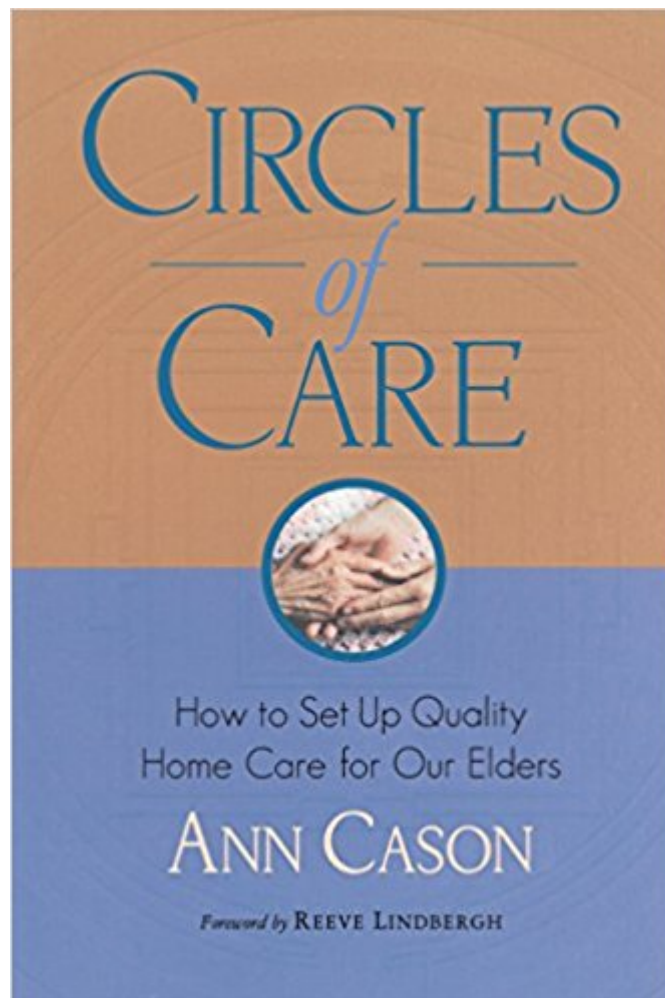




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# Circles Of Care: How To Set Up Quality Care For Our Elders In The Comfort Of Their Own Homes



## Synopsis

"My parent needs help, but refuses to consider a nursing home." That's the dilemma facing millions of baby boomers today. How can we ensure responsible, compassionate, even uplifting care for our aging parents at home? Mindfulness is key, Ann Cason writes. Good care begins with watching and listening, with entering the elder's world and accepting it. Drawing on decades of experience in caring for the elderly, Cason helps us understand how old age feels and how we can help. Then, through exercises, care studies, and numerous examples and suggestions, *Circles of Care* shows how to:

- Work out a plan of care
- Assemble and foster a caregiving team
- Create an uplifting daily routine—and vary it creatively
- Plan nutrition, medical needs, finances, and outings
- Improve the elder's personal care and physical environment
- Ease conflicts between elders and their caregivers or families
- Avoid caregiver burnout
- Work with mood swings, confusion, and memory loss

## Book Information

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## Customer Reviews

"In *Circles of Care*, Ann Cason offers this advice to those hiring caregivers for old folks: 'Don't hire anyone unless you would enjoy being with that person yourself.' Legions of elderly respond with riotous applause."—Shambhala Sun "Circles of Care brings us home, into a fresh, generous, and gentle approach to the care of our elders, as well as a deeper understanding of ourselves."—Branches of Light "Circles of Care is one of the best-researched books on the most urgent issue facing older Americans and their families: recruiting and keeping qualified and sensitive

caregivers for elders faced with problems ranging from physical ailments to dementia. Ann Cason's superb book uses true-to-life examples to help family members and caregivers alike work their way through this complicated maze."â "William K. Wasch, National Council on Aging; author of Home Planning for Your Later Years "Brilliant! Utterly on the mark; warm, wise, and compassionate. In *Circles of Care* , Ann Cason's vast experience shows: she provides a comprehensive eldercare guide that (finally!) addresses the often overlooked emotional terrain of aging and decline, giving it the gift of dignity it so rightly deserves. This is a must-read for any of us sharing life and caring at home for those we love."â "Marilyn Webb, author of *The Good Death*; former editor-in-chief, *Psychology Today*

Ann Cason is founder and director of *Circles of Care*, an organization that provides homecare consulting and training services to both families and caregivers of the elderly. She has been a caregiving coordinator and consultant for over twenty years.

Practical advice on hiring in-home caregivers, but more important, very helpful information regarding supporting aging elders in their own homes. Applies also to providing support in other living arrangements. Further sections of book deal with understanding the changes that come with aging and nurturing the elder, the family and the caregivers. Sections on dealing with subtleties and difficult behaviors offers specific suggestions and ideas for a range of problems (memory loss, demanding behavior, aggression, wandering, etc). The concept of "circles of care" gives dignity to the needs of all concerned. I found many suggestions immediately helpful as my family travels this journey with our 92 year old mother with dementia.

I can't say enough about this book's impact on my life and family. Ann Cason, brings to light all the necessary ingredients to help you navigate through the rough waters of a senior declining and how to care for their ever increasing needs. Just this month my sister-in-law was called to help her uncle in the Midwest after a long hospital stay. She had no idea what she would be facing so I gave her *Circles of Care* to read on the plane ride. She was so grateful because when she arrived she had a plan of action as well as a list of priorities to address in her short stay. In addition I am so grateful to have read this book which gave me support and ideas how to handle my own mother's issues of memory loss and emotional volatility. Thank you Ann!!

This is a mature, experienced author. Not for immature practitioners, family members, physicians or

extended family...but for those willing or forced into a human reality. Cason's elegant, yet restrained language gently opens the door to the world that no one, really, expects or wants to enter. She invites you to look her you in the eye, lift your chin in dignity, grasp her hand and create a life. I'm stunned by this book. Judith Barr

Even though I am new to the process of caring for my mother as she ages, I felt a warm welcome into the circle of people who have attended to our elders, honorably, for years. Thank you.

A wonderful vision based on compassion, dignity, reminding us what it means to be truly human!

"Circles of Care" is one of a slowly-but-surely growing number of books exploring the blessings of honoring one's aged loved ones by providing in-home care. Reeve Lindbergh has considerable practical experience in this field, and this experience shows. The book is practical because it issues forth from the hands-on; the book is honest because it does not gloss over the rough aspects of caring for an aged loved one in the home. Reeve Lindbergh's "warts and all" approach to this subject matter is a high part of the book's appeal and value. I fear that many readers, including Christians, will skim such a book out of curiosity and then dismiss it with a rueful, "Well, it's a good idea, but I could never do it." Read the book carefully, and think through the implications (and the subtle, implicit warnings) before deciding that caring for your own loved one is "un-do-able." Anyone who is facing decisions about how to care and provide for an aged loved one would benefit from reading this book.

Circles of Care combines practical advice told through past experience that I can relate to with meaningful concepts of what caring is and how it can strengthen and deepen our lives. This combination elevates caring for a frail old person, and even being old oneself, from a stressful, "want to be avoided" crisis. Instead Ann Cason brings to the challenges of eldercare, based on her own extensive experience, a new view oriented to the reality of the relationships and needs that we have. She explains how caring for a loved one is an opportunity for personal growth. While showing what caring can be, she acknowledges all the frustrations, and difficulties it can create. Through very specific and realistic advice, based on the activities and routines that make us feel alive, no matter our age, she has shown me how to make up a plan of care for my parents. If you are a caregiver or have a loved one who is a frail elder and don't know what to do, are stressed out, or want to prepare for your own care, Circles of Care is what you need to read!

Ann Cason's book, *Circles of Care*, is a guide to the terrain of aging. It is filled with insight, wit, practicality, and wisdom. From the assessing of an elder's needs, through the nuts and bolts of daily care, to end-of-life issues, Cason draws on her years of experience in the field to provide helpful guidelines for caregivers. Sprinkled throughout the book are "care studies," personal stories that illustrate the complexities and richness of aging and of caring for the elderly. Cason covers many of the more common difficult behaviors such as confusion, memory loss, moodiness, and combativeness. She provides ways of working with such issues skilfully and with sensitivity. There is not even a whiff of condescension in her discussion of the elderly. In fact, there is the greatest respect for what the elderly have to teach us. I highly recommend this book.

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