



A Caregiver's Call for Help

When a caregiver experiences the thought, *"why won't they just die!"* they are not actually expressing a wish for the death of their loved one. Rather, this expression is a way of venting their frustration and feelings of helplessness. It's used in a moment of overwhelm and desperation, a time when the caregiver feels that they've reached their limit; a situation where they feel like they're running out of options.

Caregivers provide care out of love, concern and obligation, but it can be exhausting and demanding. *"Why won't they just die!"* is indeed a caregiver's call for help.

"Caregiving is one of the most unsettling jobs you can do. There are long hours, unpredictable behaviors, and the stress of knowing that your loved one's well-being is in your hands. It can be especially exhausting when you're caring for someone with dementia or other cognitive impairments."

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Why Won't They JUST DIE...

"EMOTIONAL TURMOIL OF CAREGIVERS
OFTEN GO UNNOTICED."

Explore the deeply emotional and heartfelt experiences
of full-time caregivers.

Captivating stories that will resonate with anyone who has been, who is or will be a full-time caregiver. It reminds us that mental and emotional self-care are critical in full-time caregiving.

This book will assist full-time caregivers who are considering caregiving or are already in the midst of caring for someone. With this book you will:

- Explore the various emotions full-time caregivers experience
- Learn ways to overcome the effects of those emotions
- Relate with other caregivers through the many stories shared
- Review the Frequently Asked Questions (FAQ's) which gives a concise summary of each emotion discussed.

Compelling, *Insightful*, Empathetic



R. Lee's vast caregiving experiences have influenced his deep desire to serve the caregiver community. Having witnessed his family's commitment to serve their loved-ones through the aging process, strong values were established.

Having dedicated numerous years to caring for his elderly mother until her passing, a lifestyle of service continues to the time of

this publication. A caregiver to his remarkable 103-year-old aunt for over a decade, R. Lee is challenged by the journey not without its daily struggles.

While in seminary, he served as an Air Force chaplain candidate, offering spiritual solace to hospital patients in need. Following the completion of his MDiv, he completed a unit of clinical pastoral education at Louisville General Hospital. There his caregiving skills deepened. Notable, on returning to Philadelphia, R. Lee's time as a food server to cancer patients at the Hospital of the University of Pennsylvania, broadened his compassion for the critically ill and their families.

R. Lee Moore, Sr. is not just an accomplished author, but a remarkable individual whose genuine care and contagious enthusiasm leave an indelible impact on the lives he touches.

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