



## **SURVIVAL GUIDE FOR CAREGIVERS**

**Practical advice for giving care  
without burning out**

Michelle Arcand and Lorraine Brissette

**Yes, you can care for a loved one while conserving  
your energy!**

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In Quebec, and many western countries, between 40 and 60 percent of the population take on the role of caregiver in a more or less intensive way. And these people are at risk of burnout. Being a caregiver is far from easy! As a starting point in their reflection, the authors asked themselves the following question: How can someone take on this role without utterly exhausting themselves? Drawing on their lengthy clinical experience as a social worker and a psychologist, they present in this book a simple and structured approach. All facets are touched on: the unavoidable stages inherent in this role, the awareness needed, the totally normal expectations, ways of protecting your health, the role of the family, bringing in outside help... This book has the merit of going far beyond a description of difficulties. It provides informal caregivers with ideas and ways to continue giving care, while maintaining their energy and their lives.

### **STRONG POINTS**

- Personal stories that connect with a large portion of the population.
- A guilt-alleviating read about the difficulties experienced by caregivers.
- Tools for thought that everyone can use, both caregivers in a home setting and professionals.
- Complex psychological concepts are simplified.

**Subjects:** caregiver, burnout, psychology, health

*Michelle Arcand is a Quebec clinical psychologist. She worked for many years with a clientele of adults with various mental health and psychosocial adaptation problems. She has by turns been a therapist, teacher, inspector for her professional association, lecturer and author. She developed the burnout prevention for caregivers approach with the collaboration of Lorraine Brissette.*

*Lorraine Brissette has a masters in social work, with a specialization in gerontology. She was employed in the health and social services network for several years as a social worker, clinical supervisor and manager of home-care services, in both day centres and hospitals. With Michelle Arcand, she conducted training for healthcare workers and psychosocial workers, in both Quebec and France.*