



# Giving Care, Taking Care : Support for the Helpers

*Sherokee Ilse*

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# Giving Care, Taking Care : Support for the Helpers

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## **Giving Care, Taking Care : Support for the Helpers** Sherokee Ilse

For the professional and lay caregivers who give of themselves to others in need, but must be reminded to make time to "fill their own wells." A practical guide with advice from people who have "been there." For professionals such as: nurses, mental health professionals, clergy, funeral directors, physicians, hospice workers, disaster relief workers and for family members who care for chronically ill loved ones.

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