



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

Diana B. Denholm

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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.

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Rodney Sierra:

The actual book The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself will bring you to definitely the new experience of reading the book. The author style to explain the idea is very unique. If you try to find new book to see, this book very appropriate 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 in the official web site, so you can quicker to read the book.

Robert Johnson:

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Garth McDonald:

Reading can called imagination hangout, why? Because when you find yourself reading a book especially book entitled The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself your thoughts will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely will end up your mind friends. Imaging each and every word written in a guide then become one form conclusion and explanation which maybe you never get before. The The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself giving you one more experience more than blown away your mind but also giving you useful info for your better life within this era. So now let us present to you the relaxing pattern this is your body and mind are going to be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

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