

“Hope for the Caregiver”
by Peter Rosenberger

This short but powerful book will provide the reader with insights and practical advice from a seasoned caregiver. The author, Peter Rosenberger, has been a caregiver for his wife, Gracie, for over thirty years. At a young age, she was gravely injured in a car accident, that left her a double amputee who has endured multiple surgeries and chronic pain.

Throughout the book, Rosenberger proclaims his great love for Gracie, but doesn't shy away from sharing the stark reality of being a caregiver: battling exhaustion and isolation; feelings of being overwhelmed and hopeless; the endless drain of finances and struggles with insurance. These confessions do not take away from the power of his message but rather serve to make him more relatable to a reader who may be facing similar struggles.

Rosenberger's wise words serve to put a caregiver's situation in perspective and to correct harmful thought patterns,

“Caregiving may be the hardest job you'll ever tackle. Don't try to tackle it alone. And don't try to tackle it by denying yourself the care you need to do the job right.”

His use of humor is like a fresh wind blowing through what is often a dry and challenging terrain. He summarizes the benefits of laughter by encouraging readers to watch a funny movie, read a hilarious book, watch a stand-up comedian. He wisely exhorts caregivers,

“Caregiving is a serious business, but life can be whimsical; go with it and lighten up a bit.”

His encouragements and advice are filtered through the lenses of his and Gracie's strong faith in the Lord Jesus. In declaring their dependence on the Lord, Rosenberger states,

“...a sovereign, all-wise, loving God who bore the entire stench and judgment of man's sin upon His own Son. That same God weaves His purpose into even the most horrific circumstances, and one day we will see it made plain before us. When we do, every knee will bow and every tongue will confess that Jesus Christ is Lord.”

If you are looking for a practical, instructive, biblically based encouragement in your role as a caregiver, I would strongly recommend reading “Hope for the Caregiver.”