THE RELUCTANT CAREGIVER

Reclaiming My Life After Caring for a Stroke Survivor

A Memoir



A Most Reluctant Caregiver A Most Reluctant Caregiver

Lingjun Ying

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A Most Reluctant Caregiver Susan Shelton, 2008-10 The personal story of a baby boomer daughter who finds herself caring for her difficult ailing mother Through vignettes and anecdotes the author shares valuable practical tips for those Gerontologic Nursing - E-Book Sue E. Meiner, Jennifer J. Yeager, 2018-10-01 facing similar challenges Compassionately care for the aging population with Gerontologic Nursing 6th Edition uniquely known for its comprehensive coverage of the most common medical surgical problems associated with older adults Organized by body system for easy retrieval of information it delves into health promotion and both basic and complex gerontologic concepts and issues This disorder focused gerontologic nursing text features an enhanced focus on nursing management and care coordination across health care delivery settings It emphasizes topics such as nutrition chronic illness emergency treatment patient teaching home care and end of life care and includes the latest guidelines for mammograms colonoscopies pneumonia and shingles vaccinations With the addition of new nursing theories this edition offers a valuable framework for gerontologic care Overview of age related changes in structure and function included in all body system chapters The most current standards and guidelines keep you in the know Psychologic and sociocultural issues and aspects of older adult care integrated throughout the text Critical thinking questions included at end of chapters UNIQUE Patient Family Teaching boxes emphasize key aspects of practice and teaching for self care Health Promotion Illness Prevention boxes provide tips to promote leading a healthy life UNIQUE Nutritional Consideration boxes demonstrate special nutritional needs and concerns facing the aging population Evidence Based Practice boxes pull the critical evidence based information contained in the text into boxes for easy access and identification Cultural Awareness boxes highlight differences in how key concepts are understood or practiced in various cultures Home Care boxes highlight tips to promote practical effective home care for the older adult Key Points at end of chapters summarize the important concepts discussed in the chapter EXPANDED Increased focus on nursing management and care coordination across health care delivery settings NEW New nursing theories in chapter 2 provide a framework for gerontologic care UPDATED Up to date guidelines for mammograms colonoscopies pneumonia and shingles vaccinations UPDATED Fall prevention updates help you better protect your patients UPDATED Updates on the challenges of caring for older adults with cognitive disorders ensure you are prepared UPDATED Updated chapters throughout reflect the current evidence to guide practice Family, Ties and Care Hans Bertram, Nancy Ehlert, 2011-11-29 Families international the new milestone How may care be secured particularly in ageing societies how may families relatives and friends support each other and live together beyond market reasons How can social welfare be secured How do different countries and different cultures solve the problems they may or may not now or in days to come share with other countries and cultures Families as is found in this publication by internationally renowned experts are the base and well of society s fortune in a humane paradigm Furthermore it is the very backbone of lifelong solidarity in inter

generational relations and the very place where the readiness of taking on care and responsibility are experienced and learned The publication's underlying idea opens up two perspectives on the one hand differences and similarities in family life forms are chiselled out on the base of an international cooperation Simultaneously the international authors are called upon to express their ideas about their own country's future more distinctly and clearly thus distinctions and similarities of the respective paths of development are rather easily perceived *Dr Ruth's Guide for the Alzheimer's Caregiver Dr. Ruth* K. Westheimer, Pierre A. Lehu, 2012-10-05 Dr Ruth a trusted name in relationship therapy presents effective coping strategies for both the practical problems and emotional stresses of Alzheimer's care More than 15 million Americans are responsible for the care of a loved one with Alzheimer's disease a situation that can quickly lead to feeling overwhelmed while trying to balance between the full time needs of a dependent adult and the caregiver's own physical and mental health. The tactics and resources presented in this book build confidence in the caregiver and provide health guided advice on how to avoid burnout seek support from family and friends resolve family disputes maintain a loving relationship with a spouse or parent with Alzheimer's manage behavior and make the home a safe environment Keeping the best interests of everyone involved in mind the guide also details how to coordinate effectively with doctors facilities and other care providers Golden Years? Deborah Carr, 2019-01-22 Thanks to advances in technology medicine Social Security and Medicare old age for many Americans is characterized by comfortable retirement good health and fulfilling relationships But there are also millions of people over 65 who struggle with poverty chronic illness unsafe housing social isolation and mistreatment by their caretakers What accounts for these disparities among older adults Sociologist Deborah Carr's Golden Years draws insights from multiple disciplines to illuminate the complex ways that socioeconomic status race and gender shape the nearly every aspect of older adults lives By focusing on an often invisible group of vulnerable elders Golden Years reveals that disadvantages accumulate across the life course and can diminish the well being of many Carr connects research in sociology psychology epidemiology gerontology and other fields to explore the well being of older adults On many indicators of physical health such as propensity for heart disease or cancer black seniors fare worse than whites due to lifetimes of exposure to stressors such as economic hardships and racial discrimination and diminished access to health care In terms of mental health Carr finds that older women are at higher risk of depression and anxiety than men yet older men are especially vulnerable to suicide a result of complex factors including the rigid masculinity expectations placed on this generation of men Carr finds that older adults physical and mental health are also closely associated with their social networks and the neighborhoods in which they live Even though strong relationships with spouses families and friends can moderate some of the health declines associated with aging women and especially women of color are more likely than men to live alone and often cannot afford home health care services a combination that can be isolating and even fatal Finally social inequalities affect the process of dying itself with white and affluent seniors in a better position to convey their end of life preferences and use hospice or palliative care than

their disadvantaged peers Carr cautions that rising economic inequality the lingering impact of the Great Recession and escalating rates of obesity and opioid addiction among other factors may contribute to even greater disparities between the haves and the have nots in future cohorts of older adults She concludes that policies such as income supplements for the poorest older adults expanded paid family leave and universal health care could ameliorate or even reverse some disparities A comprehensive analysis of the causes and consequences of later life inequalities Golden Years demonstrates the importance of increased awareness strong public initiatives and creative community based programs in ensuring that all Americans have an opportunity to age well Innovative Interventions To Reduce Dementia Caregiver Distress David W. Coon, PhD, Dolores Gallagher-Thompson, PhD, ABPP, Larry W. Thompson, PhD, 2002-10-31 Increasing evidence has demonstrated that caregivers of dementia victims are at risk for depression and other medical problems In what ways can health care providers improve or maintain the well being of dementia caregivers This volume provides an overview of emerging themes in dementia caregiving research and presents a broad array of practical strategies for reducing caregiver distress including interventions for specific populations such as ethnic minority caregivers male caregivers and caregivers with diverse sexual orientations Innovative approaches include the value of partnering with primary care physicians to improve quality of life for both patient and caregiver and the use of technological advances to help distressed caregivers A timely cutting edge book written for clinicians of varying backgrounds who provide direct services to families of dementia victims For Further Information Please Click Here The Science of Sadness David Huron, 2024-05-07 An accessible scientific account of grief melancholy and nostalgia in human life and their broader lessons for understanding emotions in general The Science of Sadness proposes an original scientific account of grief melancholy and nostalgia advocating a unique ethological approach to these familiar woeful emotions One of the leading scholars in the psychology of music and music cognition David Huron draws on hundreds of studies from physiology medicine neuroscience psychology anthropology and the arts to resolve long standing problems that have stymied modern emotion research A careful examination of sadness related behaviors reveals their biological and social functions which Huron uses to formulate a new theory about how emotions in general are displayed and interpreted We ve all shed tears of joy tears of grief tears of pain While different emotions often share the same weepy display Huron identifies the single function that unites them He suggests how weeping emerged over the course of human evolution explores the contrasting cultural manifestations of sadness and chronicles humanity s changing interpretations of sadness over time Huron also explains the various ways cultures recruit and reshape involuntary emotional displays for different social purposes and he offers a compelling narrative of what makes tragic arts so appealing Though sadness is typically regarded as the very antithesis of happiness The Science of Sadness draws attention to the important roles that grief melancholy and nostalgia play in human well being Caregiver Stress and Staff Support in *Illness, Dying and Bereavement* Irene Renzenbrink, 2011-03-25 The need for renewal and support for those who care for

seriously ill dying and bereaved people has been acknowledged from the very beginning of the hospice and palliative care movement While often referring to the rewards and satisfactions of the work Dame Cicely Saunders was the first to acknowledge that helping encounters with dying patients and distressed relatives could be a source of anguish and grief for dedicated and compassionate carers Caregiver Stress and Staff Support in Illness Dying and Bereavement discusses the challenge of finding a balance between the support needs of patients families and staff and the resources available With contributions from practitioners and researchers from around the world this book recognizes that palliative care today is being provided in many different settings and that there may be wide variations in the way individuals and organizations identify and manage the stressors that arise through the work This unique collection of international perspectives on the complexities and management of caregiver stress and staff support builds on the firm foundation Mary Vachon built over thirty years ago in her studies yet broadens the scope to include significant social political and cultural variations on the theme **The Veterinary Caregiver's Book of Quotes** Katherine Dobbs, 2010 The Hidden Victims of Alzheimer's **Disease** Steven H. Zarit, Nancy K. Orr, Judy M. Zarit, 1985-08 An invaluable resource guide for anyone working with persons suffering from Alzheimer's disease this is the first book to present a step by step program to help families cope with the day to day problems arising from this disease Using detailed case examples the authors offer unique and effective strategies to help the family and the patient have enjoyable and more productive lives Well written and eminently practical guide for families struggling with the burdens of Alzheimer's disease Peter V Rabins M D John Hopkins University School of Medicine author of Thirty Six Hour Day An outstanding book dealing knowledgeably and sensitively with a painful disease affecting millions of American familes Robert N Butler M D Brookdale Professor of Geriatrics and Adult Development Mount Sinai School of Medicine New York

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