



Caresharing: A Reciprocal Approach to Caregiving and Care Receiving in the Complexities of Aging, Illness or Disability

Marty Richards MSW LCSW

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Rebalancing the Roles in Caregiving So All Involved Are Supported

"When you care for someone who is dealing with the complexities of aging, illness, or disability, you share intense emotions and form deep bonds. You each have the opportunity to recognize what is most deeply human and most deeply Divine in the other. This sense of reciprocal sharing between the caregiver, care receiver, and with others around you is the essence of the dance in caresharing."

from the Prelude

The word caregiver typically suggests someone doing all the giving for a frail, physically or mentally challenged, or aging person who is doing all the receiving. Marty Richards proposes a rebalanced approach of "caresharing." From this perspective, the "cared for" and the "carer" share a deep sense of connection. Each has strengths and resources. Each can teach the other. Each can share in grief, hope, love and wisdom.

Richards shows you how to move from independent caregiving to interdependent caregiving by engaging the spiritual and emotional aspects of caring for a loved one. Whether you are a daughter or son, a husband or wife, a sibling, long-term partner or good friend, *Caresharing* offers a multilayered, reciprocal process that will help you keep your spirit and your loved one's spirit alive in challenging times.

- Sharing Wisdom: What the Frail Teach the Well
- Sharing Roles: Reinventing Family Roles in Sharing Care
- Sharing "Soul to Soul": A Special Relationship with People with Dementia
- Sharing Grief: Dealing with the Little Losses and the Big Ones
- Sharing Forgiveness: A Key Spiritual Journey
- Sharing Hope and Heart: An Active Process One Step at a Time

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