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Witness to Illness: Strategies for Caregiving and Coping

Karen E. Horowitz, Douglas M., M.D. Lanes
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Karen E. Horowitz, Douglas M., M.D. Lanes : Witness to Illness: Strategies for Caregiving and Coping before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Witness to Illness: Strategies for Caregiving and Coping*:

0 of 0 people found the following review helpful. This book is a valuable asset for anyone going through ...By Linda Hughes This book is a valuable asset for anyone going through their own illness or that of a friend or relative.

A guide to supporting a critically ill friend follows the course of events in a typical illness--from handling the bad news, through care-giving, to long-term effects--suggesting ways to contribute to a patient's well-being.

From Publishers Weekly More than 20 million Americans are chronically ill, and another 20 million will, at some time in their lives, deal with an acute illness, say the authors of this guide for the rest of us, the 200 million who will watch a loved one struggle with illness. Both Horowitz (who witnessed her mother's and husband's bouts with cancer) and Lanes (a psychiatrist whose father has had heart disease) know that the main task of witnessing an illness is often taken on suddenly and without training. Their book is a crash course we all could use. The triple health-care dilemmas of high cost and lack of access, the nursing shortage, and the cost-cutting trend toward earlier release from hospitals put growing pressure on a patient's family and friends to act as care-givers and advocates. Among the skills they need are an ability to find information resources for the patient, to act as his or her advocate with medical personnel, to ease

communications among family and friends, and to cope with their own emotions. Perhaps most important, the authors recognize that caring for a loved one who is ill is "one of the strangest paradoxes . . . an experience filled with not only suffering but the beauty of giving." Copyright 1992 Reed Business Information, Inc. From Library Journal Horowitz, a writer, and Lanes, a psychiatrist, have written a book offering guidance and support for those who will be "witnesses" to the chronic or acute illness of a loved one. Horowitz writes from personal experience and with Lanes chronicles the course of illness, the positive experience of acting as an advocate for another, and the exacting emotional costs. The authors offer practical suggestions for those who find themselves by choice or chance in the role of a caregiver. Their work, which includes extensive chapter notes, references, and appendixes, is thorough and carefully written, with an emphasis on the mind-body connection that recalls Bernie Siegel and Norman Cousins. Recommended for all health collections and general collections with healthcare sections.- Anne C. Tomlin, Auburn Memorial Hosp. Lib., N.Y. Copyright 1992 Reed Business Information, Inc.