

KNOWLEDGE CENTRAL

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B O O K S

Helping Grieving People—When Tears Are Not Enough: A Handbook for Care Providers. *J. Shep Jeffreys. New York: Brunner-Routledge, 2005, 336 pages, \$39.95.*

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Helping Grieving People is intended for use by professional care providers, trained volunteers, and family caregivers. The content is suitable for all types of patient populations affected by a loss, not just patients with cancer and their

families. The book gives meaningful suggestions to assist a wide variety of grieving patients. The author provides examples of a traumatic loss, such as death, debilitating illness, trauma, suicide, an inability to conceive, and changes in workplace or life circumstances, and stresses that everyone experiences loss at some point in life. According to the author, understanding the universality of grief gives providers the basis to assist grieving individuals because the environment and circumstances surrounding the loss can vary among people.

Helping Grieving People is well organized. Each chapter begins with a detailed introduction and ends with a summary. Careful attention to societal, cultural, religious, physical, and psychospiritual differences are mentioned throughout the text. The author discusses loss and death in a family, including its impact on various family members such as significant others, parents, children, grandparents, and siblings. He also provides ways to assist family members with their grief. Exercises and

stories throughout the book allow readers to assess their own level of grief or the level of grief of others. In addition, text boxes offer suggestions or highlight key points.

The physical layout of the text is its only weakness. Frequent capitalized headings make it difficult to determine when a new subject is being introduced. However, the biggest strength of *Helping Grieving People* is that it explores the many different ways that people grieve and discusses the reasons for the forms of grieving. Another strength of the book is its description of the dying process and overview of grieving process at each phase. This text would be a strong addition to many professional, volunteer, and family caregivers' libraries.

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Elder Rage or Take My Father . . . Please! How to Survive Caring for Aging Parents. *Jacqueline Marcell. Irvine, CA: Impressive Press, 2001, 368 pages, \$19.95.*

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Many people who have been involved with the care of older adults can identify with *Elder Rage or Take My Father . . . Please!* Jacqueline Marcell, television executive, was brought to her knees by the experience of caring for her aging parents. In the text, she chronicles a poignant, sometimes heart-wrenching, sometimes

humorous journey through the healthcare delivery system and home care.

Anecdotal comic relief was added in the narrative when the author faced difficult situations. This smart, savvy woman related the trials and tribulations of private caregivers, physician apathy, family dynamics, and other healthcare crises in caring for her parents. The book was endorsed by many media personalities, aging and Alzheimer disease specialists, and authors. Marcell, who was forever changed by this experience, is an advocate for eldercare awareness and reform. The continuing saga of her parents is updated on her Web site (www.ElderRage.com). In addition to the author's narrative, the book includes information on additional resources such as *A Physician's Guide to Treatment Aggression in Dementia* by Rodman Shankle, MS, MD, and behavioral modification guidelines, as well as discussions of long-term care insurance and Alzheimer disease and a recommended reading list. The cited resources also are listed with their respective Internet addresses.

Although published in 2001, *Elder Rage or Take My Father . . . Please!* continues to be a valuable asset to family members, healthcare providers, and caregivers. Besides the classic *36-Hour Day: A Family Guide to Caring for Persons With Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life* by Nancy L. Mace and Peter V. Rabins, few books have been as explicit in relating the agony of caring for older family members diagnosed with Alzheimer disease or aggression in dementia, whether the cause is related to cancer, HIV, or other etiologies.

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V I D E O S

Palliative Care: Care for Terminally Ill Patients. *Grand Rapids Community College (Producer). Sherborn, MA: Aquarius Health*

Ease of Reference and Usability

🕒 Quick, on-the-spot resource

🕒🕒 Moderate time requirement

🕒🕒🕒 In-depth study

Content Level

√ Basic

√ √ Intermediate

√ √ √ Advanced and complex, prerequisite reading required

Media Size

📖 Pocket size

📖📖 Intermediate

📖📖📖 Desk reference

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