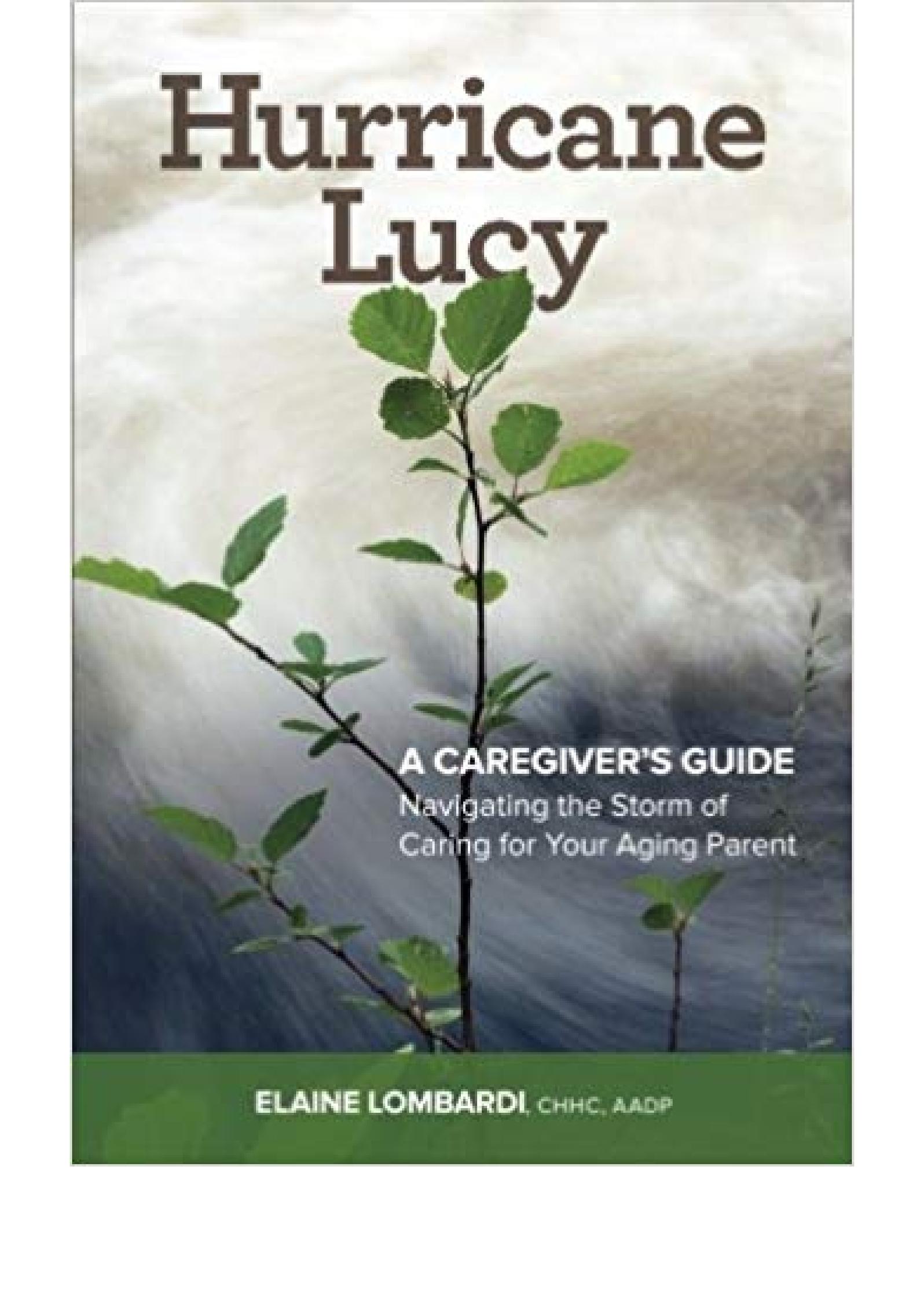


Hurricane Lucy



A CAREGIVER'S GUIDE
Navigating the Storm of
Caring for Your Aging Parent

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Elaine Lombardi

Hurricane Lucy A Caregiver's Guide: Navigating the Storm of Caring for Your Aging Parent



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Finally, a book for caregivers of aging parents that gets down to the nitty-gritty of everything to reveal the secrets in back of transitioning from self-sacrifice into self-care in the most nourishing, gracefully dignified, guilt-free way. You'll Learn To: Get a better deal with on living your life to the fullest Improve your health and relieve your stress Consider responsibility for your activities and set boundaries Set up a healthful, well-balanced self-treatment routine and keep your sanity intact Becoming the caregiver for your maturing parent can be physically challenging and emotionally draining. I demonstrate how to go from mind-boggling tension to bringing the joy back into your life and loving, compassionate relationships back into your house. Through my own personal encounters, being my aging mother's health advocate and major caregiver, along with my experiences from helping others in my own health coaching practice, I have paved the way for burnt-out caregivers to follow my lead in learning how exactly to come to terms with taking your lifestyle, your health and your sanity back a nourishing, loving, gracefully dignified, guilt-free method. This new season of lifestyle brings with it an extremely special bond that you have been given the chance to discover together with your parent. Realizing that your mother or father you can no longer manage to handle daily duties safely on his or her own can pull at your heartstrings with an overpowering sense of responsibility to step in. I share my tale and my strategies with you in my reserve HURRICANE LUCY: A CAREGIVER'S Instruction Navigating the Storm of Caring for Your Aging Parent. No matter how turbulent your relationship provides been, this gift is usually one you will cherish and treasure permanently!



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A Caregiver's Guide can be an absolute MUST! Hurricane Lucy is a beautiful story of love, persistence, commitment and help with how to look after an elderly parent. Truthfully this topic really scares me as I am a just kid and as my parents are getting older. The obligations are shifting and they need a lot more from me, which means this publication came at an ideal time for me personally. I also love the self-care tips by the end, which could be utilized by anyone trying to reduce stress for any reason. All too often, we lose ourselves when we are caring for others and Elaine very carefully reminds you that self-care is a necessity to navigate the storm. Reading this book, I believe forces you to check out your parents in different ways. Unexpectedly I have created a deeper appreciation and feeling of gratitude for the partnership that I do have with my parents that I occasionally neglect, so thank you for the reminder. Peggy Edwards Roadmap for caregivers. A guide for more than caregivers This is an excellent book with so much good information, not merely for caregivers, but for anyone who knows someone struggling with these issues. Although it's not something I have to face yet, I've seen a few of the tensions for those looking after my grandparents, and "Hurricane Lucy" gives me a much better understanding of what they could be experiencing. Hurricane Lucy is definitely filled with suggestions, guidelines and dishes on how to make your existence a little easier during this time period. Elaine's personal story was extremely touching, and a good reminder of the need for maintaining great bonds with those we care for, in whatever type that treatment takes. Overall a pleasant reserve that I'm sure can help many find their balance as they navigate these complicated waters. ESSENTIAL Read! I desire I had come across Elaine's book then. I absolutely highly recommend it! While reading Ms. A significant life-changing event, the majority of the treatment fell squarely on her behalf shoulders. My mother-in-law passed away 2 yrs ago after suffering from dementia for eight years. I, however, not really in the same locale, am not confronted with the day-to-day time responsibility of caring for her, but have obtained compassion for my sister who offers taken on this task. I thank Ms. Lombardi from the bottom of my center for sharing her encounters and excellent counsel. "Elaine Lombardi's Hurricane Lucy is a roadmap for caregivers. Sandra Smith, EdD What a beautiful, heartwarming story with very much practical advice for the . Elaine's reserve is a valuable guidebook and the light on a caregiver's route.. Just what a beautiful, heartwarming story with very much practical advice for the relative who finds oneself in a caregiver function to one of their loved ones. It is a must read for anybody with an ageing relative or friend and for anyone in the position of caregiver. I was particularly attracted to this book, as my Aunt recently became the caregiver for my Uncle who suffered a stroke five weeks ago. Lombardi's account of caring for her mom, tears popped into my eyes on many occasions as I am in the same age bracket and facing dropping my mother who suffers from Alzheimer's. While she has a support program the effect to her physical and mental wellness has been incredible. I am sharing this reserve with her and my parents. But on top of that, she retains a smile on your own encounter while tugging at your heart. Nearly all caregivers provide unpaid providers to those they appreciate, utilizing their own money to supply the required care including taking period off work to take action. Elaine Lombardi has written a very important resource that should be considered required reading for both current caregivers and the ones with aging or disabled loved ones. A great read! The publication is organized such that the reader can go directly to the self-care tips or the Caregiver's Guide, which includes healthy recipes, tips to manage stress, boost joy and how exactly to personalize a self-care routine. This book not merely addresses a major social issue of our time but also provides a thoughtful and loving memoir.~ Vickie T. She explains how to care without being overwhelmed; Eventually, everyone will need this book! A pal gave me this publication, and I couldn't put it down until We finished reading it. Elaine's journey looking after her mother was painfully beautiful; Elaine drew me into her lifestyle, every step of just

how, feeling every emotion. In a sense, I've currently lost the mother I knew for therefore many years! As I was scanning this publication, I relived the trip my sister-in-laws was going right through as she lovingly cared for her mother. This is a beautifully written, compassionate guide with down-to-earth suggestions and tips for managing life with aging parents. This book is for everyone to read -- for those who are currently looking after someone, and for the rest of us who someday should do so.. Very Engaging "If you are finding yourself in the positioning of looking after an elderly parent, then you must read this book!" We recommend it to anyone who's dealing with a caregiver or a family member with Alzheimer's disease. It's a long and winding street of patience and commitment, it's a love story wonderfully relayed as a journal from the heart. This book isn't just helpful information for caregivers, but a lesson for all of us all." CHERYL DUCAT WIEDENFELD, CHHC Author of Are You Jogging With Your Hair On Fire? A must read for any caregiver or relative of an aging or disabled relative. Elaine writes both an informative information to looking after another and yourself and a heartfelt insight into her own caregiving tale which serves while beautiful testament to herself, her mother and her entire family members. It is apparent that the caregiving part, especially for a member of family, is racked with psychological and physical hurdles and Elaine obviously discloses them and information and the assets to navigate through this sensitive time. Necessary reading for all Caregivers! she offers you numerous easy-to-follow guidelines and even dishes. She shares how exactly to control the storm by posting with you stories, tips, self-care and dishes so you have energy for your beloved and are in a position to provide them with dignity and improve their wellness and spirit. Furthermore to posting her personal knowledge with her own Mom, the reserve is fundamentally about offering self-care for the caregiver. Essential for caregivers A must read in case you are caring for an elderly, or even fragile person. Elaine does it all in her book. Baker, author of THE NEXT Ideal 50 YEARS - Make the Afternoon you will ever have Healthy, Happy and Effective. Her extras at the end of the book serves as a useful guideline to help nourish both the body and soul. Today inside our nation, more than 30 % (70 million) of the adult populace (45 and older), according to the National Alliance for Caregiving and AARP, provide care giving services to a person who is ill, disabled or aged. Beautifully written and so heartfelt a must read for all those, I will definitely be sharing this book with a friend and would recommend this reserve...Dr. Thank you for enabling us a peek into such an individual story. I came across it very beneficial in assisting with my MIL with Alzheimer's who lives around. Not only is this book in regards to a families' struggles, it offers you great information and guidance on methods to make life a little easier.



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