



# How to Live with a Mentally Ill Person: A Handbook of Metally Ill Strategies

By Christine Adamec

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## How to Live with a Mentally Ill Person: A Handbook of Metally Ill Strategies By Christine Adamec

If you think you are the only person who ever felt you could not bear another minute of caring for a mentally ill person, and wondered why this terribly unfair thing had happened to you, this book is for you. Caring for a mentally ill loved one presents a unique set of problems and challenges. This book shows you how to provide much-needed, effective, and compassionate care without sacrificing your own well-being or the needs of other family members. As the mother of a schizophrenic daughter, Christine Adamec knows firsthand the emotional, logistic, and financial difficulties caregivers face. Here, she draws on her own experiences and the shared experiences of others, as well as the practical guidance of mental health professionals, to provide you with the strategies and tactics you need to achieve sanity in your day-to-day life. If you care for someone with schizophrenia, Alzheimer's, manic depression, obsessive-compulsive behavior, or any mental illness, here is welcome advice on:

- Making sure your loved one takes his or her medication
- Handling public outbursts
- Knowing where and how to get financial aid
- Learning and asserting your rights with health care professionals
- Working with the legal, hospital, and insurance systems
- Maintaining your own health and sanity

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### **Editorial Review**

From Library Journal

At least half of the estimated 30 million Americans suffering from a disabling mental illness live with their families. Adamec, herself the mother of a schizophrenic daughter, presents a handbook for developing daily coping and caregiving skills. Not intended to describe, diagnose, or treat any particular mental illness, this book instead advises the caregiver on how to balance the needs of the family as a whole and suggests strategies for dealing effectively with common and serious symptoms (e.g., hallucinations, poor hygiene) and situations (e.g., refusals to take medication, disagreements between the caregiver and doctors or therapists). Adamec addresses as well the navigation of "the system" of psychiatric care, educational opportunities, and health insurance coverage. The advice and suggestions she gives in this quintessential how-to-cope handbook are convincing and should serve to build any caregiver's repertoire of skills. This book deserves shelf space alongside such related works as Diane and Lisa Berger's *We Heard the Angels of Madness* (LJ 4/1/91).?Dana L. Brumbelow, Auburn P.L., Ala.

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From the Back Cover

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About the Author

CHRISTINE ADAMEC is a freelance writer whose features have appeared in leading newspapers and magazines. She is the author of *The Encyclopedia of Adoption* and *There Are Babies to Adopt*. Christine lives with her husband and three children in Palm Bay, Florida.

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