



# From a Caring Friend: A Caregiving Survival Guide

*Denise M Brown*

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## **From a Caring Friend: A Caregiving Survival Guide** Denise M Brown

The best resource for a family caregiver is another family caregiver. And, the best resource for a new family caregiver is a seasoned family caregiver who knows what works and what doesn't. In "A Caregiving Survival Guide," you share your best suggestions, tips and resources with a friend, colleague or family member who is new to a caregiving role. You pass along your wisdom, your lessons learned and your best solutions to help a friend caring for a family member with a chronic illness. With this book, you can share your advice through your written word, through photos, through printed pages you paste onto the guide's blank pages. You can create a journal, a scrap book, a detailed record. The simple book gives your wisdom center stage. The guide prompts you to share your suggestions for your friend about: --Activity ideas --Advocating --Taking breaks --Finding comfort --Working with family --Understanding forgiveness --Getting help --Managing hospitalizations --Organizing paperwork and schedules --Providing personal care --Asking the best questions --Stocking the right supplies You'll also share inspirations, resources and wishes to help keep your friend going. With the information you share in "A Caregiving Survival Guide," your friend will be armed to manage whatever comes in a caregiving day. "A Caregiving Survival Guide" is a great gift for anyone—a friend, support group member or colleague—just beginning a caregiving journey. Your thoughtfulness will start their caregiving journey on the right foot.



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