



Life's Little Emergencies: A Handbook for Active Independent Seniors and Caregivers

Rod Brouhard

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Written in plain English with a touch of humor (the best medicine) *Life's Little Emergencies, A Handbook for Active Independent Seniors and Caregivers* is a medical crisis handbook for active independent seniors and caregivers alike. The first section of the book covers techniques and conditions common to senior citizens: skin tears, fractures, and dehydration to name just a few. It discusses life-saving techniques like CPR and the Heimlich maneuver. The first aid information is backed up by research and twenty plus years experience of actual care by someone who still treats real victims first hand.

However, *Life's Little Emergencies, A Handbook for Active Independent Seniors and Caregivers* is much more than just a first aid book. The remaining sections discuss learning life-saving skills, how to assess and treat an injury, when you feel sick, the great outdoors and much more. It's a manual for planning and making serious medical decisions and for getting help when seniors need it most - at home or on the road. It includes ways to "call 911" even in other countries where 911 is a different number entirely.

Life's Little Emergencies, A Handbook for Active Independent Seniors and Caregivers guides the reader through anything from a minor cut to a major stroke. There are do-it-yourself first aid tips as well as ways to be prepared for an emergency, advice on when to reach out for help, and how to take care of oneself. Full of practical, clear, and easy-to-understand advice, this resource ensures that every household with an older person is prepared for any medical emergency from cuts to cardiac arrest.

Special Features of *Life's Little Emergencies* include:

- Step-by-step instructions take the reader through life-saving and first aid skills
- Illustrated throughout with steps steps illustrated as appropriate
- Sidebars throughout the text provide additional information
- Each chapter includes a source list for individuals who want more information on the tips and advice in the book

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Thomas Woods:

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Duane Coley:

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