



# Healing Through the Chaos: Practical Care Giving

*Tandy Elisala*

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## **Healing Through the Chaos: Practical Care Giving** Tandy Elisala

If you have never been a caregiver, chances are you will become one.

One in three people are or will become caregivers and most are unprepared.

A devastating illness or an unexpected disabling injury can change your life in the blink of an eye. Part self-help and part memoir, *Healing Through the Chaos* takes an inside look into Tandy's unexpected journey from corporate executive and entrepreneur to full-time caregiver while raising three children as a single mother and simultaneously going through cancer for the third time. This book distills years of wisdom to give you invaluable and practical care giving strategies and an action guide you can use today.

This book is for you if:

- Saving time, money, stress, and heartache is important to you
- You are taking care of a parent, grandparent, or other loved one
- You are raising children while providing care for a parent
- You anticipate making health care decisions for an aging or ill loved one
- You want your wishes known and followed in the event of incapacitation

You will learn:

- Why your legal, medical and household affairs **MUST** be in order
- Ways to improve communications with medical providers
- How to keep loved ones safe; physically, emotionally, and financially
- How to avoid mistakes from someone who has been there
- The overlooked roles gratitude, humor and self-care play in care giving
- Ways to create a legacy that honors your loved ones and much, much more

This is a must read and valuable resource you will use time and time again.

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