



The Gift I Was Given: The Journey of a Caregiver Through the Stages of What Now?, Why Me?, & Ah Ha!

Mary Anne Ehlert

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Families of individuals with special needs often feel lost, confused and alone. If the person who is the caregiver is a parent of a young child newly diagnosed, the parent of a young person returning from college with mental illness, the parent of an adult with a disability who is trying to find their way in the world, or the child of a parent who now needs care due to the aging process, all have the same common fears. They don't know where to start, how to be a good caregiver, and don't know where to begin to look for help. The feeling of helplessness can be staggering. Knowing you are not alone and that there are many to reach out to is a huge help. "The Gift I Was Given" provides hope to those who have been in my shoes.

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