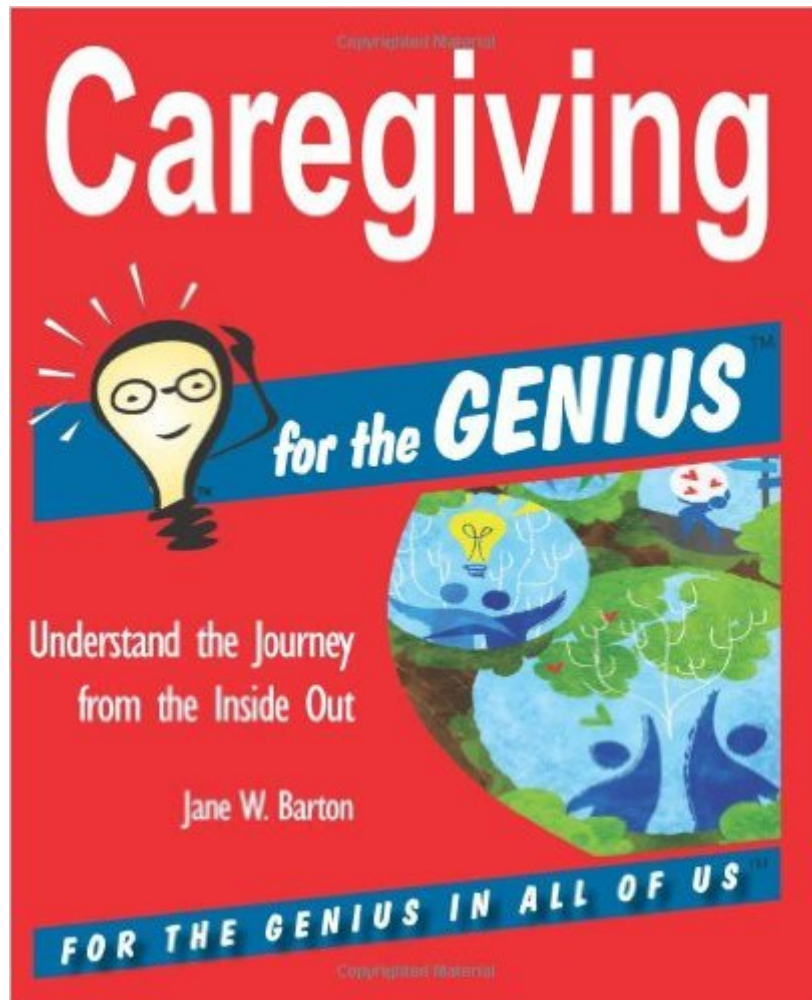


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# Caregiving For The GENIUS



## Synopsis

Caregiving is a universal concern today. Sooner or later, you will be called to care for a loved one. An aging parent. An ill spouse, partner, friend, or child. And ultimately, you, too, will need additional care. Are you prepared to provide care? To receive care? These are important questions to consider before the caregiving crisis lands on your front porch. *Caregiving for the GENIUS* offers you the motivation, inspiration, and education necessary to be proactive instead of reactive when it comes to caregiving. Prepare to care—pure genius! If you are to engage in the journey of caregiving in life-giving ways for all concerned, you must recognize caregiving as more than a logistical challenge. You need to understand caregiving from the inside out. What does it feel like to be a caregiver or care receiver? How do your emotions and relationships inform and influence the journey? What does it mean to give care and to receive care? These are the types of questions that probe the heart and soul of caregiving. The answers to these questions are reflective of your ability or inability to prepare to care. Consequently, *Caregiving for the GENIUS* focuses on the emotional, spiritual, and relational aspects of caring. Since this is a *For the GENIUS* book, it is down-to-earth and pragmatic. It is written in a caring, conversational style that you'll instantly connect with. You'll find the many stories and sidebars sprinkled throughout especially helpful and relevant. *For the GENIUS* books are written as comprehensive guides to complex subjects for beginners as well as for those seeking a refresher. You don't have to be a genius to read one, but you'll sure be smarter once you do!

Summary of book contents:

- Part 1: Caregiving in the Twenty-First Century
- Chapter 1: Caregiving: Common Concern, Common Need, Common Ground
- Chapter 2: How Do You Define Family?
- Chapter 3: Change Is the Norm: Deal with It!
- Chapter 4: Caregiving Is a Family Challenge
- Chapter 5: The Family Legacy of Caregiving
- Chapter 6: Long-Distance Caregiving
- Chapter 7: Critter Care
- Part 2: Assessment and Planning
- Chapter 8: Assess the Process: Toss the SALAD
- Chapter 9: Goals of Care: Products of a Healthy SALAD
- Chapter 10: Develop, Document, and Execute a Plan of Care: Dress the SALAD
- Chapter 11: Hospice and Palliative Care: Part of the Plan
- Chapter 12: Plan for Life!
- Part 3: The Stressful Journey of Caregiving
- Chapter 13: Stressing Stress
- Chapter 14: Compassion Fatigue
- Chapter 15: Resilience: Choosing to Bounce Back
- Part 4: The Philosophy of Collaborative Care
- Chapter 16: May I Help You?
- Chapter 17: Tipping Points
- Chapter 18: Flying in Formation: Collaborative Care Takes Flight
- Part 5: The End of the Road
- Chapter 19: Life and Loss
- Chapter 20: Grief Savvy
- Chapter 21: The Reality of Mortality
- Chapter 22: A Caregiving Benediction
- Appendixes

## Book Information

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## Customer Reviews

Caregiving for the GENIUS blends research, statistics, theories and practice into an easy to read book for all. This book will become a go-to guide for those in the caregiving role. Jane has built a beautiful framework to help understand and address the fears and worries felt by so many who care for friends and family members. One moment you are laughing and the next one crying as her stories speak to your heart. It's as if you are having a cup of tea with your best friend!

Jane Barton demonstrates masterful use of storytelling as an instrument to transfer valuable human knowledge that is highly tacit by nature. Caregiving for the Genius shows us that counsel on caregiving is not simply approached explicitly with data, formulas and manuals. Instead Barton skillfully uses narratives to create meaning, understanding and emotional connection through which the reader will be able to take on their own personal journey with caregiving and its uncertainties.

I am my mom's caregiver. At times, it's a joy. At other times, it's the toughest job I've ever had. Reading this book has given me a perspective on my role that has made all the difference. Sometimes just having the author affirm what I'm dealing with is all I need to get through a tough day. This book is more than that, though. The author provides real-world advice and resources that I have already used. It has also helped to prepare me for new challenges that await me in my role as caregiver. Once I read the book, I realized how helpful it would be for others who are either caregivers or the receivers of care. Shortly after I read it, I sent a copy to a colleague who had just

been diagnosed with terminal cancer. She died just a few months later, having been cared for by her daughter. The interesting thing about the book is that it's not just a resource for those who, like me, are caregivers; it is for those who receive care. Sooner or later, if things go the usual route, I, too, will need care. Now I have a perspective on it that will help me with that role, too.

A much needed conversation about the personal side of caregiving and care receiving. How to prepare for "and survive" the caregiving roller coaster. Many books deal with the technical side of caregiving, but Ms. Barton correctly focuses on the emotional. I have observed caregivers pretty much sacrificing their lives for that of a loved one. When the loved one dies, the caregiver is lost, lonely, and feels out of touch. Topics Ms. Barton covers well.

Jane Barton's new book is a gem, a "must read" if you are a caregiver now or about to become one. Jane brings her professional training and personal experience to every page. The real stories she shares are filled with practical ideas and lessons, humor, hope, inspiration, and joy. CAREGIVING FOR THE GENIUS is the first guidebook I recommend for planning and caring for family and friends when serious illness, failing health, or complications of multiple diseases come calling. This book is meant to be read and reread and shared.

Caregiving for the GENIUS is a wonderful roadmap for present and future caregivers, guiding them on the journey of caregiving. Jane Barton shares her expertise and wisdom helping caregivers anticipate and navigate the family, financial, emotional, and spiritual issues. As a Social Worker with an organization helping caregivers, I have found Jane's book a great resource for me as well as the families we serve. This is a book written from the heart, sharing personal stories and a wealth of knowledge, addressing the challenges faced by caregivers. This is a must read for caregivers, whether they are caring for special needs children or adults. by Susan stern

This book will help you and your love ones make plans from a point of strength, BEFORE a crisis. Reading Caregiving for the GENIUS is like getting advice from a kind, caring, and incredibly informed friend. I have been lucky enough to know and work with Jane for several years. AND I have personally benefitted from her great wisdom and support. This book gives everyone the opportunity to learn alongside Jane!

Jane shares with us her amazing search for and discovery of what it means to truly live, love, and

care for others. She liberally sprinkles her book with brief but powerful stories that serve to bring her messages to life. If you are beginning your caregiving journey by caring for family member or friend, this book is for you. If you wish to improve your personal relationships, this book is for you. And finally, if you ever wondered what letting go of a safe and familiar railing for the joy and pain that comes with being a participant in life, this book is for you. If you are like me, soon after beginning the book, you will grab a pen, and start writing down the little and big messages that you wish to pass along, remember, or act on. Great book!

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