



Caregiving: Hospice-Proven Techniques for Healing Body and Soul

Douglas C. Smith

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One of America's leading hospice experts offers practical, easy-to-follow advice for caregivers and a holistic approach to treating the infirm or the terminally ill. Author Douglas C. Smith organizes his material around "A Bill of Patient's Rights," a unique system he has taught to thousands throughout the country. He explains that the caregiver should enable patients to retain these rights: to be in control * to have a sense of purpose * to know the truth to be comfortable * to touch and be touched * to laugh to cry and express anger * to explore the spiritual to have a sense of family Included are easy-to-follow techniques and practical tools for improving care: assessment techniques dialogues meditations life reviews breathing exercises body revitalization methods ways that patients can evaluate and improve their own care and many others. Filled with inspirational stories and effective guidance, Caregiving also addresses how to communicate with difficult patients and those in denial, how to facilitate non-stressful family interaction, and other important topics. It will be invaluable to parents and children caring for their elders; physicians and nurses; social workers and home health aides; members of the clergy; and all facing the challenge of enriching patients' lives and spirits. Visit us online at <http://www.mcp.com/mgr/macmillan>

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