

Stillpoint

A SELF CARE PLAYBOOK FOR CAREGIVERS

Questions for Radio, TV, Podcasts – Sheila K. Collins

1. How did you come to the issue of self-care?
2. What caused you to write a book for professional caregivers and now, to bring out a revised second edition?
3. You call being a caregiver a hazardous occupation. What do you mean by that?
4. 16.6 % of Americans, 39.8 million people in the U S are informal caregivers, taking care of an ill or disabled family member. What do you recommend they do to take care of themselves?
5. What does it mean to have a self-caring lifestyle or working in a self-caring way?
6. Can you give an example of one or 2 practical tools that you recommend to caregivers?
7. You describe yourself as a dancing social worker? What do you mean by that?

Questions for Radio, TV, Podcasts – Christine Gautreaux

1. How did you come to be known as a helper's helper?
2. You said yes to helping with the Revised version of Stillpoint. How did that come about?
3. You call being a caregiver a hazardous occupation. What do you mean by that?
4. 16.6 % of Americans, 39.8 million people in the U S are informal caregivers, taking care of an ill or disabled family member. What do you recommend they do to take care of themselves?
5. What does it mean to have a self-caring lifestyle or working in a self-caring way?
6. Can you give an example of one or 2 practical tools that you recommend to caregivers?
7. You describe yourself as an advocate for social workers and other professional helpers? What do you mean by that?