



Supporting Families and Carers: A Nursing Perspective

Mary E. Braine, Julie Wray

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Understanding the perspective of carers is an essential aspect of nursing. **Supporting Families and Carers: A Nursing Perspective** offers insights into the fundamental principles of caring for families and carers irrespective of age, gender, ethnicity, sexuality or religion.

This book discusses the concepts and theories that underpin our understanding of the behaviours and feelings that families and caregivers may experience. While the book covers theoretical dimensions to understand the caregiving experience, it also provides practical perspectives for nursing and is a unique resource to inform nursing practice and learning at all levels.

The book covers topics such as the stress process, stressors and how they relate to caregiving as well as actions and resources to help alter stressful situations. Interventions discussed include training and education programs, problem-solving skills, information technology-based support and formal approaches to planning care that take into account the specific needs of carers.

Carers are a central aspect of contemporary health services, and working with carers is fundamental to the delivery of high-quality person- and family-centred nursing care. This invaluable resource helps nurses to work effectively in partnership with patients and their carers.

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