caregiver's Series Book 1)

Harriet Hodgson

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Caring for a loved one at home. What’s really involved? And what does it mean for your family and future? Tens of millions of Americans have had these questions and more as they prepare for this unsettling yet necessary task. The Family Caregiver’s Guide fills in the gaps, connecting the dots between research and real life. Drawing on the author’s extensive caregiving experience, this book provides strategies to care for your loved one, inside and out, as well as for yourself—including how to use your natural skills in your new role, and which skills you may need to add. You’ll discover how to set up your home for caregiving, including a safety checklist, equipment suggestions, and words you should know. And for those days that are more than a handful, you’ll find positive affirmations, a section on facing and accepting illness, and smart steps at the end of each chapter, in case you need guidance in a hurry. Caregiving has both rewards and challenges. But through it all, you’ll discover what’s most important—that caregiving is love in action.

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