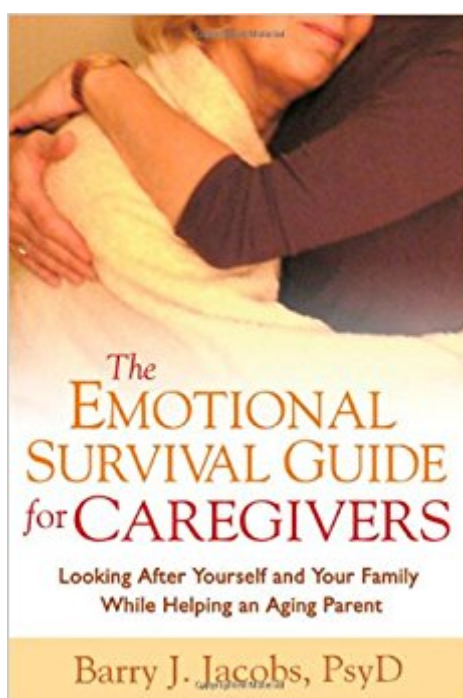


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# The Emotional Survival Guide For Caregivers: Looking After Yourself And Your Family While Helping An Aging Parent



## Synopsis

Caring for a parent whose health is in decline turns the world upside down. The emotional fallout can be devastating, but it doesn't have to be that way. Empathic guidance from an expert who's been there can help. Through an account of two sisters and their ailing mother--interwoven with no-nonsense advice--The Emotional Survival Guide for Caregivers helps family members navigate tough decisions and make the most of their time together as they care for an aging parent. The author urges readers to be honest about the level of commitment they're able to make and emphasizes the need for clear communication within the family. While acknowledging their guilt, stress, and fatigue, he helps caregivers reaffirm emotional connections worn thin by the routine of daily care. This compassionate book will help families everywhere avoid burnout and preserve bonds during one of life's most difficult passages.

## Book Information

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## Customer Reviews

For anyone with the responsibility of caring for a sick or disabled parent, this clear-eyed guide will be of real assistance. Jacobs, director of behavioral sciences for the Crozer-Keystone Family Medicine Residency Program in Pennsylvania, knows firsthand the emotional and financial devastation such illness can cause: his father died of cancer when Jacobs was 13. He illustrates the problems caregivers face through the story of two women (composites of caregivers he has known), middle-aged, married sisters struggling with the cancer of their widowed mother from diagnosis to death. As Jacobs points out, the sisters, their mother and her doctors are not perfect models of

resilience and wisdom: rather, they're average people whom readers will be able to identify with and learn from. Through this story, Jacobs explores how to define your commitment to caregiving and recruit relatives as well as professionals to help, along with strategies for preserving your own personal life during an extended illness. Jacobs recommends that family members meet regularly, even online, to negotiate caregiving responsibilities. Jacobs's frankness about the emotional as well as medical traps that await families dealing with serious illness, and his concrete advice on how to handle them, offers in-depth support to caregivers. (June) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Guidelines, advice, and questions for the reader are interspersed with the narrative. This insightful book is an important guide for any family trying to care for a loved one." -- Family Caregiver Alliance Update  
"His Q&A approach...is perceptive without being intrusive, instructive without being dogmatic, informative without being technical, compassionate without being maudlin and focuses on problem solving without being cookie-cutter in approach. Even if you are not now a caregiver, it is an important read since many of you will probably become one sooner than later." -- eNN: Eldercare Network News  
"Jacobs has a gripping writing style and a passion for the subject that sustain the reader during even the heaviest of topics. His use of the narrative makes the book easy to follow, while creating natural places to interject advice from his extensive knowledge about the stresses of caregiving. He addresses the touchy subjects that caregivers might be ashamed or afraid to ask about, reassuring them that feelings of resentment, guilt, and isolation are normal reactions that go with the territory of caregiving." -- Newsday  
"There's plenty of practical advice on communication and finding meaning in suffering, but Jacobs's most valuable contribution is that he lays out the most dreadful selfish, unworthy thoughts anyone looking after a terminally ill parent could possibly have--and then assures us: Everyone feels that way." -- Philadelphia  
"Wise material....A collection of questions and answers explores different facets of the caregiving task and offers specific tips and strategies for success. The resources section lists a variety of organizations, publications, and web sites....Highly recommended." -- Library Journal (starred review)

My Mother has Parkinson's Disease and as her only caregiver (in a family of many) for the past six years I felt alone and on the verge of giving up when I found this book. Thank you Barry Jacobs you saved my life and my Mother's life. I no longer feel alone and am working through the pages a little at a time with hope to survive

I liked how this book used a real life scenario to walk through the various stages of caregiving and family interactions. Using a mom with cancer and an older and younger sister throughout while adding many other examples throughout the book were extremely helpful to me. I caregive for my Mom and Husband, both still independent but both need assistance so I think I have it easier than so many. Just being a year into this, the book helped me so much. It also provides tons of resources at the back of the book that I could never run out of information to help me understand our own journey.

An easy to read, well-organized book that speaks directly to the different challenges facing caregivers and families supporting aging elders. Includes practical advice on how to understand and manage your own stress as well as understanding how these situations feed into what may already be complex family dynamics. I've been recommending it to everyone I know who is involved in caring for an elderly parent, either alone, or with the support of aides, other family members, or providing support to someone else who is a primary caregiver.

I found relatable information throughout this book. It allowed me to find some balance, some counsel and to throw myself a lifeline so that I can finish my commitment to my aging parent. This book is easy to read and has a wealth of resources at the end.

Profound insight in the real needs of caregiving families. He brings it to life in a narrative of 2 sisters caring for their mom, and how their life experiences, i.e. life script, plays into their approach. His answers provide further insight, not solutions, to the family relationship dynamics in a caregiving situation. A must read for every family in this kind of situation.

While the book didn't address the illness affecting my loved one, it did explore the dynamics between caretakers.

This was helpful any material that can help you when your'e a care giver is a blessing . I also read this because I was the one being cared for . It helped me to understand what my children were going thru . As well as understanding , my own mothers needs .

I wanted something to share with my friends who are just now struggling with "surviving". This book was easier to read than another that I also bought. It is perfect to share with a friend who is

frantically worried and struggling.

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