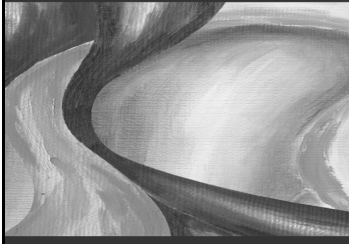


A Reciprocal Approach to Caregiving and Care Receiving in the Complexities of Aging, Illness or Disability

# CARESHARING



MARTY RICHARDS

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

Marty Richards

**Rebalancing the prescribed roles in challenging caregiving situations so all involved are supported.**

*“The perfect handbook for anyone called to give or receive care. Brims with wise counsel, inspiring stories, and practical resources. Offers a fresh and hopeful vision of mutual relationships; also draws on decades of experience to help us realize this graced togetherness.”*

—Kathleen Fischer, author, *Winter Grace, Spirituality and Aging*

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**Marty Richards**, a clinical social worker, is an affiliate

assistant professor at the University of Washington School of Social Work. She is a popular speaker on the topics of chronic illness, Alzheimer’s disease, elder care, and spirituality and aging. She is the primary author of *Eldercare: The Best Resources to Help You Help Your Aging Relatives and Caregiving: Church and Family Together*.

The word “caregiver” typically suggests someone doing all the giving for a frail, physically 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, wisdom and forgiveness.

The book’s focus is to help caregivers realize that they are not alone in their journey. Richards broadens the scope of the give-and-take relationship to include multigenerational families and faith communities, looking at the strengths each has to offer in the caregiving network. In order to keep the spirit alive, Richards offers a multilayered, reciprocal process:

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