



## Caregiving Tips for Everyone (Paperback)

By Professor of Surgery M G Walker

Inspiring Voices, United States, 2012. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The task of caring for an adult afflicted by age, illness, or both is not easy. Many caregivers find themselves intensely overwhelmed on occasion and must learn how to navigate this new role without losing touch with caring for themselves. In this new, comprehensive how-to manual, author M. G. Walker shares her wisdom on a wide range of important caregiving topics, ranging from physical care to emotional care of those in need. Even so, caring for the individual is often not all there is to worry about. This guide also includes information on other important aspects of caregiving, including managing finances, caring for yourself, handling stress, knowing when to let go when you can't do it all yourself, and dealing with loss after your charge has passed on. There are so many challenges affecting today's caregivers, and we often feel we're on an island with no place to go for supportive advice. Let this be your guide as you find your way through this difficult task.



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