



A Welcome Respite: How I Regained My Strength, Patience, and Well-Being While Caregiving

Kathryn Leigh Scott

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For any caregiver who ever needed to feel renewed, Kathryn Leigh Scott offers a compassionate acknowledgment of the love, patience, and determination it takes to do the right thing for yourself and for those you love.

When Kathryn Leigh Scott's husband, Geoff, was diagnosed with a terminal illness, she had to become his caregiver. As powerless as she was to stop the effects of the disease, she needed to be there for him. She wanted to be. And as much as she hated to admit it, the situation was taking its toll.

Stressed out, isolated from friends, and emotionally and physically exhausted, Kathryn joined a caregiver support group. This circle of empathetic new friends encouraged her to recapture her own sense of being. With their help, she learned that the best way to care for Geoff was to take care of herself as well. It became a welcome respite...and a necessary one.

A Welcome Respite: How I Regained My Strength, Patience, and Well-Being While Caregiving Details

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From Reader Review A Welcome Respite: How I Regained My Strength, Patience, and Well-Being While Caregiving for online ebook

Dorothy says

a great, uplifting book for caregivers fighting burn-out.

Robin Morgan says

I read this book via an Amazon-US KINDLE Unlimited download.

After coming home from the hospital, my dear OH needed to have assistance doing what we take for granted: washing, getting dressed, and a little for eating – cutting up the food. Then the dear broke a hip and got a partial hip replacement; all the while needing a wheelchair.

Luckily there had been a LTC in effect, which I had a slight ordeal in getting it to kick in, and with that we'd gotten a 24/7 home attendant to take care of the "patient." Even so, I had to keep my eyes open to see if everything was being done right, leaving little or no time for me to do my writing and read/review books, and the other things I love doing, as I had no one else to look to for assistance.

So, I'm grateful for the author, Kathryn Leigh Scott, for sharing her own experiences and writing about it in the sympathetic manner she has. She endeavors to tell her readers, especially those who are the caregiver for someone, that in order to survive this stressful period in their lives one needs to possess a demeanor which contains the right combination of: love, perseverance, and sheer willpower.

For me, this period last only 13 months. My dear became able to ambulate using a rollator, and do everything else without any assistance whatsoever so the extend we no longer had need of the home attendant we had. When this happened, like the author has stated, my experience during this period had indeed taken a toll on me; a toll which has now disappeared, and we're now doing basically everything the two of us used to do.

The author has done a marvelous job in telling her readers that they're not alone; that they need to look some sort of support system, so they can achieve some form/any form of respite from the drudgery they usually have to endure; it is for this reason I've given Ms. Scott 5 STARS for her endeavor here.

Maggie Grace says

I'm not sure how Kindle sold the idea that this is a "book." It's more of a short article of the type you would find in a "ladies magazine" like our mothers used to read. (Redbook, etc). I won't completely dog it, the author does give some good pointers on how to take care of yourself when you're caring for an ill loved one, it's just NOT A BOOK.

Cristin says

Thank you for the free copy of this amazing book!

I spent 8 years taking care of my dad with Alzheimers before he passed away. Even though I had my husband and son helping with the care I was overworked and never slept. Every day I started out feeling guilty for all the things I would do that day that I felt wouldn't be good enough. In the 8 years I never took a break because I didn't trust anyone else to take care of dad. I was just so frantic that every solution seemed like too much work to achieve. So when my dad finally passed it was even worse. All the mistakes I made caught up to me and it was too late to make it right for him.

Reading this book, 2 years after he passed, I think it allowed for a lot of healing. Taking care of a sick or terminal person is like having a baby. There is no instruction guide that fits because each person/illness is different. All the suggestions from Kathryn in this book are obvious and taking care of the caregiver is most important. The problem is that this book needs to be read at the beginning when the patient isn't fully dependent.

The book was very well written and best of all short enough to read in an hour or so. It gives all the information and ideas that all those long, overwhelming caregiver instruction books provide. I got so much comfort from reading this book and it helped me to see that I did my best every day for my dad. Anger, frustration, guilt, doubt and all the other emotions are normal.

Share this book with friends and families that are in a caregiver role. Everyone should read it!!

Theresa Wade says

Inspirational and support about a wife's challenges to care for her terminal ill husband. A great book to reference.

Dede Janzen says

I won this book in a giveaway from Goodreads. It was a very quick read and tell about a wife that caregives for her husband newly diagnosed with a neurodegenerative disease. It tells how she found support going to a support group and their story. It is a must read if you are a newly caregiver or even if you have been caregiving for awhile.
