



La brújula del cuidador: Ayuda para familiares y cuidadores (Plataforma actual) (Spanish Edition)

Raül Córdoba

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This practical guide is intended to help families and caregivers live life fully and maintain an optimistic attitude about disease and the care of loved ones. Teaching caregivers to be mindful of their own needs as well as those of the patients, the resource also explains how families and caregivers can deal more effectively with the challenges such as remaining calm in the face of adversity, identifying limitations, and recognizing when to seek help. Full of practical advice, this guide offers numerous useful tips to assist with the challenges faced when caring for those in need.

Esta guía práctica está destinada a ayudar a las familias y a los cuidadores a vivir la vida plenamente y mantener una actitud optimista sobre la enfermedad y el cuidado de sus seres queridos. Enseñando a los cuidadores a prestar atención a sus propias necesidades, este recurso también explica cómo familias y cuidadores pueden hacer frente con mayor eficacia a retos como mantener la calma ante la adversidad, identificar las limitaciones y reconocer cuándo buscar ayuda. Lleno de consejos prácticos, esta guía ofrece numerosas sugerencias útiles para ayudar con los desafíos a los cuales se pueden enfrentar los cuidadores.

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