

Resources for former and recovering caregivers

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by Gale Lyman, RN, BSN, HNB-BC

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Recovering from caregiving includes not only grief, but also addressing your physical/mental/spiritual needs that were unfulfilled during caregiving days as well as the post-caregiving challenges of major life changes, relationships with family and friends, and recovering from the effects of compassion fatigue. These resources are insufficient to meet all of those needs, but perhaps at least they are a start. - Gale

The American Holistic Nurses Association

14 Holistic Stress Management Tools

<http://www.ahna.org/Home/Resources/Stress-Management>

National Hospice and Palliative Care Organization

<https://www.nhpco.org/resources>

Resources regarding end of life care and bereavement

The American Society of Clinical Oncology (ASCO)

An article & podcast titled, “Adjusting to Life After Caregiving”

Found on ASCO’s patient information website – Cancer.Net (www.cancer.net)

CareGiving.com, website of Denise M. Brown, professional caregiving coach

Pages about “My role has ended.” <https://www.caregiving.com/the-caregiving-years/stage-6/> Additional information includes podcasts, blogs, videos, chat rooms, tip sheets

(Book) Brown, Denise M., (2014) After Caregiving Ends, A Guide to Beginning Again. Tad Publishing and Consulting Co. Park Ridge, IL. Available at CareGiving.com

(Book) Bryan, Mary F. 2015. After Care for the Caregiver: Seven Guidelines to help you Thrive “... a guidebook for anyone who has recently lost a loved one after serving as his or her caregiver... (it) offers the theme “You are not alone”... It is written from Christian perspective with the Holy Bible as a base. This model can be used as a reference over and over again to help you receive hope and comfort you are seeking.”

Wise use of wellness information

The TLC Resource Center, Lyman Training & Consulting, The Lyman Center (TLC) and Gale Lyman provide general and educational information about health and wellness. Always seek the advice of your physician or other qualified health provider about wellness, health and medical problems. Never disregard medical or professional advice, stop medical care, or delay seeking medical care because of something you read on this website or a linked website, or otherwise learned from TLC Resource Center, Lyman Training & Consulting, The Lyman Center (TLC) and Gale Lyman.

TLC Resource Center

www.LymanCenter.com

Info@lymancenter.com

Calming and centering contemplative practices for senior citizens and family caregivers from Gale Lyman, holistic nurse, freelance writer and guest speaker.

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