

Traditions: Improving Quality of Life in Caregiving by Janelle Sellick ISBN 1-892132-55-9. ISBN13 978-1-892132-55-0 Paper by venture.

Traditions is a valuable book written with caregivers in mind. Author Janelle Sellick leads the caregiver through a series of exercises intended to improve the quality of life for those in care giving relationships. The exercises in the book encourage both parties to develop or rekindle a quality leisure lifestyle while continuing to provide the highest level of care.

Traditions is an eye opening reminder for caregivers in understanding the importance of leisure activities in their lives and those they care for. Leisure activities may become neglected in a care giving relationship due to the overwhelming activities of daily living and changes a loved one is experiencing. Caregivers often disregard their own leisure and may be unsure of how to provide quality leisure for the loved one they are caring for. *Traditions* is a user friendly guide that assists both parties to create a better quality of life through participation in wellness activities. The author outlines the following as domains of wellness: physical, emotional, social, spiritual, intellectual, and vocational. When a person successfully participates in a variety of wellness activities this leads to a higher quality of life.

In the introduction the author describes the book as a “journey toward self discovery related to your own quality of life as well as the quality of life for the person you provide care for.”

Chapter one encourages readers to explore their attitudes and values in relation to quality of life. The exercises in this chapter lead readers to think about how pleasurable activities can counteract the stressful events in your life. The second chapter deals with problem solving and planning where readers are given exercises to identify and overcome barriers to participation including time money guilt etc. Chapter three provides motivational strategies for participation in life activities and outlines strategies for a caregiver to motivate their lived one to participate in activities and have fun together. Chapter four offers therapeutic interventions for quality life including each dimension of wellness and a list of suggested ideas and benefits for the participant. The fifth chapter discusses adapting activities and activities for success and finally the sixth chapter leads the reader to assess resources for wellness.

The challenges and stress involved in caring for a loved one can greatly impact quality of life;

the exercises and information in this book allow the caregiver to understand the importance of leisure activities and how to set goals for successful participation. Also care givers will develop a better understanding of the importance of leisure in their own life and will be able to provide better care when they are experiencing a higher quality life themselves. The benefits for the person receiving care may include feelings of increased confidence, independence, and decreased depression. Finding leisure activities that care givers and receivers can enjoy together allows the care giving relationship to remain positive and well balanced. The exercises in the book allow the reader to explore and improve shared and individual leisure time between caregivers and persons receiving care ultimately leading to both parties enjoying a higher quality life together.

Reviewed by: Jessica Daily, CTRS.