



The Comfort of Home: A Complete Guide for Caregivers

Maria M. Meyer, RN Paula Derr

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Burnout — the complete drain of physical, spiritual, and emotional reserves — occurs when a caregiver slips into exhaustion or depression. More and more frequently, the responsibility of caring for the chronically ill child, the disabled spouse, or the aging parent falls on a family member. From the decision to be a caregiver to dealing with day-to-day activities, this guide provides help with every aspect of home care. Also included in this edition are a checklist of tasks, a chapter on self-care and avoiding caregiver burnout, a glossary, and list of helpful resources.

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