



# If Only I'd Had This Caregiving Book

*Maya Hennessey*

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## **If Only I'd Had This Caregiving Book** Maya Hennessey

Caring For A Loved One? Are you overwhelmed by the demands of caring for a loved one? Is your mounting "To-Do List" crushing you more each day? Has caregiving squeezed out friends and activities that once brought joy? Feeling forsaken by the lack of help and betrayed by broken promises? Find it difficult to ask for help? Professionals Helpers? Are you a case manager, counselor, group leader for caregivers? Does your heart ache watching caregivers burn out? Whether you are a caregiver for a loved one or a professional caregiver trying to help caregivers, Maya's Model is for! When you are called-perhaps suddenly!-by fate and circumstance to be the one ultimately responsible for care and daily living needs of another person, please know that you are not alone. Family members, friends, and various agencies are approachable, helpful and often eager to help you in managing the burdens of caregiving. Most caregivers embark on this journey with loving determination, while family members, friends, professional colleagues and even healthcare professionals fail to recognize how often caregivers become the 'second victim' of their loved one's illness. "I learned this lesson as I cared for my husband through a struggle with terminal brain cancer. My professional life, personal life and health suffered as a result of the stress. Research shows that caregiving weakens the immune system. Without adequate support caregivers deteriorate with their loved one, sometimes even faster. But, there is hope. Studies show that an Effective Social Support Network offers the vital protection to help caregivers thrive and survive the otherwise harrowing, and sometimes life threatening experience of caregiving. Each caregiver and each situation is unique. Using a workshop format, the reader will move through self discovery exercises to honor his/her unique personality and preferences, developing an individualized network to support, regardless of the loved ones condition or resources. This net

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