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Take Care: Practical Help for the Nonprofessional Caregiver

By Anne Marie Grissom

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*****.In this guide to managing the care and medical needs of a loved one in the home, author Anne Marie Grissom shares her experience caring for her husband's father, whom she lovingly refers to as Dad, during the twilight of his life. Grissom relates her family's story sincerely and honestly, walking readers through the journey with a wonderfully positive attitude of thankfulness for the many gifts that living through this kind of chapter can provide. Revealing emotions and feelings ranging from the humorous to the sarcastic, she offers a real account to back up powerful solutions for meeting the day-to-day challenges of caregiving. This easy-to-read book is structured around seven key lessons learned-focused on how getting involved, asking questions, and beginning to look for creative solutions from the onset will lead to smoother sailing through the rough spots. Grissom also offers practical advice about caregiver topics, including: Choosing plans and physicians Scheduling Managing medications Juggling appointments Tracking the patient Vitals and medical history Experience-based suggestions Preparing food Medical advocates Take Care will empower...



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