



# **A Healing Hug for Alzheimer's Caregivers:: All About Caring, Grieving and Making Life Better**

*Elizabeth Postle RN HV*

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**This valuable caregivers' guide is written for anyone with an Alzheimer's sufferer in the family, whether they are in their own home or a care home. It will also be useful for nurses and professional carers.**

Whether you are worrying about a sufferer who is still living alone, caring for a spouse or parent at home, or visiting a relative in a care home, Elizabeth Postle will guide you through all the problems which may arise, and will help you with the grief that you will face along the way. This book will enable you to make decisions and provide the best care you can, while looking after your own needs as well.

*The guide acknowledges the grief involved in losing a loved one gradually to dementia, while coping with the responsibilities and difficulties of Alzheimer's home care.*

Both emotional and practical support is provided, with ideas to make life easier and more pleasurable for all involved. From the early days of coming to terms with the diagnosis, you will be taken stage by stage through each step. There are real Alzheimer's stories, many ideas for activities and an interview with a caregiver. (All names have been changed for privacy reasons).

Difficult decisions such as accepting respite care or finding a permanent care home for your relative are worked through with common sense and a positive attitude for the welfare of all concerned.

***Elizabeth believes in involving the whole family and community in caring for the elderly and she has many ideas for bringing children together with their grandparents which bring much pleasure to both young and old.***

Until we can prevent Alzheimer's disease or find a cure, what we can do for now is understand the symptoms as well as we can, and provide the best care and compassion for the families it affects.

*This book gives you a healing hug every step of the journey.*

### **About the author:**

Elizabeth Postle began a 45 year career in nursing and healthcare in 1955 when she enrolled in a unique nursing cadet traineeship offered by the Southend Area Health Authority. Leaving her home at 16 years old she travelled by bus from the North of England to live and train in Southend on Sea.

Her long and varied career as a Nurse, Midwife and later Health Visitor and Field Work Teacher for the Hertfordshire Area Health Authority included training and working within the areas of Psychology, Sociology, Paediatrics, Child Development, Counselling, Aged Care and Dementia Care.

Together with her late husband Colin Postle, a pharmaceutical chemist, she continued her commitment to her

nursing career as owner and manager of a high dependency private nursing home in Norfolk, England. Elizabeth and Colin created a homely and welcoming environment in a historic old rectory for their nineteen residents, who included many dementia sufferers. There were many tears when, after fifteen years of running the home, Elizabeth and Colin retired as they had created such a supportive and comforting haven for residents, families, and staff. Passing on a great wealth of knowledge, Elizabeth continues to support and assist families coping with the effects of dementia and grief with this book and with the publication of her website GriefandSympathy.com, which she established in 2012.

One of the aspects of grief which interests her particularly, is that which is felt by those who are losing someone gradually to Alzheimer's. This grief is often overlooked by everyone as the focus is on the Alzheimer's sufferer themselves. But it is often the caregivers and relatives who are having a tough time, coping with the loss of their loved one during a slow and distressing decline, while dealing with the stress of caring for a loved one with the multiple problems of dementia.

**Look inside the book to see more. . . . just click the image!**

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#### **Deborah Tate:**

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#### **John Armstead:**

Spent a free time and energy to be fun activity to complete! A lot of people spent their sparetime with their family, or their very own friends. Usually they undertaking activity like watching television, going to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Might be reading a book is usually option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the publication untitled A Healing Hug for Alzheimer's Caregivers:: All About Caring, Grieving and Making Life Better can be good book to read. May be it may be best activity to you.

#### **Timothy Hawkins:**

Do you have something that that suits you such as book? The reserve lovers usually prefer to decide on book like comic, limited story and the biggest an example may be novel. Now, why not striving A Healing Hug for Alzheimer's Caregivers:: All About Caring, Grieving and Making Life Better that give your fun preference will be satisfied by reading this book. Reading routine all over the world can be said as the means for people to know world a great deal better then how they react towards the world. It can't be explained constantly that reading practice only for the geeky person but for all of you who wants to be success person. So , for all you who want to start reading as your good habit, you can pick A Healing Hug for Alzheimer's Caregivers:: All About Caring, Grieving and Making Life Better become your personal starter.

#### **Kenneth Hill:**

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for you to like to open up a book and study it. Beside that the publication A Healing Hug for Alzheimer's Caregivers:: All About Caring, Grieving and Making Life Better can to be your friend when you're sense alone and confuse with the information must you're doing of this time.

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