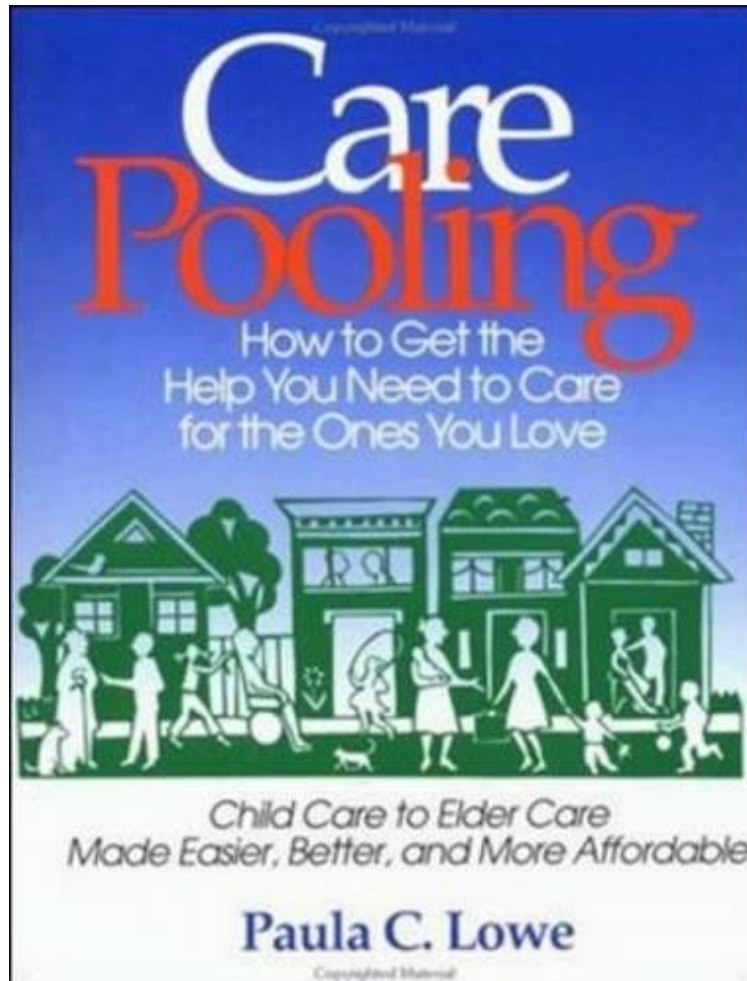


Care Pooling: How to Get the Help You Need to Care for the Ones You Love

Paula C. Lowe

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Paula C. Lowe : Care Pooling: How to Get the Help You Need to Care for the Ones You Love before purchasing it in order to gauge whether or not it would be worth my time, and all praised Care Pooling: How to Get the Help You Need to Care for the Ones You Love:

4 of 4 people found the following review helpful. A fabulous book By A Customer This book really changed my life. I am a working mother and I used this book to network with other families. Paula writes in an easy and warm style. I like the drawings. She gave me so many ideas on how to get help for my girls and myself. I have recommended this book to so many people and bought it as a gift for families with elders and children.

Written for those who provide care for others, this text shows how to get help, offering effective, practical ways to

exchange help and share support with friends, neighbours and co-workers. It includes 200 stories from caregivers.

From Library Journal Millions of Americans provide care for young children, elderly parents, spouses with chronic illnesses, or family members with disabilities. Yet caregiving is stressful and exhausting, especially if the caregiver is also employed. Lowe, a family life educator and consultant, advocates the exchange of help between caregivers. Parents can take turns picking up children after school. An older widow can prepare lunch for young neighbors who help with yard work. Carepooling offers emotional support as well, asserts Lowe. Her book offers some good practical tips for organizing carepooling, dealing with such issues as defining expectations, and handling disagreements. It also deals with issues from overcoming psychological barriers to asking for help. Still, the average caregiver is probably too busy to complete the blank questionnaires and checklists provided for this purpose, and they make the book problematic for public libraries. - Karen McNally Bensing, Benjamin Rose Inst. Lib., Cleveland Copyright 1993 Reed Business Information, Inc. From Scientific American I know of very few books that match the clarity and usefulness of Care Pooling! It is chock-full of ideas, practical suggestions, and exercises for building a network of support. It's so refreshing to find a guidebook for recreating that sense of community that most of us are lacking in our daily lives. Care Pooling, in its very readable, user-friendly style, provides a great service to today's parents as they try to juggle their multiple roles in an often 'family ambivalent' society. It offers a new framework, helps decrease parents' isolation, and gives all of us real, practical solutions. -- Rosalie Streett, executive director, Parent Action