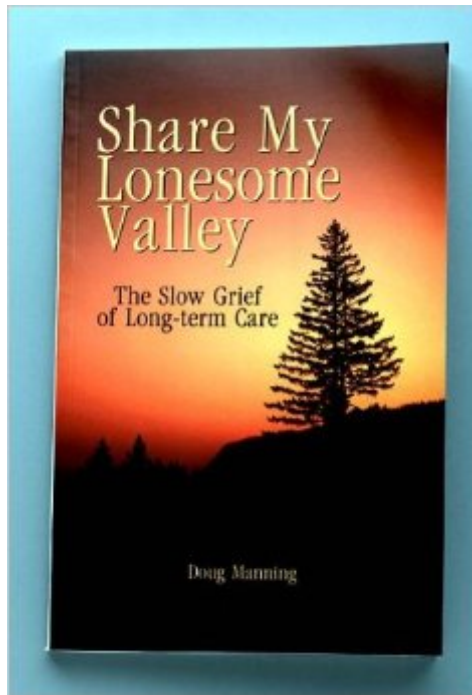


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# Share My Lonesome Valley: The Slow Grief Of Long-Term Care



## Synopsis

ALS, Alzheimer's Disease, AIDS, cancer, heart disease, Parkinson's disease. . .the list of terminal or debilitating illnesses goes on. The one thing that all of these diseases have in common is that almost every patient has a person who is acting as a primary caregiver. Long-term care means the caregiver is busy, overwhelmed and tired with very little opportunity to realize or reconcile the gradual losses that take place. This takes a toll on the caregiver, the family and the patient. Doug outlines the dangers and issues and gently provides opportunities for the caregiver to deal with the "quiet sorrows" that make this type of caregiving a difficult task.

## Book Information

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## Customer Reviews

This book is excellent for all persons dealing with long term care giving issues. As a provider of long term mental health services in nursing homes, the issues described in this book are on target. Care givers are often overlooked in the process of caring for others, including well intentioned family members and friends who are experiencing their own issues, but not recognizing them. It is well written, and not lengthy. It describes the process of grief, emotional ups and downs, and physical demands of care giving.

Long term care giving is one of the most tedious and trying jobs in the world. If the care giver does not receive the care he/she needs, it will be detrimental to his/her health and may precede the cared in death. The author really knows not only the anatomy of care giving, but also the intricacies involved, for the cared, the care giver, and the whole family. The `primary care giver's bill of rights'

chapter is really on target. His analogy of slow grief ('if grief is like peeling an onion, the grief of long term care is an onion sitting half peeled and smelling bad') is powerful. This book is an easy read, and very helpful for caregivers and all involved in the care and/or grief.

Because I found Doug Manning's Special Care series of booklets extraordinarily helpful after my husband died, I had this booklet sent to two caregiving relatives. Having read the booklet myself, I learned much about first supporting caregiving relatives, then about joining in caregiving for our parents. If caregiving yourself and/or related to caregivers elsewhere, this book is a good resource for all.

Having been down this same road over a 25 year period, this book is right on the mark. I give this book to others who are now traveling this path, to hopefully help them along this truly 'lonesome' path.

I have this book and have bought it for friends. I didn't find it until after 3 years of caregiving for my twin sister who passed after the battle of pancreatic cancer. I didn't know it but I was grieving. Beautifully written with much care and insight. I would highly recommend this to any one who is a care giver.

My husband of 59 years has progressed with Alzheimer's disease. With the acceleration of this awful disease, I didn't know how to work with my emotions. This book answered many questions. As I started to read it, I recognized myself and felt comforted that I, too, was not losing my mind. I found it so helpful that I purchased 4 additional books and passed them on to friends and family with loved ones dealing with the same problem. I could not find the book locally so I ordered it through .com. It took three shipments and a few days to get them but was well worth the wait.

Knowing that I am caring for my 86-year old mother who is struggling with late stage lung cancer and emphysema, a friend of mine recommended this book. I have read it through twice, made notes, and referenced several sections just this last month. It has made a huge impact in giving me a more positive daily perspective for numerous reasons. Douglas Manning has clearly experienced what he has put into this book: insight into what the responsible person feels they have lost, validating your feelings, making it OK to feel anger, understanding that your grief is continuous every day; and, finally, how those around you can be the most supportive by just being there for

you. This book is invaluable for anyone providing long-term care for someone they love, and I have ordered several more to give to others who are going through the same experience.

Doug Manning spoke to my heart at a time I truly needed it. I thought nobody understood what I was going through -- he does, and puts it into words both simple and eloquent. A must-read for any caregiver, son or daughter, whose parent(s) are suffering a long, slow death with increasing incapacity and need of care. He encourages us not to stick our heads in the sand, but to face up to reality, and gives us tools with which to help both our loved one and ourselves.

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