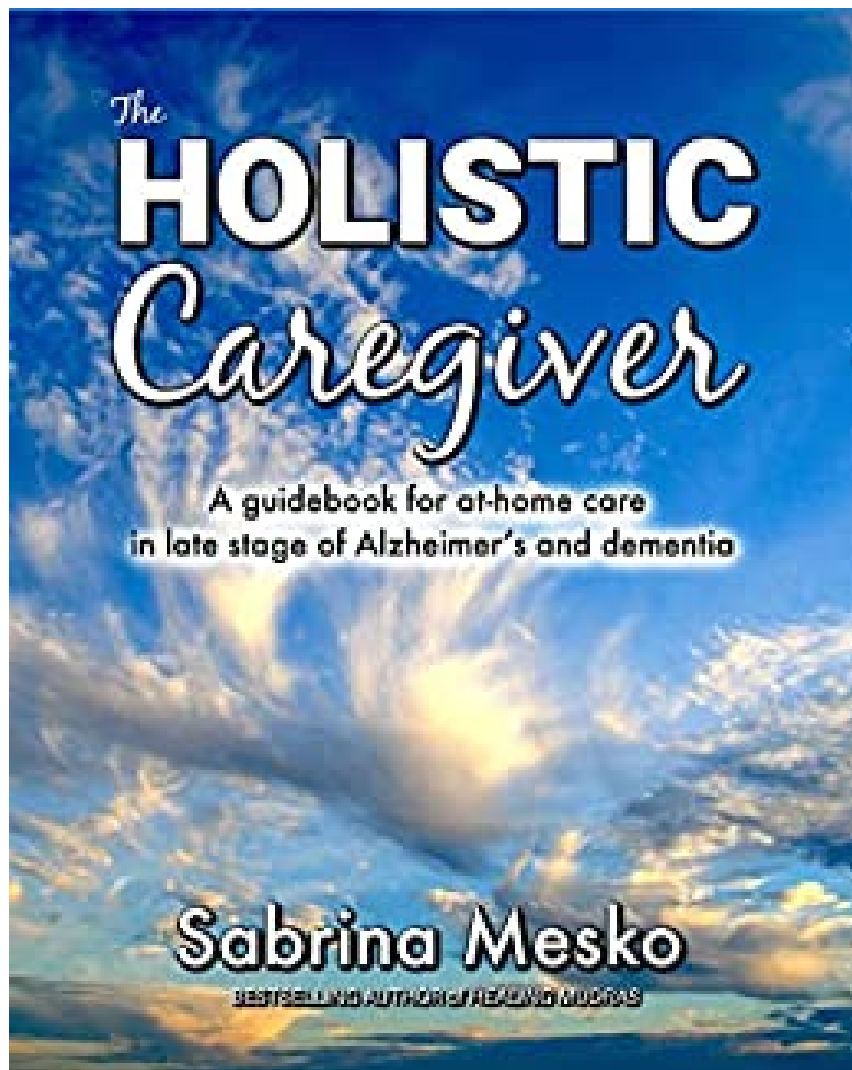


The Holistic Caregiver: A Guidebook for at-Home Care in Late Stage of Alzheimer's and Dementia

by

Sabrina Mesko



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Synopsis

This book is the definitive guide to help improve the quality of life for your loved one who suffers from Alzheimer's and dementia, as well as yourself – the family caregiver. Included are detailed instructions and a Step by Step guide for: Preparing Your Home Supplies and Safety Keeping logs Hiring Caregivers Caregiving on your own Holistic Solutions for Common Ailments: Nervousness, Pain management, Digestive Issues Natural Remedies & Herbs Body & Skincare Incontinence Care Healthy Diet, Weekly Menu Observing and Communicating with loved ones with Cognitive Disorders Spiritual Wellness Self-care for Caregivers Body Care in the Last Stage Healing the Caregivers Heart With Holistic Caregiving we care for the human body as a whole, integrated unit and strive to maintain it in optimal balance and harmony. It will help alleviate suffering and prevent new ailments. This principle applies to your loved one and the caregiver. Holistic Caregiving is an optimal approach to long-term caregiving. In addition to greatly improving the loved one's overall condition, the method in this book is an essential guide for preserving the overall health of the family caregiver. Holistic Caregiving can be used by family caregivers and applied by professional caregivers in facilities. It is an excellent method to help increase the quality level of care in nursing homes, as well as protect professional caregivers from long term burn out. The healthy lifestyle principles, organic diet, natural supplements and remedies will support both the caregiver and the loved one. As a caregiver, you need to endure this demanding journey without damaging consequences to your health. By learning to offer high quality care to your loved one, you can preserve your own valuable health as well. In addition, Holistic Caregiving introduces detailed observation and communication tools, to help you understand your loved one. Learn how to establish a resilient mindset and find answers to difficult spiritual questions that arise through caregiving.

SABRINA MESKO Ph.D.H. is an International and Los Angeles Times bestselling author of the timeless classic Healing Mudras - Yoga for your Hands, translated into 14 languages. She authored over twenty books on Mudras, Mudra Therapy, Astrology, Spirituality and Meditation techniques. Sabrina holds a Bachelors Degree in Sensory Approaches to Healing, a Masters in Holistic Science, and a Doctorate in Ancient and Modern Approaches to Healing from the American Institute of Holistic Theology. She is board certified from the American Alternative medical Association and American Holistic Health Association. Sabrina is also a Certified RCFE -Residential Care Facility for the Elderly - Administrator. She has been featured in media outlets such as The Los Angeles Times, CNBC News, Cosmopolitan, the cover of London Times Lifestyle, The Discovery Channel, W magazine, First for Women, Health, Web-MD, Daily News, Focus, Yoga Journal, Australian Women's weekly, Blend, Daily Breeze, New Age and various international live television programs. Sabrina is a motivational keynote speaker addressing large audiences all over the world. She is the founder of world's only online Mudra Therapy Education program, with certified therapists in over 26 countries worldwide. Sabrina has created special programs for Holistic Caregiving, has spoken at caregiver support organizations such as Lezza Gibbon's Care

Connection in Los Angeles, and to large international audiences of nurses, hospice and healthcare workers who truly appreciate the Holistic Caregiving techniques to help prevent burnout and maintain highest level of caregiving. Visit Author website at www.SabrinaMesko.com

What people say about this book

P.Benjamin, "A comprehensive, practical and supportive guide for caregivers.. Caring for a loved one is challenging at any time, and especially challenging for those caring for someone living with dementia. This book offers in-depth holistic caregiving strategies and tools for practical use. There is no job more difficult than being a caregiver. This book is indispensable, providing not only tools for giving care, but also practicing self care as well. A must have for anyone caring for someone with dementia."

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