



Index to Stories in the Book

index to Personal Safety Nets: Getting Ready for Life's Inevitable Changes and Challenges

We've included stories by people who have dealt with changes and challenges which may be helpful to readers.

[Download this Index](#) [1]

abandonment, fear of, 106-07, 124, 158-59
accepting reality, 57-58
accidents, coping with, 13-14, 45-46, 63, 96-97, 140-41
adult family homes. *See* assisted living facilities; nursing homes
aging. *See* elderly
alienating help. *See* support, alienating/sabotaging; asking for help, avoiding
Alzheimer's, 11-12, 27-29, 129, 171-72, 174-75. *See also* elderly; memory loss
anger/resentment. *See* emotions
anxieties, coping with, 57-58, 115-16, 181-82
appreciation/gratitude/thanks, expressing, 5-6, 9-10, 13-14, 43-44, 54, 73, 94, 174-75, 177-78, 178-79
arthritis, 6-8
asking for help
 for aging parents, 27-29, 71, 176, 185
 avoiding, 59, 96, 124, 134, 135-36, 137-38
 for clients or colleagues, 11-12, 45, 96-97
 for/from friends, 7-8, 9-10, 13-14, 45, 70, 86, 88
 for self, 6-8, 9-10, 15, 27-29, 30-31, 42, 43-44, 45-46, 46-47, 55,
 56-57, 57-58, 63-64, 81, 82-83, 84, 91-92, 96-97, 137-38, 144-45, 164-65, 174-75
 for injured soldier, 73
 for spouse, 27-29, 35-37, 46-47, 81, 91-92, 94, 122-23, 134
 with spouse, 6-8, 35-37, 47-48, 54, 81, 94
 See also communication; meetings
assisted living facilities, 82, 118-19, 140-42, 171-72, 179-80. *See also* hospitals; nursing homes
biorhythms, 84
bitterness. *See* emotions
blessings/faith/grace/prayers, 18-19, 23-24, 53, 54, 59, 60-62, 63, 94, 112-13, 144-45,
 164-65, 174-75, 178, 181-82
boundaries. *See* setting limits
brainstorming. *See* decision making/brainstorming
burnout and exhaustion/feeling overwhelmed, 13-14, 27-29, 35-37, 81, 122-23, 129,
 134, 135-36, 137-38, 144-45, 185
business advice and skills, 5-6, 88, 147-48. *See also* finances
cancer, 18-19, 38, 42, 45, 46-47, 51, 53, 54, 57-58, 63-64, 91-92, 134, 144-45, 147-48, 164-65
care coordination. *See* care plans; planning
careers, effects upon, 4-5, 9-10, 11-12, 171-72
caregivers/case managers. *See* professional help
care plans, 4-5, 6-8, 11-12, 27-29, 30-31, 35-37, 70, 71, 73, 94, 96-97, 134-35, 171-72.
 See also planning; support
care-share teams/care-sharing teams/care teams/personal support teams/sharing the care.
 See support, care-share teams
carpooling, 6-8
case managers. *See* professional help
cell phone or e-mail lists. *See* communication
choice. *See* power of choice
chores, sharing, 27-29, 35-37, 94

- [Get Started](#)
- [Who We Are](#)



churches. *See* support, church congregations/faith communities

colleagues. *See* human resources personnel, as initiators; support, colleagues and co-workers

coming full circle/giving back, 177-78

communication

- cell phone or e-mail lists, 27-28, 35-37, 54, 94
- e-mails, 6-8, 35-37, 45, 54, 56-57, 59, 60-63, 94
- in person, 4, 9-10, 12, 43-44, 81, 94
- letters, 45-46, 47-48, 55-56
- phone calls, 30-31, 35-37, 38, 42, 53, 54, 59, 63, 173
- selective, 15, 38, 88, 106-07
- Web sites, 60-62

communities. *See* support, communities

compassion. *See* emotions, love and compassion.

congestive heart failure, 137-38

congregational support. *See* support, church congregations/faith communities

control, exercising one's, 15, 144-45, 158-59, 168-69. *See also* power of choice

counselor-consultants/therapists. *See* professional help

courage, 30-31, 43-44, 57-58, 140-42, 177-78

creative outlets/expressions, 118-19, 147-48

creative solutions, 81

crises, 81, 129, 135-36, 147-48, 168-69

cultural diversity, 106-07, 115-16, 164-65, 179-80

cystic fibrosis, 86

death, facing, 23-24, 106-07, 164-65, 173, 181-82, 183, 185. *See also* rituals

decision making/brainstorming, 5-6, 6-8, 9-10, 11-12, 15, 27-29, 30-31, 35-37, 55-56, 70, 81, 82-83, 88, 102-03, 147-48, 158-59

dementia. *See* Alzheimer's; elderly, fragility and dementia

denial. *See* emotions

depression. *See* emotions

disabilities, 135-36, 137-38, 164, 171-72

diseases, 15, 38, 60-62, 70, 88, 93, 102-03, 135-36, 140-42, 168-69. *See also specific illnesses*

divorces, 9-10, 56-57, 135-36

Down's syndrome, 179-80

dying. *See* death, facing

dysfunction, family, 71

elderly

- couples, 27-29, 80, 122-23, 137-38, 178-79
- fragility and dementia, 27-29, 71, 96-97, 158-59, 171-72, 178-79, 181-82, 185
- individuals, 27-28, 30-31, 43-44, 96-97, 155, 158-59
- parents/grandparents, 4-5, 9-10, 18-19, 23-24, 27-29, 71, 80, 84

e-mails. *See* communication

embarrassment. *See* emotions

emotions

- anger/resentment, 59, 127-28, 135-36, 155-56, 164-65, 176, 185
- bitterness, 155-56
- denial, 106-07, 135-36
- depression, 46-47, 137-38
- embarrassment, 127-28
- fear, 6-8, 106-07, 124, 127-28, 129, 144-45, 150-51, 158-59
- frustration, 135-36
- grief and sadness, 30-31, 63, 137-38, 178-79, 181-82, 183, 185
- jealousy, 150-51, 168-69
- love and compassion, 18-19, 81, 127-28, 135, 164-65, 178-79, 181-82
- powerlessness, 127-28
- shame, 6-8, 127-28, 135-36
- tenderness, 127-28

encouragement, 18, 27-29, 86, 94

exhaustion. *See* burnout and exhaustion/feeling overwhelmed

faith, role of, 4-5, 23-24, 47-48, 53, 60-63, 112-13, 174-75, 177-78, 179-80, 181-82, 183



families. See support, families; dysfunction, family
fear. See emotions
feeling overwhelmed. See burnout and exhaustion/feeling overwhelmed
finances, 5-6, 43-44, 73, 88, 147-48. See *also* business advice and skills
foster care, 150-51
friends. See support, friends
frustration. See emotions
genetic diseases. See diseases
grandchildren/grandparents, 4-5, 18-19, 27-29, 60-62, 80, 84. See *also* elderly, parents/grandparents
gratitude. See appreciation/gratitude/thanks, expressing
grief and sadness. See emotions
guilt. See saying no
healing, 9-10, 137-38, 140-42, 174-75
Health Care Power of Attorney, 106-07
Health Insurance Portability and Accountability Act of 1996 (HIPPA), 106-07
heart attacks, 55-56, 94, 137-38
help appeals. See asking for help
HIV/AIDS, 177-78
home-health agencies. See professional help
honesty, lack of, 38, 51, 81, 106-07, 124, 135-36, 150-51, 164-65
hope. See power of hope
Hospice, 164-65, 181-82, 183
hospitals, 23-24, 30-31, 73, 86, 106-07, 124, 173
human resources personnel, as initiators, 11-12, 96-97, 171-72.
 See *also* asking for help, for clients or colleagues; support, colleagues and co-workers
humor, 84, 93, 181-82. See *also* laughter
illnesses/injuries
 child's, 13-14, 86
 facing, 35-37, 106-07, 168-69, 171-72, 179-80
 long-term, 15, 70, 134, 135-36, 144-45, 173
 midlife, 11-12, 35-37, 38, 70, 73, 91-92, 93, 127-28, 135-36, 140-42, 164-65, 168-69, 171-72, 177-78
 military, 73
 See *also* accidents, coping with; Alzheimer's; arthritis; cancer; congestive heart failure; cystic fibrosis; diseases; Down's syndrome; elderly, fragility and dementia; emotions, depression; heart attacks; memory loss; prostate cancer; strokes; transplants
independence, 71, 96-97
injuries. See illnesses/injuries
intergenerational support. See support, intergenerational
isolation/feeling trapped, 27-29, 96-97, 134, 135-36, 140-42, 164-65, 173, 176, 177-78.
 See *also* burnout and exhaustion/feeling overwhelmed
jealousy. See emotions
joy, 181-82, 183
laughter, 9-10, 183. See *also* humor
letters. See communication
life-coach counselors. See professional help, counselors/therapists
limits. See setting limits
long-term illnesses. See illnesses/injuries, long-term
love and compassion. See emotions
"medicalization", 140-42
meetings
 addressing colleagues at, 5, 11-12, 63-64
 avoiding, 106-07
 bringing up issues at, 9-10, 27-29, 81
 having care partner present at, 102-03
 setting up initial, 43-44, 46-47, 55-56, 70
memory loss, 27-29, 71, 158-59, 171-72, 176
men



asking for help, 6-8, 30-31, 42, 45, 55-56, 56-57, 63-64, 71
facing illness or death, 6-8, 23-24, 51, 57-58, 63-64, 91-92, 96-97, 122-23, 144-45, 155-56, 177-78, 178-79, 181-82, 185
primary caretakers, 27-29, 35-37, 81, 135-36, 137-38, 185
See also isolation/feeling trapped
midlife, facing illness in. See illnesses/injuries, midlife
military. See illnesses/injuries, military
moving, 82-83, 88, 118-19, 140-42, 158-59, 171-72, 181-82
neighbors. See support, communities
no, saying. See saying no
nursing homes, 43-44, 140-42, 171-72, 181-82
offering help, 4-5, 5-6, 9-10, 11-12, 13-14, 30-31, 38, 51-52, 53, 59, 60-62, 91-92, 94
overwhelmed. See burnout and exhaustion/feeling overwhelmed
paid caregivers. See professional help
parenting. See single parenting; support, intergenerational
passive-aggressive behavior, 135-36, 150-51
peace, finding, 118-19, 144-45, 164-65, 171, 173, 174, 181-82, 185
phone calls. See communication
planning
 in advance, 4, 9-10, 23-24, 30-31, 35-37, 43-44, 51, 56-57, 57-58, 82-83, 86, 96-97, 144-45, 147-48, 158-59
 too late, 38, 71, 88, 106-07, 129, 135-36, 137-38, 176
 when there's a need, 5, 6, 11-12, 13, 27-29, 42, 45, 45-46, 46-47, 47-48, 55-56, 63-64, 70, 73, 91-92, 96-97, 122-23, 134, 144-45
powerlessness. See emotions
power of choice, 15, 38, 82-83, 140-42, 164-65, 181-82
power of hope, 137-38, 140-42, 147-48, 164-65, 185
prayer, 23-24, 47-48, 53, 60-63, 94, 115-16, 127-28, 144-45, 164-65, 174-75
pregnancy, 81
priorities. See values
privacy, 6-7, 30-31, 38, 88, 96-97, 106-07, 122-23
professional help
 accountants, 96-97
 caregivers/case managers, 15, 70, 71, 80, 135-36, 140-142, 156, 172, 176, 179-80, 181-82
 counselors/therapists, 11-12, 15, 27-28, 70, 71, 93, 96-97, 115-16, 134-35, 140-42, 144-45, 147-48, 168-69, 171-72, 178-79
 home-health agencies, 15, 27-29, 47, 59, 70, 71, 73, 168-69, 176
 housekeepers, 36-37
 social workers, 15, 71
progressive diseases. See diseases
prostate cancer, 42, 91-92
receiving help. See asking for help; support
recovery, 35-37, 43-44, 47-48, 63, 73, 94, 122-23, 127-28, 140-42, 155-56
relief, 35-37, 135-36, 137-38, 168-69
resiliency, 18-19, 140-42, 144-45, 164-65, 168-69, 185
rituals, 9-10, 80, 118-19, 171-72, 179-80, 183
sabotage. See support, alienating/sabotaging
safety, 73, 82-83, 106-07, 171-72
saying good-bye, 118-19, 171-72, 178-79
saying no, 37, 51, 55-56, 63-64, 70, 73, 84, 115-16, 174-75
saying yes. See offering help
selective communication. See communication
self-care, 5, 9, 18-19, 43, 51, 82, 84, 112-13, 115-16, 118-19, 122-23, 134, 144-45, 171-72, 174, 188-89
self-neglect, 129, 134, 137-38
setting limits, 38, 51, 84, 115-16, 174-75
shame. See emotions
single parenting, 4-5, 13-14, 150-51. See also support, care-share teams, communities, intergenerational
solo caregiving, 129, 134, 135-36, 137-38. See also support, care-share teams, communities



spiritual partners, 174-75

strategizing. *See* care plans; decision making/brainstorming; planning

strokes, 30-31, 47-48, 122-23, 127-28, 129, 137-38, 155-56

support

alienating/sabotaging, 38, 106-07, 150-51, 155-56, 158-59, 164-65, 176

care-share teams, 15, 35-37, 70, 73, 81, 94, 106-07, 134, 155-56, 171-72, 177-78

church congregations/faith communities, 4-5, 23-24, 47-48, 73, 86, 94, 174-75, 177-78

colleagues and co-workers, 5-6, 9-10, 11-12, 15, 45, 55-56, 63-64, 70, 94, 171-72

communities, 13-14, 15, 51, 70, 73, 81, 122-23, 135-36

families, 18-19, 23-24, 27-29, 46-47, 55-56, 56-57, 71, 84, 127-28, 179-80

friends, 6-8, 9-10, 13-14, 18-19, 27-29, 30-31, 35-37, 43-44, 59, 60-63,

81, 86, 88, 91-92, 122-23, 174-75

intergenerational, 14-15, 18-19, 27-29, 71, 73, 137-38, 185

one source (*See* solo caregiving)

surgeries, 35-36, 43-44, 94

tenderness. *See* emotions

thanks, ways to show. *See* appreciation/gratitude/thanks, expressing

transplants, 38, 60-62, 86

trust, 23-24, 51, 91-92, 106-07, 134, 135-36, 144-45, 150-51, 177-78

values, 81, 82-83

vision, 38, 73, 140-42

vision statement, 18-19, 82-83

volunteer organizing community. *See* support, communities

vulnerability, 96-97, 127-28. *See also* emotions, fear

wearing down. *See* burnout and exhaustion/feeling overwhelmed

Web sites. *See* communication

withdrawing support, 164-65, 174-75, 176. *See also* saying no

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