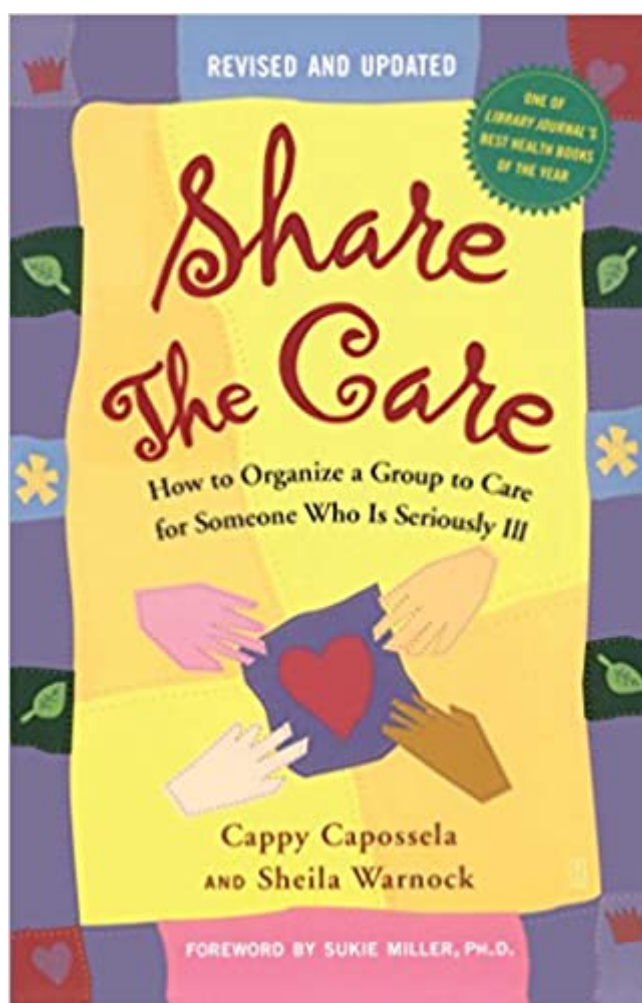


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# Share The Care: How To Organize A Group To Care For Someone Who Is Seriously Ill, (Revised And Updated)



## Synopsis

**You Don't Have to Do It Alone** Whether you're prepared for it or not, chances are you'll take on the role of caregiver when a family member or friend is affected by a serious illness or injury, or when you find your elderly parent needs help. As you'll soon discover, the range of tasks and responsibilities involved are overwhelming. Share The Care offers a sensible and loving solution: a unique group approach that can turn a circle of ordinary people into a powerful caregiving team. Share The Care shows you how to: Create a caregiver "family" from friends, real family members, neighbors, coworkers, and acquaintances. Hold a meeting to organize your group, and introduce members to the Share The Care systems that guarantee every job will be done and no one person will have to do too much. Discover the hidden talents within the group, make the most of their resources, cope with group issues, and stay together in the face of adversity. Included here are valuable guidelines, compassionate suggestions, and a simple-to-use workbook section that together offer support to free the patient from worry and the caregivers from burnout. Share The Care offers friends and family the best answer ever to the frequently asked question "What can I do?"

## Book Information

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## Customer Reviews

Taking on responsibility for short or long-term care for the seriously ill can be overwhelming and confusing. Detailing their personal experience with a dying friend, the authors demonstrate how the aphorism "many hands make light work" holds true. By developing "caring networks," the work is spread among friends, neighbors, and family members, alleviating stress on the primary caregiver

and providing peace of mind to the patient. Part case study, part how-to, this book includes sample forms and checklists, allowing readers to use it as a springboard to create their own group and providing practical advice and reassurance. Recommended for popular medical collections. ?Anne C. Tomlin, Auburn Memorial Hosp. Lib., N.Y. Copyright 1995 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Preparing for the serious illness of someone near and dear is certainly prudent, but actually doing it seems off-putting and even morbid to many, which makes Caposella and Warnock's book vitally important. Writing pleasantly and calmly and organizing their material admirably, they advise dealing with caregiver burnout by forming an "alternate family" and spreading the responsibilities and strain of providing care to the stricken among them. They include sample forms, checklists, and scripted passages for use in forming such support groups. Theirs is a highly structured approach that in times of crisis may prove invaluable. Although aimed at use by organized groups, it may also be of great value to individuals in need of a plan of action or background information. Capossela and Warnock's meticulous coverage of every phase and eventuality of a sensitive situation and the fact that the book is easy to use as a reference make it outstanding in a crowded field. Mike Tribby --This text refers to an out of print or unavailable edition of this title.

Comprehensive instructions for caring for a seriously ill person who needs a lot of help. Gotta have a dedicated group of friends and/or family plus a super dedicated organizer to make it work. Probably the best book available to provide this kind of care.

I have bought at least 10 Share the Care books to give out as gifts. I have been on a "Share the Care" team who helped my friend Charlie as he was dying from cancer. I am now part of a "Share the Care" team helping to care for my injured friend Jackie here in Mexico. Using this book, we are utilizing a group of folks that are called on for specific tasks that help Jackie stay in her own home while she recuperates from surgery. By using this system, no one person is burdened by having the total responsibility of caring for the sick or injured person. This book is such a perfectly detailed, organized way of creating a team of care givers.

I have just purchased my third copy of this book through and have recommended it to dozens. The prices were low and delivery fast. One copy went missing after it helped set up a second caring group. The second copy is with a terminally ill friend for whom we are about to set up a caring group

and the third copy is now in my hands as convenor of the group. I can highly recommend this practical and thoughtful book as a blueprint to establishing caring groups for those who are terminally ill or temporarily dependent on others. It has everything you need including all the templates to photocopy to help your group run efficiently. The Share the Care system allows for all kinds of assistance and caters for those who can only spare a little time to those who become full time carers. It also allows carers to come and go as they need should their circumstances change and it has practical and sensitive suggestions to avoid burn out. We used it very successfully to care for a friend with MND (ASL) and managed to keep her at home until the end. The task seemed monumental but this book broke it down into a manageable regime. Now another friend needs help and whilst I regret this I look forward to Sharing the Care again.

This is far and away the most hopeful book I've ever encountered on heavy duty outpatient care-giving. When faced with an eldercare or illness care crisis, did you ever think you would hear the words "You don't have to..." without feeling guilt? Well, read on. "You don't have to do things you don't want to do, you don't have to do things you are afraid to do, you don't have to do things you feel you're not good at," say our authors. "The power is in the group. Among all of you is the solution to any problem." Between these covers is a complete how-to manual on setting up a care-sharing group that will continue to function for several years if necessary and out of which everyone emerges enriched. Too good to be true? I certainly hope not. The advice sounds hard-headed and real. The authors first introduce you to the case that launched their method, that of a terminally ill cancer patient friend. Hearing how well their approach worked is an eye-opener in itself. Then they get right down to the nuts and bolts of how to organize a care-giving group for one's own situation.. It takes planning. It takes nerve. It takes paperwork. And you have to think big - don't invite just a few intimate friends to your first meeting, invite absolutely everyone you can think of! (You'd be surprised who sticks around.) But the alternative - that of the classic 36 hr day for one or two hapless family members - is so clearly worse that you might as well try it. Hey, I have elderly parents and I'm about to send copies of this book to all my siblings. Will appeal to: anyone with a situation on their hands.

I bought this book to help care for a friend based on the recommendation of another friend who has used it. It is full not only of ideas but also lots of charts to enable someone starting out on such a project to get a handle on just how to begin. It also addresses some issues I hadn't thought of such as how to handle issues that might arise within the group of caregivers. I particularly liked the initial

questionnaire given to those wishing to help with the group care. It gives the coordinator a good idea of the strengths, weaknesses, likes and dislikes of each individual which helps immensely in putting the team together and scheduling. One doesn't have to use all the ideas to make the concept work. There's enough material in here for the coordinator to pick and choose what will work best to fit the particular situation. Excellent book for anyone whose desire is to help someone else in need and can't do it alone.

We have friends who are doing all the caregiving for their son. Their entire lives are organized around the caregiving. We wanted to harness all the energy of friends who want to help and this book gave us a very organized system for letting everyone help as much as he or she can and giving our friends some worry-free time for themselves. The book is well written, clear and provides everything, including scripts for running the meetings for setting up the support group and for later meetings as well. Great book for anyone who wants to set up a support group in a way that lets all participants contribute as much or as little as they feel they can and that provides a real support not only for the person who is sick, but also for the primary caregiver(s).

This book is an excellent guide for establishing a support system for someone who is unable to meet their own daily living needs - for a short or long period of time, temporarily or until their death. Addressing both the emotional and logistical aspects of caring for someone, it provides a step-by-step path that can easily be modified to meet your specific needs. And all of the forms you'd ever need to stay organized and communicate with the rest of the team. My good friend has terminal cancer, and we are using it to coordinate local and long distance support for her and her husband. It really means that no one has to do it alone and that everyone who participates does so in a way that works for them and sustains the group over the long haul. I highly recommend this guide.

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