

THE CAREGIVER'S SURVIVAL HANDBOOK

HOW



TO

CARE FOR YOUR
AGING PARENT

WITHOUT LOSING

YOURSELF *OK*

ALEXIS ABRAMSON

WITH MARY ANNE DUNKIN

Aging Parent Handbook

VM Jensen



Aging Parent Handbook:

The Aging Parent Handbook Virginia Schomp,1997-05-15 A comprehensive guide that offers practical and comforting advice for children of aging parents People are rarely equipped for the uncertainties associated with their parents growing older and moreover these are usually issues that they would rather not face Virginia Schomp s insightful and inspiring guide offers suggestions as well as comfort to help families make the right choices together This valuable one stop reference helps identify specific issues and provides practical advice on a variety of topics such as deciding when the time is to step in and help determining the level of care a loved one requires and ensuring no one even the caregiver is neglected throughout these trying times The Aging Parent Handbook also provides directories of agencies that can provide help an exhaustive list of related books and articles and much more No family should be without this indispensable guidebook

The Caregiver's Survival Handbook Alexis Abramson,Mary Anne Dunkin,2004 A practical handbook for women confronting the problems of caring for an aging parent explains how to deal with the changing parent child roles foster aging parents independence get help from other family members find time for oneself and balance work family and caregiving responsibilities Original

The Essential Guide to Caring for Aging Parents Dr. Linda Rhodes,2012-07-18 As the elderly live longer and health care becomes more complex and expensive the personal and financial burden placed on families attempting to care for an aging parent is greater than ever Dr Linda Rhodes has decades of experience in assisting families to navigate this often treacherous road and she has her own personal story to tell This mix of professional wisdom and warm personal insight makes *The Essential Guide to Caring for Aging Parents* the perfect guide for anyone in need of an authoritative yet supportive voice to help an elderly parent not only live with dignity but thrive Dr Rhodes shares with readers loads of advice garnered from her years as the Secretary of Aging for the state of Pennsylvania as well as her own personal story of dealing with her parents situation often over long distances

Survival Handbook for Children of Aging Parents Arthur N. Schwartz,1977

Elderly Parent Caregiver Guide HowExpert,Rebecca Rehak,2019-08-08 Elderly Parent Caregiver 101 is the ultimate guide for adult children who are or will become their parents caregivers Filled with valuable information and ideas this book offers hope support and plenty of practical advice for anyone caring for their elderly parents Each chapter describes a different area of caregiving including Becoming a Caregiver Medical Providers Facility Care Caregiver Support Financial Concerns Medical Devices Special Circumstances End of Life As the author guides you through the maze of caregiving she shares her knowledge as a nurse and examples from her own journey of caregiving for her elderly parents This book defines medical terms explains insurance options and highlights the many tools available to caregivers Through these topics you ll gain the understanding needed to be a caregiver for your elderly parents Each section offers helpful information and true insights only a caregiver can provide The tips in every chapter are practical facts and advice for every area of your caregiving You are not alone in your caregiving journey Don t struggle without having the best resource for

knowing everything you need to know about caring for your elderly parents This guide is your trusted companion for that journey About the Expert Rebecca Rehak LPN is a nurse writer and public speaker who has worked in the medical field for over 20 years including kidney dialysis community health and Memory Care As a public speaker she helped advance programs for dialysis access care and currently teaches science camps for children Her work has touched the lives of thousands of people After caring for both her elderly parents she now devotes much of her time to writing articles blogs and providing support for other caregivers She and her husband live with their big furry dog in Wisconsin The author would like to thank the doctors and staff at Froedtert Hospital the Medical College of Wisconsin and Horizon Home Care and Hospice for the wonderful care they provided to both her parents HowExpert publishes quick how to guides on all topics from A to Z by everyday experts *The Handbook for Children of Aging Parents*, 2014-02 *You and Your Aging Parent* Barbara Silverstone, Helen Hyman, 1976 Deals with the many emotional and practical hurdles that often thwart sons and daughters in their efforts to meet the needs of aging parents and points to solutions that can be [A Catholic Guide to Caring for Your Aging Parent](#) Monica Dodd, 2009-06-15 Monica Dodds understands the pressures that millions of middle aged Americans endure as they become caregivers to aging parents Her professional work with the elderly has exposed her to the complex medical financial and legal problems that entangle older people Her personal experience helping ailing family members has given her deep insight into the difficulties caregivers face in dealing with these problems [A Catholic Guide to Caring for Your Aging Parent](#) is a comprehensive guide for caregivers Dodds insists that faith is a fundamental part of caregiving and her approach is deeply rooted in Catholic spirituality She shows adult children how they can love and serve their aging parents better by deepening their own spiritual lives Caregiving she says is a time of many grace filled moments Dodds explains how to properly assess the needs of a failing older person and she writes in detail about the physical mental emotional interpersonal and spiritual dimensions of care Three extensive appendices provide checklists for assessing needs a compilation of resources and an anthology of prayers [You and Your Aging Parent](#) Barbara Silverstone, Helen Kandel Hyman, 2008-02-27 First published in 1976 *You and Your Aging Parent* is a classic the first book to shed light on the challenging relationship between adult children and their aging parents illuminating the emotional health and financial difficulties that elderly parents and their children face during the senior years Marking the 30th anniversary of this highly popular book the new and revised edition addresses the changes that have taken place in the last three decades but it still embraces the authors fundamental insight that the difficulties and challenges of the aging process are as much a family affair as in any other phase of life Both a sensitive exploration of the dynamics of the aging family relationship between parent and child and sibling and sibling and an authoritative how to guide for seniors and their families navigating the practical problems of growing old in America *You and Your Aging Parent* has been thoroughly updated to reflect the latest research findings and changes affecting older adults including in health care and social services **The Boomer's Guide to Aging**

Parents Carolyn L. Rosenblatt, 2009-02 Carolyn L. Rosenblatt is a registered nurse and an attorney with over 40 years of combined experience. She has compiled her 9 volume series into this Complete Guide. It touches on dangerous older drivers, choosing home care workers and nursing homes, understanding assisted living, the specifics of handling money for aging parents, ways to manage sibling conflicts about elders, advice from a lawyer about how to choose a lawyer when your parent needs one, and knowing how a care manager can help you. The Caregiver's Survival Handbook Alexis Abramson, 2011. Being a caregiver can be rewarding but demanding work, and more than 40 million adult children find themselves experiencing the double duty of caring for their elders as they try to carry on a life of their own. The mission of this book is to help caregivers figure out how to look after aging loved ones, provide for other family members, and attend to their own career without losing themselves in the process. *Aging Parents and Options in Care* Hillary Abrams, 2008-08. It's a challenge millions of people are currently facing. The majority of people wait until they are in crisis when reacting to the declining health of their loved ones. This book will help make the best choices during this stressful time. Includes a step by step easy to use manual including forms. The Everything Guide to Caring for Aging Parents Kathy Quan, 2009-01-17. There are a lot of issues to consider as our loved ones get older. From in-home care to assisted living facilities, there are myriad options available, and each person's needs are unique. Family members need a resource that will answer all of their questions and ease them through this often complicated transition. This helpful handbook guides concerned children as they decide which level of care is best for their parent, maintain communication, and discuss difficult topics, handle home safety issues, manage transportation, find and work with a primary care physician, navigate insurance paperwork, handle legal issues, and questions and other sensitive issues. From setting up a support network to avoiding scams, this informative guide will help a family decide on and implement the best care options for their loved ones. **Handbook of Aging** Elliott Dunlap Smith, 1972. **You and Your Aging Parent** Barbara Silverstone, Helen Hyman, 1990-01-03. Growing Old David A. Tomb, 1984. **Take My Hand Again** Brummett, Nancy Parker, 2015-04-27. The guide the author wishes she had when she took on a caretaker role. By 2020, the senior population in this country will number over 115 million. Despite this persistent graying of America, few adult children feel prepared to take on the role of caregiver for aging parents. Those who discover they must now intervene and care for an elder they love are often at a loss. Trying to navigate the transition is like being dropped in a foreign country with no map, no GPS, and no translator, and acting as a tour guide. Nancy Parker Brummett knows what they're going through and has the means to help. She shares her own experience of caring for a mother and mother-in-law in assisted living, as well as lessons learned through study of the academic, social, and political issues involved. Each chapter begins with relevant Scripture, but the useful information here is not limited to people of faith. *Take My Hand Again* offers readers the warm feeling of having someone they trust stepping up to hold their hand and share encouragement and hope. Children of the aging don't need a degree in gerontology; they just need for someone to ask the pertinent questions and

give them an overview of the pros and cons of common options so they can make informed decisions Whether they've already had their wake up call or just want to be prepared for what's to come Brummett's sometimes humorous sometimes poignant book has just what they're looking for

The Eldercare Handbook Stella Henry, Ann Convery, 2006-05-09 In this comprehensive and accessible guide long term care expert Stella Henry helps readers navigate the daunting logistics and powerful emotions of making care decisions for an elderly parent or loved one Drawing from her 36 years as a registered nurse and a nursing home administrator as well as her experience caring for both her parents both of whom suffered the ravages of Alzheimer's disease Henry tackles all the tough issues spotting the warning signs of dementia redefining sibling roles doing a walk through at an assisted living facility or nursing home making the move and coping with take me home demands She also explains the medical legal and insurance maze In a time when almost 10 million Americans currently need long term care The Eldercare Handbook is an essential read

Aging Parents Kristy Clark, 2015-04-15 *Aging Parents A Guide on How to Care for Aging Parents* This is volume 3 in a series of 3 Aging books If you want to understand aging parents and want to know the secrets of aging parents caregiver aging and health and how to take care of your parents then you're about to know what you can do for your parents as a caregiver in this new ebook *Aging Parents A Guide On How To Care For Aging Parents To Help Them Through Life's Transitions* This book gives you the answers to important questions and challenges every caregiver faces Life's journey is fraught with twists and turns some unexpected and some not We begin dependent upon parents to guide us through uncertainties and doubts learning as we grow to adulthood Our parents were there for us teaching nurturing and helping to steer a safe course for our happiness and success That process takes place in homes and families the world over It is not unique but it is special and endearing The experience builds bonds of trust love and concern that are necessary when the roles are reversed and the child becomes the caregiver the support and the guardian For too many the transition is troubling for both parties The sudden lack of freedom for an adult who has done what he or she has wanted for 70 years can lead to resentment and even hostility Where does one go for difficult answers and when do you begin the process Writer Kristy Clark tackles the difficult issues for children of aging parents Take the guesswork out of the equation and learn in a systematic caring way to address the inevitable before you're faced with making decisions in the face of adversity or a tragedy There is a right and a wrong way to provide long or short term parental care but the roadmap is here laid out to provide assurances to all parties concerned

A Smattering of What's Inside Warning Signs of Health Problems How to Communicate Instructions for Proper Care How to Handle Their Investments Well being and Safety Overcoming Resistance If you anticipate ever becoming a primary caregiver for your parent or another family member read this book it will turn the experience from a burden into a blessing Download it today and plan for their future and yours So if you're serious about wanting to learn how you can take care of your parents then you need to buy a copy of this inspiring book *Aging Parents A Guide On How To Care For Aging Parents To Help Them Through Life's Transitions* right now

and start improving your relation with your parents today Take action today and download this book now Don t miss this great opportunity *My Parents Got Old! Now What Do I Do?* Janine Brown,2015-11-06 An aging population means an increasing number of children take care of their parents While adult children have been their elderly parents caregivers for generations those in that role today face challenges others have not Its no wonder many feel overwhelmed and stressed when they first take responsibility for those who once took care of them Author Janine Browns *My Parents Got Old What Do I Do A Practical Guide to Caring for Your Aging Parents* helps you face and get through the issues surrounding your role as adult child and parental caregiver Brown is not a lawyer accountant or doctor She writes from the personal experiencehers and othersof caring for aging parents She shares information to help caregivers and potential caregivers assess needs and skills necessary to providing their parents with the best possible care Through her experiences youll gain an understanding of what happens in real life Brown takes caregiving beyond the theoretical to the practical Checklists help you stay organized which can be very helpful in situations with heightened emotions Youll appreciate the authors holistic approach to the adult caregiving including chapters on family ties and the emotional reality of what is to come Theres no doubt caring for an elderly parent can be difficult and trying With *My Parents Got Old Now What Do I Do A Practical Guide to Caring for Your Aging Parents* you wont be alone on this journey Youll have the benefit of others who have been there

Ignite the flame of optimism with its motivational masterpiece, **Aging Parent Handbook** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

https://enterpriseenrollment.cruiselady.com/book/book-search/default.aspx/earth_tigerlets_as_explained_by_professor_xargle.pdf

Table of Contents Aging Parent Handbook

1. Understanding the eBook Aging Parent Handbook
 - The Rise of Digital Reading Aging Parent Handbook
 - Advantages of eBooks Over Traditional Books
2. Identifying Aging Parent Handbook
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aging Parent Handbook
 - User-Friendly Interface
4. Exploring eBook Recommendations from Aging Parent Handbook
 - Personalized Recommendations
 - Aging Parent Handbook User Reviews and Ratings
 - Aging Parent Handbook and Bestseller Lists
5. Accessing Aging Parent Handbook Free and Paid eBooks
 - Aging Parent Handbook Public Domain eBooks
 - Aging Parent Handbook eBook Subscription Services
 - Aging Parent Handbook Budget-Friendly Options

6. Navigating Aging Parent Handbook eBook Formats
 - ePub, PDF, MOBI, and More
 - Aging Parent Handbook Compatibility with Devices
 - Aging Parent Handbook Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aging Parent Handbook
 - Highlighting and Note-Taking Aging Parent Handbook
 - Interactive Elements Aging Parent Handbook
8. Staying Engaged with Aging Parent Handbook
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aging Parent Handbook
9. Balancing eBooks and Physical Books Aging Parent Handbook
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Aging Parent Handbook
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Aging Parent Handbook
 - Setting Reading Goals Aging Parent Handbook
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Aging Parent Handbook
 - Fact-Checking eBook Content of Aging Parent Handbook
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

Aging Parent Handbook Introduction

Aging Parent Handbook Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Aging Parent Handbook Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Aging Parent Handbook : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Aging Parent Handbook : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Aging Parent Handbook Offers a diverse range of free eBooks across various genres. Aging Parent Handbook Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Aging Parent Handbook Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Aging Parent Handbook, especially related to Aging Parent Handbook, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Aging Parent Handbook, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Aging Parent Handbook books or magazines might include. Look for these in online stores or libraries. Remember that while Aging Parent Handbook, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Aging Parent Handbook eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Aging Parent Handbook full book , it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Aging Parent Handbook eBooks, including some popular titles.

FAQs About Aging Parent Handbook Books

What is a Aging Parent Handbook PDF? A PDF (Portable Document Format) is a file format developed by Adobe that

preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. **How do I create a Aging Parent Handbook PDF?** There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. **How do I edit a Aging Parent Handbook PDF?** Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. **How do I convert a Aging Parent Handbook PDF to another file format?** There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobats export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a Aging Parent Handbook PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Aging Parent Handbook :

earth tigerlets as explained by professor xargle

earthquakes and their consequences

east germanys economic development since unification domestic and global aspects

easing the ache gay men recovering from compulsive behavior

earthen wonders hungarian ceramics today

earths children collectors edition

east wind rain a novel

east of desolation

earth and its peoples 2nd ed. vol ii

earth from a to z

earth and its peoples a global history complete

eastern trails from footpaths to turnpikes

earthly remains the history and science of preserved human bodies

earth shall weep a history of native america

east africa through a thousand years

Aging Parent Handbook :

The Synthesis Effect: Your Direct Path... by McGrail, John The Synthesis Effect provides simple, powerful, and clinically proven techniques for creating personal change and transformation while outlining a realistic ... The Synthesis Effect: Your Direct Path to Personal Power ... The Synthesis Effect provides simple, powerful, and clinically proven techniques for creating personal change and transformation while outlining a realistic ... The Synthesis Effect: Your Direct Path to Personal Power ... The Synthesis Effect provides simple, powerful, and clinically proven techniques for creating personal change and transformation while outlining a realistic ... The Synthesis Effect (Your Direct Path to Personal Power ... The Synthesis Effect provides simple, powerful, and clinically proven techniques for creating personal change and transformation while outlining a realistic ... The Synthesis Effect: Your Direct Path to Personal Power ... The Synthesis Effect provides simple, powerful, and clinically proven techniques for creating personal change and transformation while outlining a realistic ... Shop The Synthesis Effect - Your Direct Path to Personal Power and Transformation. \$12.48 · Winning the Weighting Game Hypnosis for a Leaner Lighter You! \$89.00. The Synthesis Effect: Your Direct Path... book by John ... Cover for "The Synthesis Effect: Your Direct Path to Personal Power and Transformation" ... The Synthesis Effect: Your Direct Path to... by John McGrail. \$13.65 ... The Synthesis Effect - Your Direct Path to Personal Power ... Dr. John McGrail answers with an emphatic: "No. Anyone and everyone can create the life of their dreams." In The Synthesis Effect he shows you how. The Synthesis Effect Book by John McGrail Order The Synthesis Effect by John McGrail from Red Wheel/Weiser, your online bookstore for occult, spirituality, and personal growth books. The Synthesis Effect: Your Direct Path to Personal Power ... Jan 1, 2012 — "The Synthesis Effect" provides simple, powerful, and clinically proven techniques for creating personal change and transformation while ... Flyboys: A True Story of Courage by Bradley, James Flyboys: A True Story of Courage by Bradley, James Flyboys: A True Story of Courage Flyboys: A True Story of Courage is a 2003 nonfiction book by writer James Bradley,

and was a national bestseller in the US. The book details a World War II ... Amazon.com: Flyboys: A True Story of Courage Flyboys, a story of war and horror but also of friendship and honor, tells the story of those men. Over the remote Pacific island of Chichi Jima, nine American ... Flyboys by James Bradley | Hachette Book Group Flyboys is a story of war and horror but also of friendship and honor. It is about how we die, and how we live-including the tale of the Flyboy who escaped ... Flyboys: A True Story of Courage Flyboys is a story of war and horror but also of friendship and honor. It is about how we die, and how we live-including the tale of the Flyboy who escaped ... Flyboys: A True Story of Courage by James D. Bradley Flyboys is a story of war and horror but also of friendship and honor. It is about how we die, and how we live-including the tale of the Flyboy who escaped ... Book Review: Flyboys: A True Story of Courage by James ... Sep 30, 2020 — Flyboys is the devastating story of nine American aviators (Flyboys) who were shot down over the Japanese island of Chichi Jima during World ... FLYBOYS: A True Story of Courage The author of Flags of Our Fathers achieves considerable but not equal success in this new Pacific War-themed history. Again he approaches the conflict focused ... Bradley, James - Flyboys: A True Story of Courage This acclaimed bestseller brilliantly illuminates a hidden piece of World War II history as it tells the harrowing true story of nine American airmen shot down ... Flyboys: A True Story of Courage book by James D. Bradley Buy a cheap copy of Flyboys: A True Story of Courage book by James D. Bradley. Over the remote Pacific island of Chichi Jima, nine American flyers-Navy and ... The Jones Institute: Home Fast-track your way to Strain Counterstrain certification with this 3-in-1 hybrid course. Register. FCS Advanced Collection. \$2599. Bundle and save on our ... The Jones Institute: Home Fast-track your way to Strain Counterstrain certification with this 3-in-1 hybrid course. Register. FCS Advanced Collection. \$2599. Bundle and save on our ... Jones Institute Established in 1988 by Dr. Lawrence Jones and Randall Kusunose, PT, OCS, the Jones Institute offers post-graduate Strain Counterstrain seminars for health ... Jones Strain-Counterstrain by Jones, Lawrence H. Therapists and osteopaths who use this method offer almost pain-free manipulation. They search out tender places on your body and relieve them, helping pain ... Strain/Counterstrain - Hands On Physical Therapy Strain and Counterstrain (SCS) is a gentle soft tissue manipulation technique developed by Dr. Lawrence Jones D.O. over a 40 year period. Jones Strain-Counterstrain | College of Lake County Bookstore Product Description. This book provides photos and step by step instruction for multiple techniques including: Cervical Spine; Thoracic Spine; Costo-Vertebrales; ... Counterstrain Directory ... Jones Institute. Courses. Strain Counterstrain · Fascial Counterstrain · Anatomy Dissection · Course Bundles · Products · Directory. Counterstrain Directory ... JCS2 - STRAIN COUNTERSTRAIN FOR THE LOWER ... This 3 day course covers over 85 Strain Counterstrain techniques for the lumbar spine, sacrum, pelvis, hip, knee, ankle, and foot. JCS1 & JCS2 are entry level ... How Counterstrain Works: A Simplified Jones Counterstrain ...