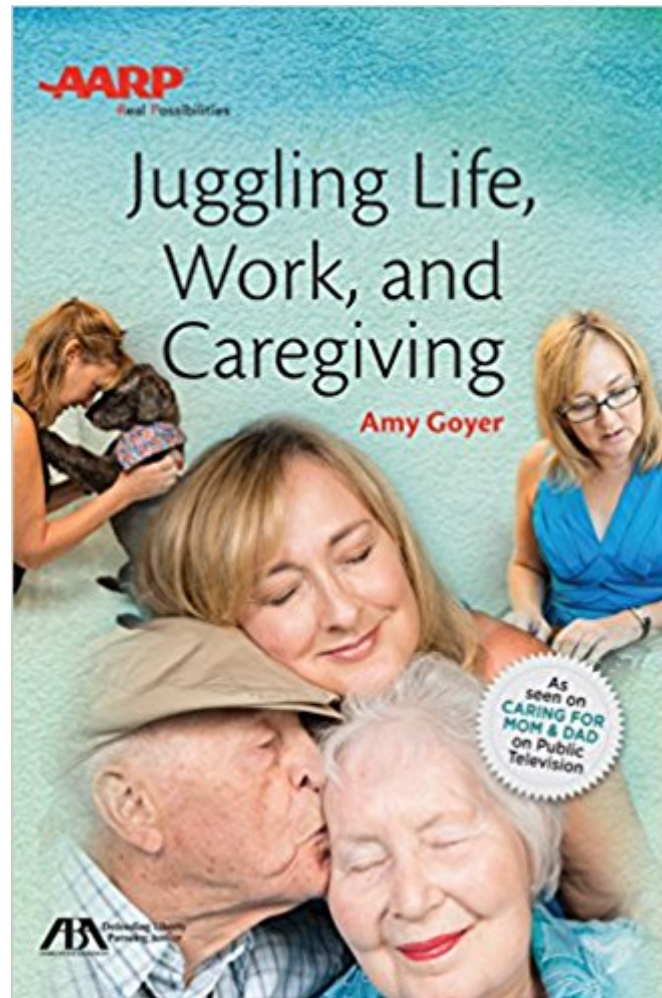




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Juggling Life, Work, And Caregiving



Synopsis

A staggering 42 million Americans—one in four adults—face the challenges of caring for an adult friend or relative. Although caregiving can be a richly rewarding and joyful experience, the role comes with enormous responsibilities—and pressures. AARP's gentle guide provides practical resources and tips that are easy to find when you need them, whether you're caregiving day to day, planning for future needs, or in the middle of a crisis. Equally important, this book helps you care for the caregiver—you—before, during, and after caregiving.

Book Information

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Customer Reviews

Author Amy Goyer from Phoenix, Arizona is an author, speaker, consultant and expert in aging and families at the AARP. Ms. Goyer offers insight, inspiration, and poignant stories and experiences of caregivers, including her own as a live-in caregiver for her parents. She is also a long-distance caregiver for her grandparents and sister, Karen. Ms. Goyer is a specialist in family caregiving, grandparenting as well as multi-generational issues. She has authored numerous publications, including the AARP's "Juggling Life, Work and Caregiving" and "Things to Do Now That You're a Grandparent." She is a recognized media authority, including interviews for ABC, NBC, CBS, NPR, The New York Times, The Washington Post and People Magazine. Ms. Goyer has been a passionate caregiver her entire life. She currently resides with her 91 year old dad who has Alzheimer's disease. Ms. Amy Goyer served as Senior Vice President of Outreach for Grandparents.com LLC since October 2008. Ms. Goyer served as Head of The Grandparenting Program for the AARP Foundation. She serves as the Member of Board of Advisors of

BrainRewards, Inc.

This is a thoughtful and comprehensive guide for and about caregivers. It teaches us how to support caregivers who are doing so much to support and take care of others. I have given this book to family and friends.

recommend for everyone with aging parents

I am caregiving for my elderly father, and I love Amy's book! I highly recommend it!

helpful

Good reference for someone facing this circumstance.

A very helpful guide for working and non working caregivers. We all juggle to meet our responsibilities and this AARP publication can help us to do that with compassion and love, and often a bit more patience. While we all think we know what is in our "job description" , this book provides clarity and guidelines to help us.

This is a excellent, comprehensive guide to all the complex, inter-related tasks of caregiving. It answers many of the unasked questions that caregivers often do not realize they must consider. And it stresses the importance of self-care for the caregiver. I highly recommend this book!

The format Ms. Goyer chose for her book, Juggling Life, Work, and Caregiving is so user friendly you can navigate right to the chapter that is your current priority and come away with information to integrate immediately. Because it is evident Amy has "lived" and is currently "living" this journey her topics are what all caregivers will eventually face, usually by accident! Save yourself the added stress of "figuring it out on your own," and allow Ms. Goyer's book, guide you to doable strategies that offer comfort during difficult decision making times!

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