

THE MINDFUL CAREGIVER

FINDING EASE IN THE CAREGIVING JOURNEY

BY NANCY L. KRISEMAN

ABOUT THE BOOK

As our population ages, more and more people will find themselves in caregiver roles for their parents and/or their spouses, though caregivers can be involved in the care of loved ones at any age. *The Mindful Caregiver* shows caregivers how to care for themselves even as their time and daily lives are consumed by the necessities of their loved one. It instructs readers in mindfulness, and provides strategies they can use to help improve their own lives as they care for others.

PRAISE FOR THE BOOK

“Nancy Kriseman's book is full of pragmatic and helpful tools for making caregiving easier, but really, her book is about a new way of being a caregiver. Sharing personal and professional stories, she skillfully describes a more intentional path, one that helps caregivers stay resilient and healthy, not with a pill but with self-awareness. Bravo!”

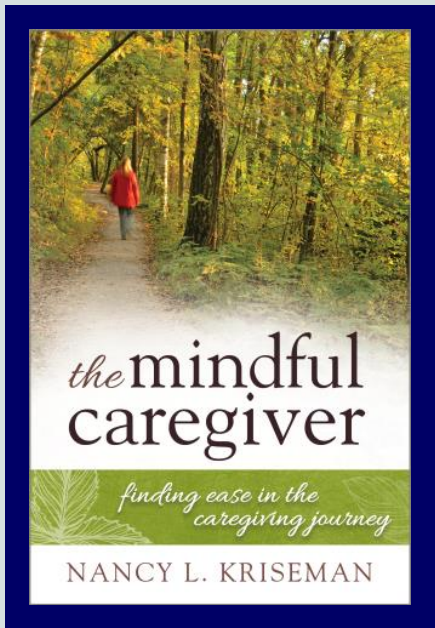
—Pauline Boss, Ph.D., author: *Ambiguous Loss and Loving Someone Who Has Dementia*

“*The Mindful Caregiver* is a book that should be “required reading” for caregivers. ...Nancy’s book offers excellent examples of how to be a mindful caregiver so that diseases, especially Alzheimer’s and Parkinson’s, do not have two victims: the person with the disease and the caregiver.”

—Joyce Simard, MSW, adjunct associate professor at University of Western Sydney, Australia; Geriatric Consultant; professional speaker; author

“... Kriseman’s pro-active, positive words honor the spirit of family care relationships while simultaneously acknowledging the losses in providing such intimate care. Her step-by-step guidance will preserve family caregiver strengths. Readers will immediately identify with the poignant well-placed family caregiver quotes from recognition of a problem through end-of-life care. If this was a medication, doctors would be prescribing it to every well-intentioned but understandably overwhelmed family caregiver.”

—Lisa P. Gwyther, MSW, LCSW; co-author of *The Alzheimer’s Action Plan*; director, Duke Center For Aging Family Support Program, Durham, NC



ABOUT THE AUTHOR

Nancy L. Kriseman, LCSW is a Geriatric Social worker in Private Practice. She provides counseling, consultation and educational seminars to family caregivers, and training and presentations to organizations. She has over 30 years of experience working in eldercare, focusing much of her professional career working with family caregivers. She has published numerous articles on aging issues. Her first book, *The Caring Spirit Approach to Eldercare: A Training Guide for Professionals and Families*, 2005 won two national book awards. She also has been a caregiver to her mother, who was diagnosed with Alzheimer’s disease and lived with it for 17 years.

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