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anne dunkin released 2011 02 01 language pages 288 isbn 0399536426

Being a caregiver can be rewarding but demanding work-and more than 40 million adult children find themselves experiencing the double duty of caring for their elders as they try to carry on a life of their own. The mission of this book is to help caregivers figure out how to look after aging loved ones, provide for other family members, and attend to their own career-without losing themselves in the process. In this supportive, reassuring, and practical guide, Doctor Alexis addresses the most pressing concerns, including such issues as how to: * Get all family members to pitch in * Let go of feelings of guilt * Avoid conflict with an aging loved one * Foster independence in the elderly * Balance

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the demands on one's own time and resources "I have encountered few people who have the knowledge, experience, and passion that Alexis possesses for serving older persons. Alexis has accomplished a lot and has gained a well-deserved national reputation as an authority on issues affecting older persons." -Horace B. Deets, former executive director of AARP

This indispensable book about love and mental health addresses the short-term, daily problems of living with a person with mental illness, as well as long-term planning and care. Of special note are the forty-three " Quick Reference Guides " about such topics as: responding to hallucinations, delusions, violence and anger; helping your loved one comply with treatment plans and medication; deciding if the person should live at home or in a facility; choosing a doctor and

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dealing with mental health professionals; handling the holidays and family activities; managing stress; helping siblings and adult children with their special concerns. “ Ms. Woolis produced a handbook which is both practical and accessible, eminently useful for all of us who have a family member with a serious mental illness. ” – E. Fuller Torrey, M.D., author of *Surviving Schizophrenia* “ Rebecca Woolis presents easy-to-follow practical guidelines for coping with the multitude of problems that regularly confront families. In minutes the reader can find helpful suggestions for dealing with any problem that might arise. ” – Christopher S. Amenson, Ph.D., Director, Pacific Clinics East

Prepared in collaboration with the Medical Library Association, this completely updated, revised, and expanded edition lists classic and up-

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to-the-minute print and electronic resources in the health sciences, helping librarians find the answers that library users seek.

A practical handbook for women confronting the problems of caring for an aging parent explains how to deal with the changing parent/child roles, foster aging parents' independence, get help from other family members, find time for oneself, and balance work, family, and caregiving responsibilities. Original.

Homeward Bound shows that as family structure becomes more complex, so too does elder care, and existing institutions and legal approaches are not prepared to handle those complexities. As 79 million American Baby Boomers approach old age, their diverse family structures mean the burden of care will fall on a different cast of family

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members than in the past. Our current approaches are based on an outdated caregiving model that presumes life-long connection between the parents and offspring, with the existence of high internal norm cohesion among family members providing a valuable safety net for caregiving. Single parent and remarried parent-led families are far more complicated, fragile, and point to the need for increased formal support from the religious, medical, legal, and public policy communities. We base our analysis on in-depth, qualitative interviews with surviving grown children and stepchildren whose mother, father, stepparent, or ex-stepparent died. Their stories illustrate the profound ways that the caregiving, mourning, and inheritance process has changed in ways not adequately reflected in formal legal, medical, and religious tools. The solutions center on awareness and preparation: providing more support for individual planning for incapacity and

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death and, even more importantly, creating legal, political, and social planning for the "graying of America" at a time of increasingly complex familial ties.

Research-based advice for people who care for someone with dementia Nearly half of U.S. citizens over the age of 85 are suffering from some kind of dementia and require care. *Loving Someone Who Has Dementia* is a new kind of caregiving book. It's not about the usual techniques, but about how to manage on-going stress and grief. The book is for caregivers, family members, friends, neighbors as well as educators and professionals—anyone touched by the epidemic of dementia. Dr. Boss helps caregivers find hope in "ambiguous loss"—having a loved one both here and not here, physically present but psychologically absent. Outlines seven guidelines to stay resilient

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while caring for someone who has dementia Discusses the meaning of relationships with individuals who are cognitively impaired and no longer as they used to be Offers approaches to understand and cope with the emotional strain of care-giving Boss's book builds on research and clinical experience, yet the material is presented as a conversation. She shows you a way to embrace rather than resist the ambiguity in your relationship with someone who has dementia.

Responding to families ' questions and fears with compassion. Typically the patient—and his or her course of treatment—are the natural focal points when it comes to Alzheimer ' s disease (AD). But Alzheimer ' s is an equally debilitating illness for family members and caregivers who must come to terms with its far-reaching emotional and physical burdens. In this handbook, clinicians are taught how to

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navigate the many interpersonal issues at the heart of AD—that is, how to work with the families and friends of the patient. Santulli addresses everything from how to respond compassionately to their likely questions and concerns, how to clearly explain symptoms and risk factors, when to suggest consultation with a geriatric specialist, and how to sensitively discuss issues of long-term treatment and care.

How do you grieve for someone who is physically still with you? How do you love them in the right way through that grief and sometimes frustration? *Experiencing Dementia* is written for the person who is in the wake of despair that the diagnosis of Dementia brings. This brief but powerful book will help lead readers through the needed grieving process.

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"Practical advice you can trust from the experts at AARP"--Cover.

A time-saving resource, fully revised to meet the changing needs of mental health professionals The Complete Adult Psychotherapy Treatment Planner, Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. New edition features empirically supported, evidence-based treatment interventions including anger control problems, low self-esteem, phobias, and social anxiety Organized around 43 behaviorally based presenting problems, including depression, intimate relationship conflicts, chronic pain, anxiety, substance use, borderline personality, and more Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record

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your own treatment plan options Easy-to-use reference format helps locate treatment plan components by behavioral problem or DSM-5 diagnosis Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA

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