

## Are You Ready for Your New Part-time Job?

*Enrich Your Caregiving Journey*, a book of practical caregiving tools by Margery Pabst and Rita Goldhammer, embraces caregiving and empowers all cultural and family compositions. As a Licensed Psychologist and Licensed Social Worker, this book is a must read for anyone fulfilling the role of caregiver.

The journey of caregiving is one we are not prepared for, and in my work I see the effects it can have on individuals and couples. This book provides an outline on how to care for a loved one in a positive way. With the increasing trend of changes in the nuclear family, there is a lack of clarity as to who will provide care for elders in the family. Traditional families of two parents, one working adult, 2.5 children and a pet, make up only 7% percent of USA population. Nontraditional households make up 93% of the households in the USA today.

*Enrich Your Caregiving Journey* addresses three key issues family households have on caregiving:

1. Blended families add to the complexity of the caregiving journey. For instance, an ex-daughter-in-law might want to take responsibility for caring for her former mother-in-law (as grandmother to her children she has played an important role in her family's life). This may not be acceptable to her former husband's siblings. *Enrich Your Caregiving Journey* offers a process for families to use when having a family meeting, where the issue of participation in the caregiving role can be addressed.
2. Geographic mobility issues in caring for an elderly relative can put undue pressure on family members who live closer to the elderly relative. The caregiver can be stretched beyond their understanding and capacity. *Enrich...* provides over 130 practical tools on how to reconcile the needs of each family member along with the skills to care for the elderly relative.
3. One person may have to provide care for multiple individuals. With many elderly living alone, and parents, stepparents, in-laws, and siblings, one person could be a caregiver for several individuals. Roles and responsibility are addressed in this book, so each individual can have clarity and learn how to create a community of support.

Along with inevitable changes in families, there is also greater life longevity, and emerging patterns of family life. The increased chance of survival into old age means that the four-generation family is no longer rare, causing younger generations to care for multiple generations. You must be prepared to be a caregiver and writers Pabst and Goldhammer provide you a process and structure to follow. This holiday season give yourself and others peace of mind by purchasing **Enrich Your Caregiving Journey** at [www.pivotalcrossings.com](http://www.pivotalcrossings.com) or order at your local book store.

*Laurie Grengs, M.A. created The International Center for the Attainment of Love and Joy, LLC as a psychotherapy/counseling practice in Minneapolis, MN and The Referral Net, a service to help individuals find the Psychologist of your choice. She is a Licensed Psychologist and Licensed Independent Clinical Social Worker. She resides with her husband in Minneapolis, MN.*