



Caregiver: My Tempestuous Journey

Glen A Hinshaw

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Caregiver shares the reality of what caregivers live with hour after hour and day after day caring for a loved one with dementia or Alzheimer's diseases. Only another caregiver understands the tempestuous journey we share that is fraught with anger, fatigue, grief, guilt, and a plethora of emotions. A caregiver enters this world with no experience and thrust into the role by circumstances beyond his or her control. By sharing his experiences, the author communicates the importance of developing a caregiver's toolbox of coping skills. Caregivers who don't take advantage of resources are like soldiers who go into battle without any plan for offence or defense and without training, equipment, supplies, support, and reinforcements. There is little hope for sustainable victory. Likewise, it is vital for caregivers to educate themselves, develop a support team, and seek resources. Glen Hinshaw wrote Caregiver to share his personal journey spanning thirty-five years as a caregiver for his mother and wife to encourage veteran and new caregivers who may giggle at the humorous side of dementia and yet get a little misty-eyed remembering their own journey. Although the journey is often troublesome, caregiving is a precious gift of love that goes beyond self. A major emphasis is given to the importance of a person taking care of self, in order to be an effective caregiver. You too can find joy, peace, and comfort as a caregiver and that you not only survive this journey, but live life to the fullest.

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