



The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself

Diana B. Denholm

[Download now](#)

[Click here](#) if your download doesn't start automatically

The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself

Diana B. Denholm

The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself Diana B. Denholm

A month after proposing marriage, Diana Denholm's husband was diagnosed with colon cancer and later congestive heart failure. Following a heart transplant several of her husband's body systems began failing forcing Diana to become his primary caregiver for more than a decade. *The Caregiving Wife's Handbook* is a step-by-step communication guide to help women maintain emotional, physical and financial health in their unique role as caregivers to their dying husbands.

Women are suffering physical, emotional and financial burnout as the United States' leading caregivers. Of the 65 million caregivers in the U.S., 66% are women, and these numbers will only increase as the population ages. And while statistics and resources abound for caregivers in general, very little exists for women in their unique role as caregivers to their dying husbands.

Traditionally, caring for a dying husband has been seen as a "wifely duty." Most wives don't label themselves, and aren't labeled by others, as caregivers. But advances in medical technology are making this distinction an imperative since women are under more stress as caregivers than at any other time in history. Although there are generic similarities in caretaking, caregiving for a dying husband is distinctly different, and the longer the dying process, the more complex the problems.

When a husband is in the process of dying for many months or years the experience is quite different than a husband's sudden death. On top of dealing with the tragedy, the wife must figure out how to make life work. Sometimes a woman is married to the love of her life and sometimes not. Some marriages strengthen, while others disintegrate. Some women are in abusive relationships and find the abuse continues, and even increases, during these times, while others find, much to their surprise, that they become the abusers. Still some will start or increase substance abuse and others will have affairs to get by.

The Caregiving Wife's Handbook aims to help women get through their husbands' illness and death with compassion, emotionally whole and without regret by helping them communicate clearly—and in steps—about issues affecting this unique caregiving relationship.

Without specific direction, many women find themselves over the top with stress as their lives change radically. As a board certified medical psychotherapist and primary caregiver, Diana Denholm recognized the need for a step-by-step process to help women communicate with their husbands to avoid irreparable damage and regret.

In *The Caregiving Wife's Handbook*, you will learn:

To ask questions you may not realize you need to ask

The issues that bother you and a method for categorizing them

What you should and shouldn't discuss with your husband

How to make and prepare for a date to talk about difficult topics

What to do if your husband won't talk

To create "understandings" with your husband

How to deal with his family

You will also learn survival tips from the case histories of Joyce, Fran, Tina, Jean, Susan, and Mary. Their experiences will help you:

Choose roles you should take and those you should avoid

Understand what is "normal" in what you're experiencing and feeling

Take care of yourself so you can survive and even have fun

Implement do's and avoid don'ts to make your life simpler

Balance with greater ease

Other topics addressed are:

Sex life/intimacy

Current and future finances

Fatigue

Sleep

Household duties

Job responsibilities

Irresponsible behaviors

Unrealistic expectations...

The challenges of this time are endless and extreme and the reality often isn't the beautiful and revered journey often portrayed. When a husband is dying of a long-term illness, the gift of time can allow us to prepare and say all the loving things we need to say, but it can also provide a lot of time for severe stressors and problems to develop. These problems and stressors can be debilitating for the caregiver and provide too many opportunities to say and do things we might regret. *The Caregiving Wife's Handbook* will give you the tools and support needed to get through your husbands' illness and death with compassion, emotionally

whole and without regret.

Let *The Caregiving Wife's Handbook* support you amidst the grief—all the way through the Final Chapter.

 [Download The Caregiving Wife's Handbook: Caring for Your Se ...pdf](#)

 [Read Online The Caregiving Wife's Handbook: Caring for Your ...pdf](#)

Download and Read Free Online The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself Diana B. Denholm

From reader reviews:

Micheal Taylor:

Book is to be different for every grade. Book for children until eventually adult are different content. As it is known to us that book is very important for people. The book The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself seemed to be making you to know about other expertise and of course you can take more information. It is rather advantages for you. The publication The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself is not only giving you far more new information but also to become your friend when you sense bored. You can spend your personal spend time to read your book. Try to make relationship with the book The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself. You never truly feel lose out for everything in the event you read some books.

Ramona Wrenn:

The actual book The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself will bring one to the new experience of reading any book. The author style to explain the idea is very unique. If you try to find new book to study, this book very suited to you. The book The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself is much recommended to you you just read. You can also get the e-book through the official web site, so you can more readily to read the book.

Jesse Fox:

A lot of people always spent their particular free time to vacation as well as go to the outside with them household or their friend. Did you know? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity this is look different you can read any book. It is really fun to suit your needs. If you enjoy the book which you read you can spent the whole day to reading a guide. The book The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself it is quite good to read. There are a lot of people who recommended this book. They were enjoying reading this book. Should you did not have enough space to develop this book you can buy often the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not too expensive but this book provides high quality.

James Crist:

Are you kind of active person, only have 10 or perhaps 15 minute in your moment to upgrading your mind expertise or thinking skill actually analytical thinking? Then you are having problem with the book compared to can satisfy your short space of time to read it because pretty much everything time you only find book that need more time to be go through. The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself can be your answer mainly because it can be read by an

individual who have those short extra time problems.

**Download and Read Online The Caregiving Wife's Handbook:
Caring for Your Seriously Ill Husband, Caring for Yourself Diana
B. Denholm #XILZQNAUD5G**

Read The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself by Diana B. Denholm for online ebook

The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself by Diana B. Denholm Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself by Diana B. Denholm books to read online.

Online The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself by Diana B. Denholm ebook PDF download

The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself by Diana B. Denholm Doc

The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself by Diana B. Denholm Mobipocket

The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself by Diana B. Denholm EPub