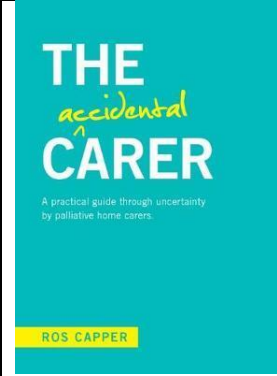
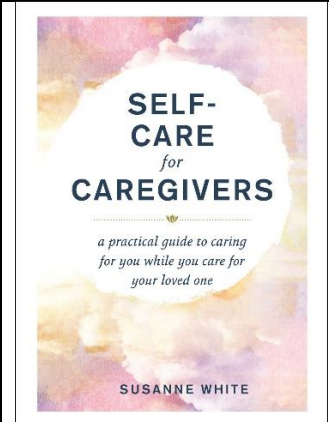
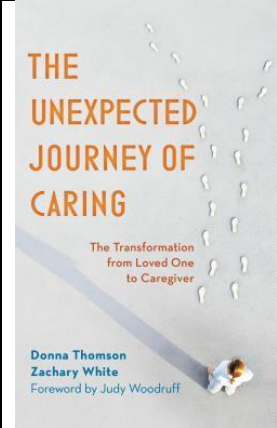
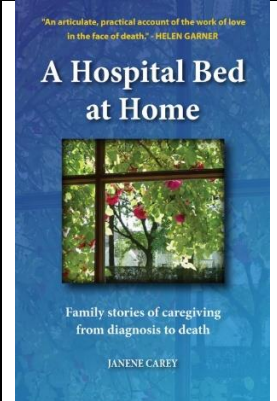
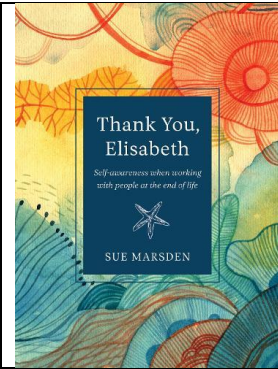
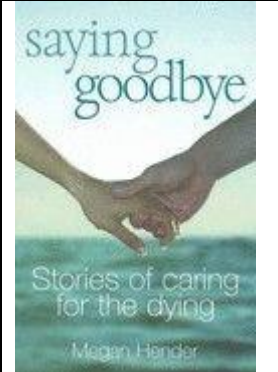


Books for Caregivers

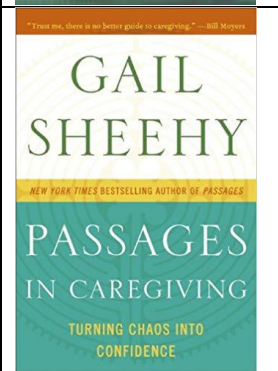
	<p>The accidental carer; A practical guide through uncertainty by Palliative home carers. By Ros Capper. (NZ)</p> <p>The Accidental Carer features the stories of five family groups of home-based palliative carers (including Ros), whose stories offer comfort to others as they undergo emotional and physical challenges. The book gives practical advice on all aspects of end of life management ranging from medical appointments and communication to building a support network, novel ways to enlist support and learn resilience.</p>
	<p>Self-care for caregivers; a practical guide to caring for you while you care for your loved one. By Susanne White.</p> <p>This accessible, easy-to-follow self-care guide encourages you to take care of yourself as you care for others. Caregiving can be hard on the caregiver's mental and physical health. Self-care is vital to maintain stamina and a positive outlook for both yourself and the people you're caring for.</p> <p>Author, Susanne White founded the Caregiver Warrior website where she blogs about her own caregiver journey. https://www.caregiverwarrior.com/</p>
	<p>The unexpected journey of caring; the transformation from loved one to caregiver. By Donna Thomson and Zachary White</p> <p>In this honest portrayal of the life changes that come with caregiving, the authors give first-hand advice that's tried and true. They debunk the myth that caregiving requires training, suggesting instead that caregiving is innate—a talent that appears when a loved one needs help. The book helps caregivers find meaning in their caregiving experience and provides them with tools to manage the transition from loved one to caregiver, and also how to advocate for their loved ones.</p>
	<p>A hospital bed at home; Family stories of caregiving from diagnosis to death. By Janene Carey</p> <p>Carey interviews five caregivers and shares her own story of caring for her mother. Each story is unique, as everyone looks at dying, death, and loss differently. This book gives an unflinching account of the most personal and intimate moments any relationship faces - the death of someone we love. These are stories of life, love, fear, loss, pain and joy and would be worth considering for a carer who is feeling alone and wanting the comfort of knowing how others struggled, but coped.</p>



Thank You, Elisabeth; self-awareness when working with people at the end of life. By Sue Marsden
 The book relates stories of people at the end of life who have continued to teach the author the importance of self-awareness. With more awareness there is less likelihood of projecting one's own issues into the situation and less likelihood of developing compassion fatigue or 'burnout'. It is also more possible to facilitate hope, healing and meaning for the dying.



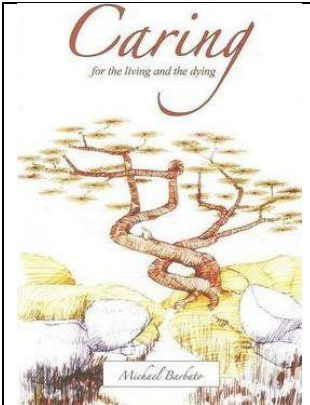
Saying Goodbye; stories of caring for the dying. By Megan Hender.
 Spouses, partners and parents give honest and moving accounts of caring for their loved ones. They talk honestly about their feelings of confusion, loss, anger and sadness. They also share that caregiving can be an unexpectedly fulfilling experience, full of love, insight, inspiration and peace.



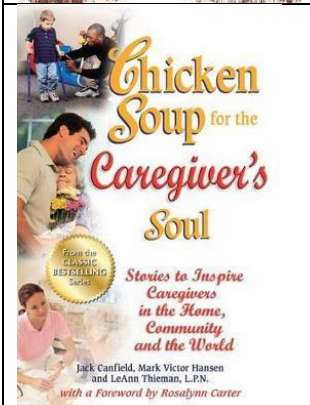
Passages in caregiving; turning chaos into confidence. By Gail Sheehy.
 Sheehy offers an empathetic, well-researched guide to the unfamiliar, often scary role of caregiver, outlining eight stages from "Shock and Mobilization" to "The Long Good-Bye."



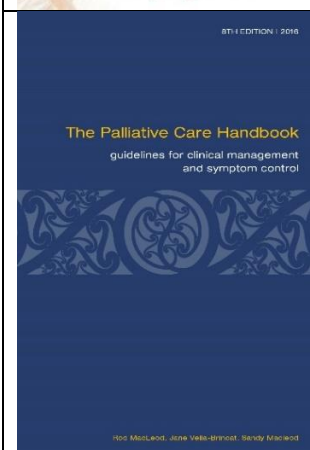
Caregiving at a glance; a fingertip guide to caring for a loved one with memory impairment. By Insight Memory Care Center
 This useful guide is for families caring for a loved one with dementia. Techniques and strategies to empower caregivers address topics such as: troublesome behaviours, communication, eating, bathing, activities and safety. The content is very practical and well organised, making the information easy to access and absorb.



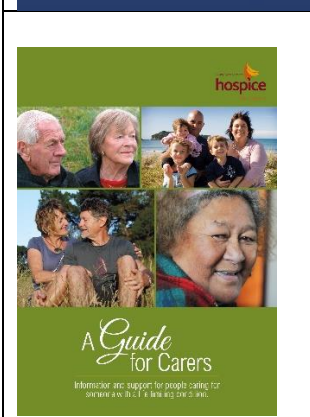
Caring for the living and the dying. By Michael Barbato
 This book looks at the experience of caring for a loved-one who is dying, detailing the physical, mental and emotional issues associated with everyday and long-term care. Dr Barbato, a palliative care specialist, explores death and dying in a sensitive and insightful way offering suggestions on many of the issues involved.




Chicken Soup for the caregiver's soul; stories to inspire caregivers in the home, community and the world. By Jack Canfield
 These inspirational short stories offer respite from responsibilities, bringing uplifting and comforting insights and encouraging renewed hope, courage and strength.



The Palliative care handbook; guidelines for clinical management and symptom control. By Rod MacLeod, Jane Vella-Brincat and Sandy MacLeod. 8th ed. 2016 (NZ)
 This clinical handbook is for the healthcare professional.



A guide for carers; information and support for people caring for someone with a life limiting condition. By Hospice New Zealand. (NZ)
 When you are caring for someone who is dying, it can be difficult to know what to do or what help and support is available. This booklet aims to provide a clearer picture of the situation and to answer some of the questions or issues that might come up as part of this journey. It is important to remember you are not alone. There are few experiences more difficult than caring for someone at the end of their life. Each of us faces death as uniquely as we lead our life. We all hope that when death comes it will be as peaceful and dignified as possible. We also hope we'll face it feeling comfortable in our surroundings, well cared for and that those we love are well supported.

	<p>10 helpful hints for carers; practical solutions for carers living with people with dementia. By June Andrews and Allan House</p> <p>This small booklet offers practical solutions to problems that may occur when caring for someone with dementia. Some of the topics include aggression, agitation or anxiety, depression and wandering.</p>
 <p>A Guide for Carers He Aratohu mā ngā Kaitiaki</p> <p>Practical help for people supporting family or friends who are older and need assistance, or who have a health condition, a disability, an injury or mental health, alcohol and drug issues.</p>	<p>A guide for carers - He Aratohu ma nga kaitiaki; Practical help for people supporting family or friends who are older and need assistance, or who have a health condition, a disability, an injury or mental health, alcohol and drug issues. By Ministry of Social Development (NZ)</p> <p>Provides information on the range of services and support available for those who provide care for someone close to them (a family member or friend) who needs help with everyday living because of a health condition, disability or injury.</p>