

1. Record Nr.	UNINA9910698527003321
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Titolo	Caring for the Caregiver: A Spiritual Approach for the Professional
Pubbl/distr/stampa	[Place of publication not identified], : Brick Wall 2 Incorporated The, 2009
ISBN	0-9846001-1-6
Descrizione fisica	15 pages : digital, PDF file
Collana	NIH publication ; ; no. 07-6219
Soggetti	Caregivers Cancer - Patients - Care
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Sommario/riassunto	The task of being a caregiver includes having to cope with present losses, recurrent losses that occur over an extended period of time, and grief that is in anticipation of future losses or death. Long-time caregivers are thus inundated with loss and grief, a condition which can lead to emotional and physical exhaustion. But caregiving can include so much more. It is possible for caregivers to cope, to care, and to still create a good life. Caring for the Caregiver discusses and illustrates three spiritual attributes that add depth and richness to the caregiver's world. Through concepts of self-love, empathy, and hospitality, caregivers can find the inner strength, joy, and community to live a fuller life.