

## For caregivers and their emotions



Corinna Kohröde-  
Warnken  
**You Remain You and I  
Remain Me**

[Du bleibst du, und ich bleib  
ich]

Keeping your balance when  
parents need care

Gütersloher Verlagshaus  
224 pages  
Format 13,5 x 21,5 cm  
August 2019

**Corinna Kohröde-Warnken**, born in 1966, is an intensive-care and anaesthetics nurse. She is also active as a training facilitator and is involved in the nursing management of an elderly-care facility. She studied public health and nursing management and has been a lecturer in Hamburg.

Tending to elderly parents is central to the lives of anyone older than 45. In most cases, the organisation of such activities and the care and support of parents to the point of exhaustion is initially dealt with by family members (usually daughters), meaning that the necessary balance between care and one's own quality of life frequently falls by the wayside. Emotions, closeness, respect, sense of purpose, feelings of guilt, and a healthy degree of egoism are the focus of this book. Manifold perspectives, examples, and practical advice all lead to the positive handling of personal resources.

- Recognizing one's own limits and handling them positively
- For everyone wanting to boost their inner resources in order to be good carers
- The author is an expert in this field and a popular lecturer on the topic of care