

Harvard Medical School Caregivers Handbook: A guide to caring for the ill, elderly, disabled and yourself

By Anne Fabiny M.D., Suzanne Modigliani L.I.C.S.W. C.M.C


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If someone you care about a spouse, parent, relative, or close friend needs help negotiating the daily tasks of life, this report can assist you in offering them the care they need while looking after yourself, too. While caregiving is one of the most worthwhile jobs you may ever undertake, it can cause undeniable strain. Many people feel unbearably squeezed between the demands of caregiving, the needs of their families, and the pressures of work. It is common, too, for caregivers to feel isolated and neglect their own needs, especially when they are caught up in medical crises. If you are a caregiver, surely you could use a helping hand, too. This report can help. It offers detailed information on putting together a caregiving plan, talking to your loved one about the situation, drawing on resources in the community, and addressing legal, medical, and financial planning issues. There is also a questionnaire to help you assess the needs of the person you are caring for and advice on handling daily tasks, like meals and hygiene. You will also find tips and suggestions on maintaining your own well-being.

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Editorial Review

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