

A MOVING PERSONAL ACCOUNT  
AND A COMPANION GUIDE



# Mainstay

FOR THE WELL SPOUSE  
OF THE CHRONICALLY ILL

"If you are married to a chronically ill person,  
read *Mainstay*. . . Whatever you feel, you are not alone."

—Martha Weinman Lear, author of *Heartsearch*

MAGGIE STRONG

# Mainstay For The Well Spouse Of The Chronically Ill

**Janet M. Cromer**



## **Mainstay For The Well Spouse Of The Chronically Ill:**

**Mainstay** Maggie Strong,1988      **Helping Families Cope With Mental Illness** Harriet P Lefley,Mona

Wasow,2013-05-13 In this age of spiraling health care costs it is imperative that the family's role in treating patients with chronic mental illness not be overlooked by policy makers and clinicians alike The families themselves insist that the government and care providing agencies learn new ways to relate to them and patients Helping Families Cope with Mental Illness is a comprehensive guide to the family's experience of chronic and serious mental illness for clinicians and educators in a wide range of mental health disciplines It details all major areas of the clinician family relationship consumer perspectives cultural diversity social policy ethical issues practical coping strategies research and training issues major service issues managed care and cost saving measures      *Professor Cromer Learns to Read* Janet M. Cromer,2010 When a harrowing heart attack and cardiac arrest robbed Alan's brain of vital oxygen he lost his abilities to read write walk talk think and remember In a flash Alan went from being a successful physics professor to a brain injury survivor fighting to relearn everything he once knew So began seven years of intensive rehabilitation re creation and redefining priorities and goals Alan also faced the huge challenge of shaping a new identity and life Above all our book is the story of a marriage that transforms and triumphs but is never defeated by catastrophic illness In a memoir brimming with information Janet explores the mysteries and miracles of their new world from her perspective as Alan's wife Interpreter of the World and rehab partner Alan shares his eloquent tour of the shattered and healing universe inside his brain as few people can Professor Cromer Learns to Read shows that it is possible for a person with an injured brain to continue to heal and improve for years with the right treatment It is possible for love to thrive and adapt to challenging circumstances It is possible to build a life with meaning and gusto even with a devastating illness Our process of gracefully and grudgingly accepting the roles of chronically ill person and caregiver will resonate with many families The universality of our situation transcends diagnosis and age to salute the human spirit Please visit [www.janetcromer.com](http://www.janetcromer.com) to read advance praise for the book

**Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial Pain** Celeste Cooper,Jeffrey Miller,2010-02-05 A guide to coping with fibromyalgia myofascial pain and chronic fatigue syndrome Reveals how to deal with each disorder and how treatments can interact or aggravate if more than one disorder is present Offers techniques to dispel the side effects created by these illnesses Fibromyalgia chronic myofascial pain and chronic fatigue syndrome are often seen as interchangeable conditions a belief held even by many health care providers Nothing could be further from the truth however they do often coexist Knowing if more than one of these disorders is present is extremely important because the treatment for one of them can often exacerbate the problems caused by the others Written by a registered nurse and a psychologist who has been treating these conditions since 1994 this book presents an integrative medical approach to these three disorders with a strong emphasis on utilizing and strengthening the mind body connection to restore well being The authors provide a

thorough guide to numerous treatment options from diet exercise and herbs to mindfulness meditation chi kung and nonsteroidal anti inflammatory drugs NSAIDs They also offer techniques to dispel the brain fog that these disorders often create and show how to overcome the resultant obstacles to effectively communicating with your doctor The additional information included on the psychological issues that accompany these chronic pain disorders allows this integrative treatment guide to open the door not only to physical recovery but also emotional and mental well being

**Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness (New Edition)** Paul J. Donoghue, Mary E. Siegel, 2000-09-17

Unlike a leg in a cast invisible chronic illness ICI has no observable symptoms Consequently people who suffer from chronic fatigue chronic pain and many other miseries often endure not only the ailment but dismissive and negative reactions from others Since its first publication Sick and Tired of Feeling Sick and Tired has offered hope and coping strategies to thousands of people who suffer from ICI Paul Donoghue and Mary Siegel teach their readers how to rethink how they themselves view their illness and how to communicate with loved ones and doctors in a way that meets their needs The authors understanding makes readers feel they have been heard for the first time For this edition the authors include a new introduction drawing on the experiences of the many people who have responded to the book and to their lectures and television appearances They expand the definition of ICI to include other ailments such as depression addiction and obsessive compulsive disorders They bring the resource material including Web sites up to the present and they offer fresh insights on four topics that often emerge guilt how ICI affects the family meaningfulness and defining acceptance

**Caring and Competent Caregivers** Robert Moroney, 1998 Chronic health conditions are the leading cause of illness disability and death in the United States today affecting nearly one hundred million citizens These conditions cost the economy more than 470 billion a year in direct medical costs and more than 230 billion in lost productivity While Americans pride themselves on living in a caring country society as a whole has not fully prepared for the many challenges presented by chronic illness This timely book illustrates the caregiving needs to be faced in the next century Written by individuals associated with the National Quality Caregiving Coalition NQCC of the Rosalynn Carter Institute Caring and Competent Caregivers is a foundation book for use by academicians conducting professional training programs diverse health care and social service providers on the front lines providing assistance to others and students entering the field Incorporating philosophy social science research and impressionistic evidence this book provides a basis for education and practice that is both inspirational and practical

**Alternative Treatments for Fibromyalgia and Chronic Fatigue Syndrome** Mari Skelly, Helen Walker, 2006-08-31 Mainstream medicine however useful in other areas of healing has failed to effectively treat the complexities of fibromyalgia and chronic fatigue syndrome This useful book focuses on alternative therapies for these prevalent diseases Patients from around the world describe their experiences and coping strategies while dozens of experts in fields ranging from naturopathy ayurveda and reflexology to guided imagery hypnosis and guaifenesin therapy share their

knowledge With 70 percent new material this guide offers both insight and inspiration for those dealing with these challenging conditions

**Multiple Sclerosis** Rosalind Kalb, 2011-11-11 Multiple Sclerosis The Questions You Have The Answers You Need 5th Edition is the definitive guide for everyone concerned with the disease those who have MS and those who share their lives with someone who has it It covers a wide range of topics in an accessible question and answer format that allows people to easily find the information they need while providing a model of successful communication with healthcare providers The contributors are leading authorities in all areas of multiple sclerosis management who proffer expert answers to the most common questions about living with MS medical emotional social and economic and represents a interdisciplinary approach to the disease The book's goal is to help those living with MS live the lives they aspire to lead The chapters cover everything from treatment to emotional sexual and employment issues The new edition has been thoroughly revised and updated throughout The book provides the most current information on multiple sclerosis including a review of the controversy surrounding CCVSI discussion of the first two pills in development for the disease new information on the drug Tysabri emotional issues and the family The thoroughly revised and updated fifth edition of the classic Multiple Sclerosis The Questions You Have The Answers You Need answers even more of your questions about how to live and thrive with MS What are the current drug therapies for MS What about alternative medicine Should I exercise How common is depression with MS

**Chronic Fatigue Syndrome, Fibromyalgia, and Other Invisible Illnesses** Katrina Berne, 2001-12-21 Revised and expanded this edition offers the latest findings on chronic fatigue fibromyalgia and overlapping diseases such as Gulf War Syndrome It includes new information on the interaction of the brain emotions and immune system as well

*Multiple Sclerosis* Nancy Holland, T. Jock Murray, Stephen C. Reingold, 2007-02-15 The diagnosis of multiple sclerosis MS poses potential concerns related to all aspects of life and plans for the future Family members and other loved ones are similarly concerned and everyone involved struggles to make sense of life with this permanent intruder One of the first responses is usually an active search for information about the disease itself and its potential long term effects Chapters discuss the nature of MS its management and guidelines for dealing with all aspects of the disease and its impact on your life A chapter on services available from the National Multiple Sclerosis Society a glossary a list of resources and additional reading suggestions make this the place to begin your education about MS With education and proper care most people diagnosed with multiple sclerosis will lead full and productive lives Multiple Sclerosis A Guide for the Newly Diagnosed Third Edition is an essential resource for everything you need to know about MS and includes new or updated sections on The most current medical treatments for the management of MS Complementary and alternative medicine and MS Financial and life planning Children with MS Updated diagnostic criteria

[The Fibromyalgia and Chronic Fatigue Resource Book and Life Planner Workbook](#) Dawn Hughes, 2001-01-01 A must resource for the millions of people affected by Fibromyalgia and Chronic Fatigue Syndromes FMS and CFS unlike well known and understood diseases like cancer spring

boards a journey for education understanding and compassion The book powerfully captures this journey and is the first to provide patients family and friends with the imperative resources to find support through their walk In addition The Life Planner is a workbook that maps out a step by step guide for adapting and coping with the lifestyle changes fibromyalgia and chronic fatigue patients must face The book is divided into four sections The Syndromes Provides an extensive look at the cause diagnosis symptoms and treatments From current research to clinical trials The Resources A comprehensive listing of FMS CFS books medical journals association newsletters periodicals and video s recommended by FMS CFS Associations The Support Worldwide listings of FMS CFS Associations as well as associations for sub categories of these syndromes Including Advocacy pain management alternative therapies and disability issues The Life Planner From diagnoses to acceptance The Life Planner details how to manage life emotionally and physically A compassionate look at What to expect how to work through feelings goal planning worksheets and charts exercise nutritional choices how to educate family and friends and work options Written by a fibromyalgia and chronic fatigue patient the book outlines not only the journey for the patient but gets to the heart of awakening family and friends to the devastating effects these illnesses cause and provides the tools needed for years to come

**Living Well with Parkinson's** Glenna Wotton Atwood,2007-08-03 The long awaited update to the definitive guide to successfully living with Parkinson s disease Known for its upbeat informative and inspirational guidance Living Well with Parkinson s includes a wealth of up to date medical information for Parkinson s sufferers who number over 1 million in the U S alone Combined with the author s poignant personal account of her own struggles with the disease this new edition features coverage of pallidotomy a new surgical technique the dramatic implications of recent genetic research and new drugs and therapies The book also includes tips on dealing with social services and elder law maintaining a positive attitude handling issues with spouses and children and finding support groups Glenna Wotton Atwood a former home economics teacher from Maine lived with Parkinson s for over two decades until her death in 1998 Lila Green Hunnewell Rockaway NJ is a freelance writer and editor Roxanne Moore Saucier Bangor ME is a journalist with the Bangor Daily News *Ministry to Persons with Chronic Illnesses* John Thomas Vanderzee,1993

**When Your Spouse Has a Stroke** Sara Palmer,Jeffrey B. Palmer,2011-04-15 A stroke can alter two people s lives in an instant For the person who has had a stroke simple tasks suddenly become difficult or impossible For that person s partner life seems to revolve mostly around the stroke survivor s needs Such a drastic change naturally requires making many sometimes taxing adjustments In this book two experts in stroke recovery help couples deal with the impact of stroke on their lives and their relationship Drs Sara and Jeffrey Palmer explain how to overcome three major challenges providing quality care for your partner maintaining or rebuilding your relationship caring for yourself as an individual The book invites you into the lives of real couples who are themselves coping with these challenges Their experiences model how you can improve essential aspects of your relationship including communication roles and responsibilities and sexuality A list of practical tips summarizes each chapter providing a

handy reference guide to meeting each day's challenges More than just a discussion of the medical and practical aspects of stroke and stroke recovery this book focuses on the emotional psychological and social consequences of stroke and the deeply personal side of caregiving When Your Spouse Has a Stroke will relieve your burden and strengthen your partnership

**The Psychology Of Chronic Illness** Robert Shuman, 1996-12-09 With the onset of chronic illness an individual and family's world previously taken for granted is often undone The actual and potential losses from illness impact on family friends physicians therapists nurses and others in profound and unexpected ways Through his own honest personal account and the testimony of others Robert Shuman takes us inside the illness experience to help us better grasp the daily inner lives of the ailing person and his or her family As our aging population lives longer chronic illness touches more and more of us Whether as patient or parent nurse or spouse colleague or therapist we need to have greater knowledge and understanding of the intricacies of chronic illness Robert Shuman maps out the many dimensions of illness and invites the reader to explore its challenging terrain in a way that provides opportunities for self discovery and reflection In lyrical prose he opens up new ways of thinking about the psychology of illness and healing He suggests for example that illness symptoms can have a generative effect on a person's imaginative and creative possibilities and that the socially despised events of illness and disability offer new ways of being once sought through the work of religion Drawing on the fields of behavioral and family medicine medical anthropology and sociology moral and bioethical philosophies and family existential cognitive Jungian and archetypal psychotherapies among others The Psychology of Chronic Illness raises provocative questions for the professional caregiver as well as for those living with illness and disability This book will help anyone touched by illness personally or professionally to support those living with chronic illnesses and disabilities to cope with multiple impacts on work relationships social roles individual dreams and disappointments to listen to and voice suffering and fears grief and anger questions of values and moral doubts and to acknowledge loss and mourning as a common ground that we all share This book offers specific resources to the caregiver and aids the professional in his or her ethical obligation to give Moreover Shuman's voice is one of compassion reminding us how to hold on to or recover hope meaning and morale during times of affliction and distress

**Self-Care for Caregivers** Pat Samples, Diane Larsen, Marvin Larsen, 2011-03-04 For those serving as a caregiver for a loved one the authors of this down to earth encouraging book can help you make the most of the experience without losing yourself in the process Are you one of the growing number of people who serves as a caregiver for an aging or chronically ill friend or family member If so you probably struggle to meet both their special needs and still find time and resources for yourself But now there is reason to take heart The authors of this down to earth encouraging book can help you make the most of the experience without losing yourself in the process Using the Twelve Steps as a guide the authors conduct readers through the pitfalls of caregiving the emotional snarls and strains daily struggles competing needs and questions about confronting pain providing hope and tangible suggestions on how to stay strong and sane while providing

healthy support and love Self Care for Caregivers offers sensitive and sensible guidance for the family caregiver This is a little book with a big message how to take care of yourself so you can take care of others Connie Goldman producer of the public radio special Hardship into Hope The Rewards of Caregiving co author of Tending the Earth Mending the Spirit and Secrets of Becoming a Late Bloomer This book is an uplifting treasury of hope The authors gently direct the reader with comforting practical text that offers empowering caregiving strategies and avenues for emotional and spiritual growth James and Merlene Sherman author and editor of the Caregiver Survival series      **Mainstay** Maggie Strong,1997      Alternative Treatments for Fibromyalgia & Chronic Fatigue Syndrome Mari Skelly,Andrea Helm,1999 Describes the effectiveness of tai chi yoga acupuncture massage and chiropractic      Familia, enfermedad y discapacidad John S. Rolland,2020-07-16 Cuando en una familia hay un miembro enfermo o discapacitado se tiene una necesidad especial de apoyo terapéutico Este libro ofrece una orientación excelente para psiquiatras y psicólogos sistémicos que se ven confrontados con los muchos trastornos del grupo familiar en casos de enfermedades graves o persistentes Cuando una familia se enfrenta al diagnóstico de enfermedad de uno de sus miembros o al reto de tener que vivir con un discapacitado esta perspectiva impactante tiene repercusiones para todos los miembros y no deja a ninguno de ellos inafectado Como un terapeuta deber a ayudar a los padres de un niño con una enfermedad grave Como una relación matrimonial o el bienestar de los hijos pueden verse afectados por la discapacidad de uno de los esposos y como un terapeuta puede intervenir de la mejor manera posible Rolland presenta aquí su modelo del sistema familiar con enfermos que responde con gran rigor clínico a estas y otras cuestiones muy importantes Este modelo de tratamiento integrativo se basa en una experiencia con más de 500 familias en importantes centros fundados y co dirigidos por él Desde una perspectiva normativa y preventiva el texto muestra que las exigencias biopsicosociales de diversas enfermedades y discapacidades crean tensiones determinadas en las familias especifica cómo las etapas de una enfermedad afectan al conjunto familiar de qué modo el legado familiar de persistencia y enfermedad influye en las respuestas a las exigencias y en qué medida los sistemas de creencias familiares juegan un papel decisivo para la capacidad de hacerse cargo de su salud y enfermedad Los terapeutas encontrarán aquí importantes sugerencias para ayudar a las familias a vivir bien a pesar de las limitaciones físicas y las incertidumbres acerca de una persistencia inevitable El libro ofrece buenos recursos para animar a los afectados a construir narraciones que les den fuerza en vez de relatos basados sólo en la enfermedad y en la vergüenza Rolland enseña también a distinguir las crisis específicas de los diversos ciclos de vida y tiene muy en cuenta las circunstancias precisas para fomentar la proximidad y maximizar la autonomía de todos los miembros de la familia Con su excelente integración de las modalidades individuales y familiares este libro da una orientación primaria a todos los profesionales de medicina y salud mental lo mismo que a estudiantes que se dedican a problemas de enfermedad discapacidades y persistentes en contextos clínicos muy diversos      **The Emotional Survival Guide for Caregivers** Barry J. Jacobs,2006-03-17 Caring for a parent whose health is in decline turns the world upside down The emotional fallout can be devastating but it doesn't



have to be that way Empathic guidance from an expert who's been there can help Through an account of two sisters and their ailing mother interwoven with no nonsense advice The Emotional Survival Guide for Caregivers helps family members navigate tough decisions and make the most of their time together as they care for an aging parent The author urges readers to be honest about the level of commitment they're able to make and emphasizes the need for clear communication within the family While acknowledging their guilt stress and fatigue he helps caregivers reaffirm emotional connections worn thin by the routine of daily care This compassionate book will help families everywhere avoid burnout and preserve bonds during one of life's most difficult passages

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