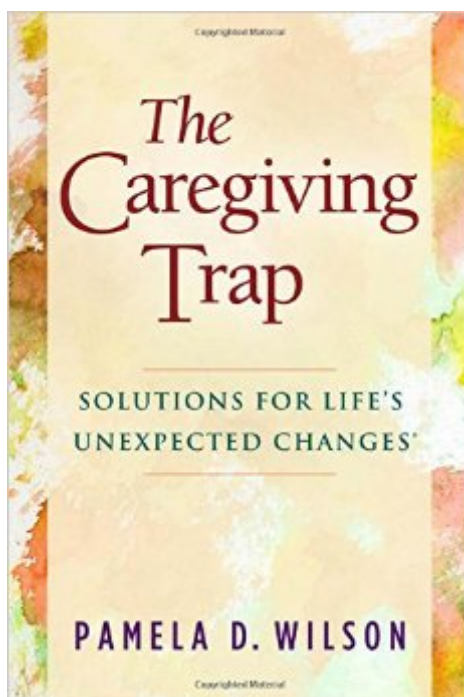


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# The Caregiving Trap: Solutions For Life's Unexpected Changes



## Synopsis

The Caregiving Trap combines the authentic life and professional experience of Pamela D. Wilson, who provides recommendations for overwhelmed and frustrated caregivers who themselves may one day need care. The Caregiving Trap includes stories about Pamela's actual personal and professional experience along with end of chapter exercises to support caregivers. Common caregiving issues include:

- A sense of duty and obligation to provide care that damages family relationships
- Emotional and financial challenges resulting in denial of care needs
- Ignorance of predictive events that result in situations of crises or harm
- Delayed decision making and lack of planning resulting in limited choices
- Minimum standards of care supporting the need for advocacy

## Book Information

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Average Customer Review: 4.8 out of 5 stars See all reviews (26 customer reviews)

Best Sellers Rank: #1,039,541 in Books (See Top 100 in Books) #516 in Books > Parenting & Relationships > Family Relationships > Parent & Adult Child #520 in Books > Parenting & Relationships > Aging Parents #1801 in Books > Self-Help > Relationships > Love & Loss

## Customer Reviews

Pamela Wilson's book, The Caregiving Trap, should be mandatory reading for any adult child starting their journey of taking care of their parent or loved one in their golden years. As a professional in the caregiving industry for over three years, I had the challenging task of being a sole resource for families unsure of what to expect. The Caregiving Trap does a phenomenal job in outlining what caring for a loved one will entail on your family, your personal life, as well as your physical and mental psyche. Understanding the individual's needs our paramount in order to address a proper course of action. Alzheimer's and other behavioral modifications should be anticipated and Wilson does a good job in doing so for the reader through parables and other short stories to elaborate on her points. It is important to understand what it means to become a caregiver and any opportunity to minimize a shock to this experience is welcomed. On too many occasions,

families find themselves without answers when the time has come for a loved one to require regular assistance. By preparing oneself as much as possible, the transition can remain a special bond between child and parent as a loved one's needs change. There are numerous resources available for families when the time has come and I like how Wilson explores them in detail. Finally, the anticipation of death and witnessing the fragility of life is a profound experience. Through proper preparation and sufficient knowledge, this time can be a potential life changing event which is left with positivity and resolution. By helping others as a caregiver, we are able to help ourselves. The book's subtitle is "Solutions for Life's Unexpected Changes" and that is what this book offers; solutions.

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