



**A CAREGIVER'S
WINDING ROAD**

An Insider's Guide to
Courageous Caregiving



JEANNIE THOMAS

Jeannie Thomas

A Caregiver' s Winding Road



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A Caregiver's Winding Road takes you deep inside the rooms of the aging and dying. Her personal tales reflect an array of actions you can take to aid the ill and the dying. Courageously facing her very own fears and problems, and, at times, doubting her ability to be of program, Jeannie Thomas opens her personal diary and shares her struggles, her pain and her joys as a caregiver. More importantly, perhaps, she conveys means of being that are heartfelt and effective and leave you feeling serene, intact and empowered.



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Winding Road made a little straighter I purchased this publication thinking it could be a typical how-to reader for aspiring home healthcare employees. Thomas, for your insightful words and phrases. It is a collection of the tales of individual clients that Jeannie Thomas has worked with, poignant recollections distilled from years of experience dealing with those at very difficult times, and sometimes at the ends, of their lives. Each story contains valuable specific information about the hands-on techniques used in helping the bedridden and homebound: using a Hoyer lift to go immobile bodies, the necessity for constantly changing gloves to avoid contamination, how to slip medication under the radar by hiding it in food or beverage. the fun with that you play with terms and imagery. But beyond these tips and tricks and in a parallel monitor, the spiritual journey that Thomas catalogs is touching and life-affirming!!! We loved this little book and recommend it highly if you are dealing with the needs of the elderly, ill, or dying. In other words, for all of us. Well, I had started it (the first couple of chapters) before I left. In the midst of the sadness, pain, despair and loneliness of her customers, she has were able to present the tale of illness and dying as a time when people want physical care, and importantly, to be given the dignity of being allowed to have their emotions, to be treated with respect no matter how their body could be betraying them, and eventually, to die in their own method.. She shows how she's been able to transcend the limitations of the material world and talk with the inner person, providing comfort, like, and even just her presence, to greatly help the client back again to health or to make their final changeover in as much comfort and ease as possible.! Jeannie Thomas is a reliable professional in caregiving who assists us to improve our relationships with this family members. She unveils her personal experiences with the neglected, unwell, and dying elders who have touched her lifestyle, sharing her health care secrets with the intention of improving our period with this friends and families. Among the tales in this book brought me to tears..She shows us better solutions, loving solutions, and builds a straightforward to follow road map for conscious caring of our loved ones. We was curious to see what she's recommending for caregiving at this time on her behalf website [...] Take a look at it: you may be amazed. I was. which elder care commitment is one for which no one is normally truly prepared..or anyone who wants to unconditionally love the people they care about. You can't put a price tag upon this book, it's priceless. Each of her clients is unique and special, and Jeannie known that through her exclusive and special care for each one.! A Caregiver's Winding Street is a brief, but nice tale of one woman's journey to learn how to care for others and subsequently she learned how exactly to like virtual strangers and present them the peace and dignity to move to the other aspect. Through Jeannie's personal experiences, we gain insight on how to be compassionate, present, and look after ourselves while we are looking after our elderly and ill family members. It is an extremely sweet book and an instant and easy browse. I highly recommend it!.. Very heartfelt! An easy read, with many thoughts and concepts lingering afterwards. I read this publication on an Amtrak trip from Modesto to Oakland. I completely loved this reserve as I am going through an disease myself and it touched me in a manner that hardly any novels have. That is a reserve that "shows" not really "tells", that i find to be most inspirational. Beautifully and Compassionately Written Ms. It painted a vivid picture..-Keir Fortune-Easton I could identify with this caregiver Since I am almost totally dedicated to caregiving at this time, I could easily identify with Jeannie Thomas and her many stories about caregiving. Thank you for this book Important topic, since caregiving is normally inevitable for some all of us ultimately. (2.5 hrs!) .. Learning to care for oneself so as not to burn out, creating healthy boundaries between oneself and your client, and the importance of knowing one's own limitations. Caregiving Stories that Contact House and Resources that Function! Thomas has created a beautiful and compassionate book about caregiving. The writer also discusses issues people can do to take good care of themselves while being a caregiver to others (so important). Many thanks for the easy yet profound book. The true accounts of her experiences with the amazing people with whom she shared her trip made me cry and rejoice. The back of the book is filled with awareness for caregivers themselves. Reading her accounts, I sensed inspired to build also deeper connections with my loved ones. all were heartfelt and I actually felt as if I were there with the writer as she shared many of her encounters and knowledge about caregiving. I would recommend this book to whoever has to take the part of caregiver for his or her elderly parents or are thinking about doing it as a profession. A Godsend..... What a Godsend this reserve has gone to both myself and several friends who have found themselves in the throngs of looking after our aging parents. Whew! It really is so true that you hardly ever really know about something til you need to experience

it personally... We loved this little reserve filled with huge meaning and power and recommend it highly if you are dealing with the requirements of older people, ill, or dying. In *A Caregiver's Winding Street*, Ms. Thomas holds our hands as we maneuver this fragile path with this loved ones, who have recently switched roles with us. The stories especially helped me to see that I am not alone out here and also gave me the "permission" I needed to ask for help also to give myself a time off once in a while. As anyone who has "been there" understands, we caregivers get therefore caught up in our responsibilities - our "shoulds" - that we don't even take time to regroup. Thanks a lot, Ms. I was pleasantly surprised to discover that it had been that and so a lot more. Simple Yet Elegant As a fellow writer, I value your vivid verbiage; All sorts of practical ideas to help the caregiver get through another impossible time. Your work is very much needed - specifically by me nowadays as my mother finished up in a healthcare facility with heart failure recently. As I travel the road through transition, death and the aftermath, your book shall travel with me. In addition, it lists a internet site and other organizations caregivers can make reference to for guidance, help, support, etc. The best way to plan the inevitable I love this publication. Ms. This book will be a good preparation for coping with the decline of somebody close. She makes the bond from the pain of physical reduction to the beauty of a spiritual passage. Clearly Ms. Tomas has been in the trenches. She doesn't conceal from either the hands on experience of illness or from the feelings of the dying and those who love them. Thomas turns what is actually a torment into a gift. A book well worth reading! It is a captivating find out about different experiences while caregiving. All caregivers should browse her terms of wisdom, which are the result of her experience as a caregiver and her apparent knowledge of what it means to seriously "care" for someone. The tales are touching and the info invaluable, particularly the section on self-care and attention for caregivers. Strongly suggested!



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