



## After Caregiving Ends, a Guide to Beginning Again: Support, Suggestions and Stories to Help You Heal and Step Into Next (Paperback)

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By Denise M Brown

Createspace, United States, 2014. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The end of a caregiving experience leaves you a new person, yet without the time and perspective to adjust to that newness. It also brings up a conundrum-how do you move forward as this new person when you re missing the one who just died? After Caregiving Ends, A Guide to Beginning Again accompanies you as you cope with two losses-the loss of your caregiving role and the loss of your family member or friend. As a former family caregiver, you have access to information about grieving and settling an estate and selling a house. What you can t find is information about how to close out a caregiving experience. Caregiving ends in an instant and yet the the memory of the experience lingers. You may worry you didn t do enough to prevent a death. You may fret over discussions you didn t have with your caree. You might carry resentment toward family members who didn t step in to help. You might worry about the new make-up of your family; without your caree, will the family...



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