



Ice Floes And Polar Bears: An Inside Look At Nursing Homes

Grace Rudolph BSW LSW

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Millions of Americans will encounter nursing homes over the next ten years. Millions more will be their caregivers. The paradox of care giving is that while our experiences are similar our coping skills are unique. Ice Floes and Polar Bears: An Inside Look at Nursing Homes is an easy-to-read, at times humorous, book for families, caregivers, residents, and students. The storytelling style pulls you into one vivid scene after another and the vignettes provide practical advice on everything from dealing with guilt to coping with burnout.

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