



## I Need to Scream Would Anyone Even Hear Me a personal caregivers survival guide

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By Lorraine Valyo Davis

AuthorHouse. Paperback. Condition: New. 120 pages. Dimensions: 9.0in. x 5.9in. x 0.4in. The prospect of having to care for an ill loved one takes most of us by surprise. Once a diagnosis or treatment schedule has been determined, a caregiver must learn how to multi-task in very creative ways. Usually this is learned by trial and error. Until now. I Need to Scream! Would Anyone Even Hear Me is a handbook for the caregiver. Once a loved one needs a health advocate, a caregiver is born and then quickly baptized by fire. This book will help douse that inferno. It includes chapters on how to select a hospital and doctor, along with sections on medications, family matters and most importantly, how to take care of his or her self in the process. This is not a scientific project. It is a personal account written by a caregiver. It contains suggestions on how to make the transition from normal life to a new life as painless as possible. I Need to Scream! Would Anyone Even Hear Me attempts to remove the guilt and negativity that can become part of a caregivers life. It also includes blank pages at the end of each...

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