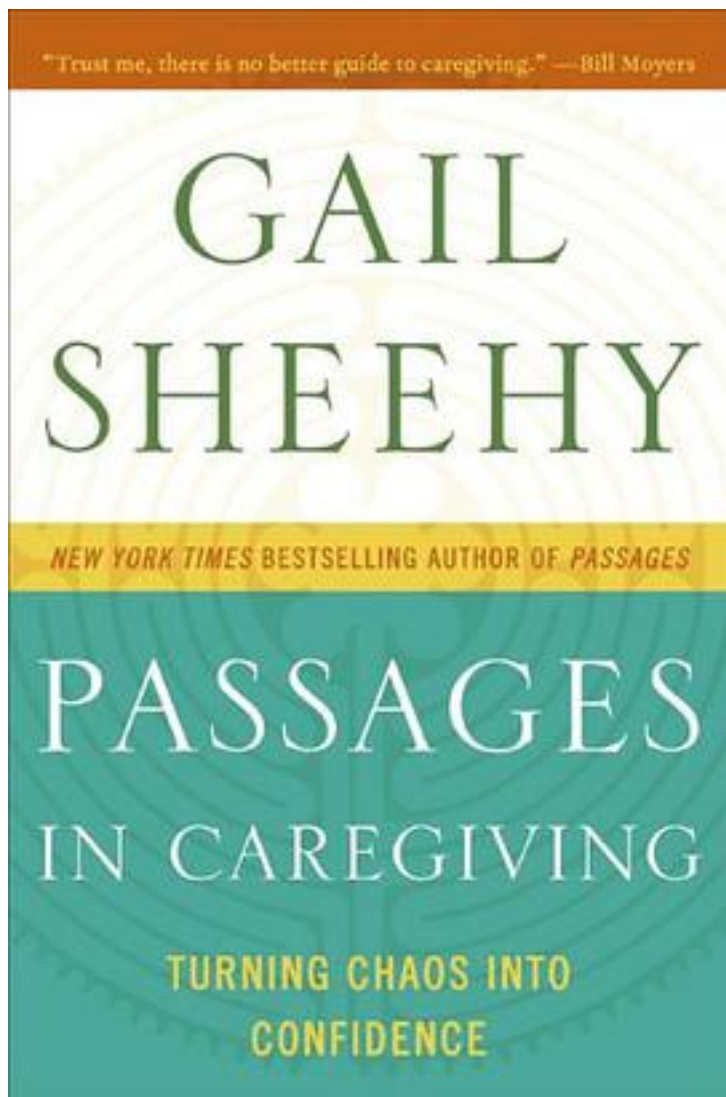


# Passages in Caregiving



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"I didn't expect this." No one really expects it, but at some time or another, just about everyone has been—or will be—responsible for giving care, for a sustained period, to someone close to them. Gail Sheehy, who has chronicled every major turning point for twentieth-century Americans, as well as reported on everything from politics to sexuality, knows firsthand the trials, fears, and rare joys of caregiving. In *Passages in Caregiving*, she takes you by the hand and shows you that you will get through this, and you will do the right things. Sheehy identifies eight crucial stages of caregiving and offers insight for successfully navigating each one. With empathy and intelligence, backed by formidable research, and interspersed with poignant stories of her experience and that of other successful caregivers, *Passages in Caregiving* addresses the needs of this enormous and growing group. It is sure to become the touchstone for this challenging yet deeply rewarding period in your life journey. Providing invaluable advice and guidance, this book examines the arc of caregiving from the first signs of trouble. Sheehy answers the most important questions to consider: How serious is it? What do I ask the doctor? How will this be paid for? What are our options? At the same time she offers new tips and strategies that you won't find anywhere else. Most important, however, *Passages in Caregiving* points out that you don't have to be alone in this process. Included are countless resources and names of advocacy groups that are there to help even the most complicated of situations, many of which are woefully underutilized. With Gail Sheehy as your guide, *Passages in Caregiving* is sure to help turn a stressful, life-altering situation into a journey that can be safely navigated and from which everyone can benefit.

作者介绍:

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