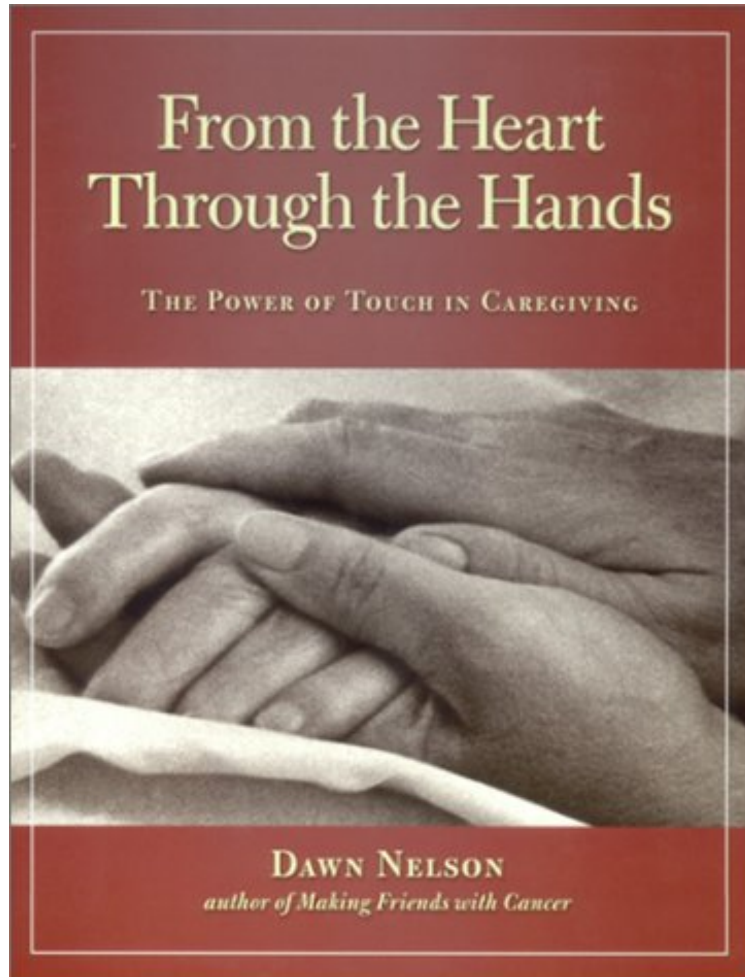


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## From the Heart Through the Hands

*Dawn Nelson*

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**Dawn Nelson : From the Heart Through the Hands** before purchasing it in order to gage whether or not it would be worth my time, and all praised From the Heart Through the Hands:

1 of 1 people found the following review helpful. The depth of touch is fathomless.By Dorothy M. Wright-IrwinThis book empowers family members and friends to become actively involved in the care and comfort of their loved ones who are aged, ill, or approaching end of life. Dawn's detailed descriptions of practical techniques appeals to people of all ages and walks of life. Dawn demonstrates that touch, such as holding hands or being witness to an individual with presence, can have a profound impact on the elderly or ill person. This book validates the importance of filling the gaps in care and caring for all human beings created by society, our healthcare system and facilities. This book is a must for all healthcare workers and caregivers.1 of 1 people found the following review helpful. Reclaim the power of touch in caregiving!By E. Ann CatlinThis moving book is an inspiration to anyone who intuitively knows the sacred

nature of caring for the elderly and the ill. Dawn inspires the reader to use intention, touch and gentle massage to provide comfort for and connect with those who are ill, elderly or dying. This book is a jewel as it combines practical approaches with the underlying spiritual nature of the work of caregiving. 1 of 1 people found the following review helpful. Great resource! By S. Regan This is an engaging and thoughtful examination of the importance of human touch by caregivers in the lives of people with decreased mobility. Most of us will face a point in our lives where we will need to be cared for or care for someone else and this book is an invaluable guide.

This book is for people who like to touch and be touched, and for those who long to be touched more. It is for those who feel comfortable communicating through their hands and for those who wish to feel more ease in transmitting care through touch. It is for people whose responsibility or job or gift it is to oversee or to help take care of the elderly and ill members of our society. It is for sons and daughters caring for aging parents with physical impairments that effect a role reversal in a lifetime of relating. It is for the courageous men and women who continue caring for spouses or mothers or fathers with dementia related diseases such as Alzheimer's after such a disease has robbed that loved one of the ability to remember the relationship he or she once shared with the care giver. It is for companions and family members struggling and sometimes sacrificing to provide care for their loved ones at home. It is for the underpaid and overworked nursing home staff whose daily duties include providing physical care for men and women experiencing a wide range of physical and mental challenges. This book is for doctors who have forgotten or never learned that touch is medicine and for those who are wise enough to know that a five second hug, offered as a gesture of shared humanity, can often do more to assuage fear and anxiety than a five minute lecture. It is for nurses and nursing assistants who, once trained in giving back rubs to hospitalised patients to reduce discomfort and induce sleep, in current care systems may be more often in contact with equipment than with people, or spend most of their time dispensing medicines and completing paperwork. It is for the restorative aids, the occupational and physical and recreational therapists in extended care facilities who are searching for more effective and affirming ways of relating to those whom they serve. It is for compassionate administrators and directors open to implementing cutting edge modalities and life enhancing activities for their patients, residents and program participants. It is for hospice professionals and volunteers, hired companions, geriatric consultants, guardians, home health aids and others who want to help improve quality of life for their charges and clients. It is for chaplains and social workers and grief counsellors who wish to reclaim the power of intentional touch in ministering to the frail, the distraught and the bereaved. It is for massage therapy students desiring to build careers in arenas that combine service with professional and personal growth and for practitioners whose hearts and hands lead them to forge new paths in venues where their skills are sorely needed. It is for anyone who wishes to use touch more consciously and compassionately in relating to the elderly, the ill and the dying.

From Booklist After her drunken mother failed to care for Nelson as a baby, her grandparents raised her with "unconditional love" and "gentle, nurturing touch." Here, Nelson records what she learned from that experience and how she has applied it since. Touch is more than a physical act, she says. It can also involve the eyes, ears, and a general interest in caregiving. Nelson relates many of her experiences with touch in hospitals, nursing homes, hospices, and homes, as well as those of friends, colleagues, and others. Touch can help in the treatment of patients with AIDS, Alzheimer's, and many other physical and psychological afflictions. A toucher must, of course, always be observant and conscious of unspoken as well as spoken communication; and sympathetic relations with families and medical and nursing personnel as well as patients is vital. Finally, those who use touch can often learn much about themselves while using it. Besides making those points, Nelson describes touching techniques practically and offers related suggestions for caregivers. William Beatty Copyright copy; American Library Association. All rights reserved A treasure ... this book leads to greater understanding of life, death, and the true meaning of healing. -- Karen Buhler, M.D. Nelson describes touching techniques practically and offers related suggestions for caregivers. -- Booklist, October 15, 2001 Tools for revolutionizing geriatric care and utterly transforming the experience of aging. -- Deane Juhan, Author of Job's Body About the Author Dawn Nelson, M.F.A., C.M.T., Founder of COMPASSIONATE TOUCH reg; for those in Later Life Stages, and an internationally recognized speaker, author and touch educator, has, been a pioneer in the effort to incorporate massage and skilled touch in care plans for the elderly and the ill in nursing homes, Alzheimer's facilities and hospice programs.