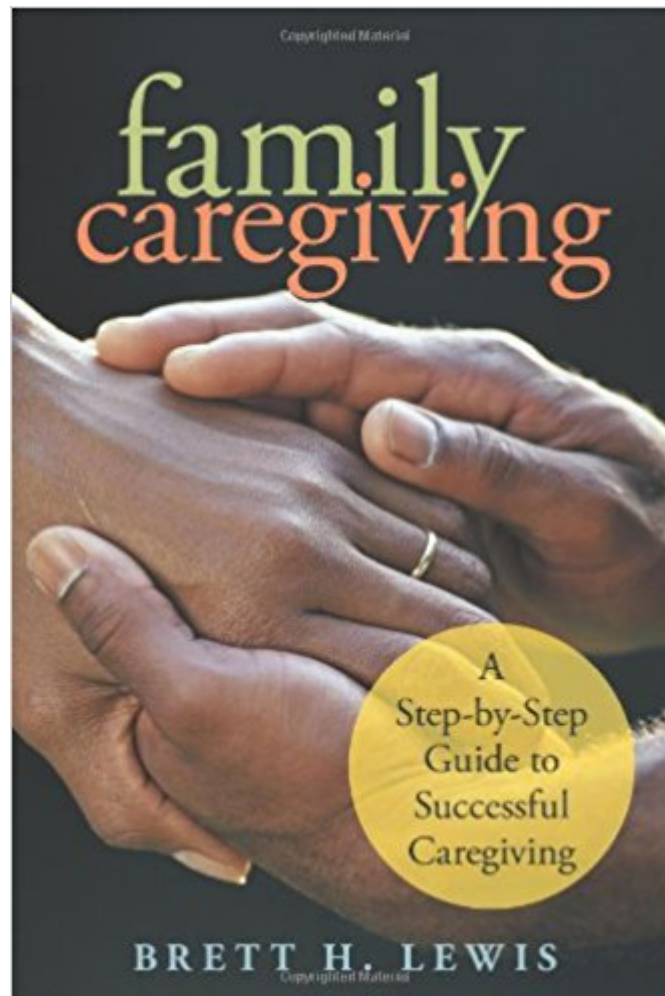




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# Family Caregiving: A Step-by-Step Guide To Successful Caregiving



## Synopsis

Family Caregiving explores one of the most precious and fulfilling gifts of love that can be given to a family member or a friend-and also one of the most difficult tasks to undertake. The difficulty increases in magnitude because many family caregivers have no formal medical training other than basic first aid. In most cases, all of their medical knowledge has come from their own life experiences with personal illnesses, accidents, and medications. In Family Caregiving, author Brett Lewis shares his insights and the bounty of information that he learned acting as a family caregiver for both his father and his close friend. He explains that even though caregiving is stressful, being prepared and knowledgeable can reduce stress levels and better position a family member for caregiving success. A caregiver should have a thorough understanding of the patient's personal and family medical history, current symptoms, and medical conditions. It is critical to learn how to interact effectively with medical personnel; to become familiar with hospital/rehabilitation center processes and protocols; and to learn about basic medical terminology, equipment, and procedures. By sharing candid, real-world experiences-including his mistakes-Lewis provides a step-by-step guide that can enable the family caregiver to better navigate the journey of caregiving.

## Book Information

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## Customer Reviews

Brett Lewis' Book on Family Caregiving is outstanding and, in my opinion, an extraordinary contribution to an increasingly important topic, particularly as our loved ones age. I've had the experience and only wish I had Brett's book then. While Caregiving is obviously a very complex and emotional responsibility, Brett has produced an easy to read manual in his own comfortable

speaking style that invites anyone who needs such guidance (or, believes they will) to refer to it again and again. And he has written it from solid firsthand experience, making it highly credible and applicable.

Having had a father with Alzheimer's, this really hit home to me. Take away all the hype and the social service blather, and you wind up as being the primary care giver, or one of them. It's a real stretch sometime! The real problem is not knowing what to do, and sometimes how to do it. This book is a do it yourself course in who, what and how. Does it have all the answers, no of course not, but it is a very big help, and is a practical level course on how to do what, and a place to fall back on when your tired and at your wits end. I'm glad I ran across it.

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