

# From Caregiver to Supportgiver A Christians Guide to the Nursing Home Experience

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## BOOK DETAILS

- Author : Carol O. Linneman RN MSA
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## **BOOK SYNOPSIS**

For most families, one of life's most difficult decisions is if and when to move a loved one into a care facility. A significant factor is the current caregivers' willingness to transfer the daily personal care to "unknown" caregivers, even if they are professionally trained. This book identifies a way to transfer the "physical care" and still retain active, welcomed participation in your loved one's life. The role of "supportgiver" is introduced as a resolution. You retain the responsibility of the quality of life elements, but shift the physical care burden to a facility designated for this purpose. This shift relieves you of daily physical and mental stress, which will return time and energy for your own life, and also the ability to focus on the mental, emotional, and spiritual needs of your loved one. From Caregiver to Supportgiver explains and simplifies the process of preparing for the change from "one home to another." Developing a plan to facilitate adjustment to numerous changes will make it easier for everyone involved, including your loved one because he or she can be part of the decisions along the way.

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