

Download Coping With Chronic Illness And Disability

Sean's Story "I wish to acknowledge and thank Life Coping for providing independent care management for my son, Sean William. Sean, who is 5 years young, has chronic kidney disease, severe bilateral hydronephrosis, chronic bladder disease, seizure disorder, hypertension, dietary issues, compromised immune system, feeding disorder ...COPING can be defined as "the ability to deal effectively with and handle the stresses to which one is subjected." (Taber's Cyclopedic Medical Dictionary) It involves facing the problems of chronic illness in such a way that you are able to enjoy a measure of control and peace of mind. And in Caring for your body and mind, and nurturing relationships with others are vitally important to your health and well-being. Effective communication skills can prevent your illness from coming between you and the people you care about. As people grow older with chronic disease, they have unique, multi-dimensional, and interrelated needs that are underexplored. Moreover, these needs are often unmet, even though these needs could be addressed with mindfulness exercises (Haylock, 2010). - Coping With Chronic Illness And Disability