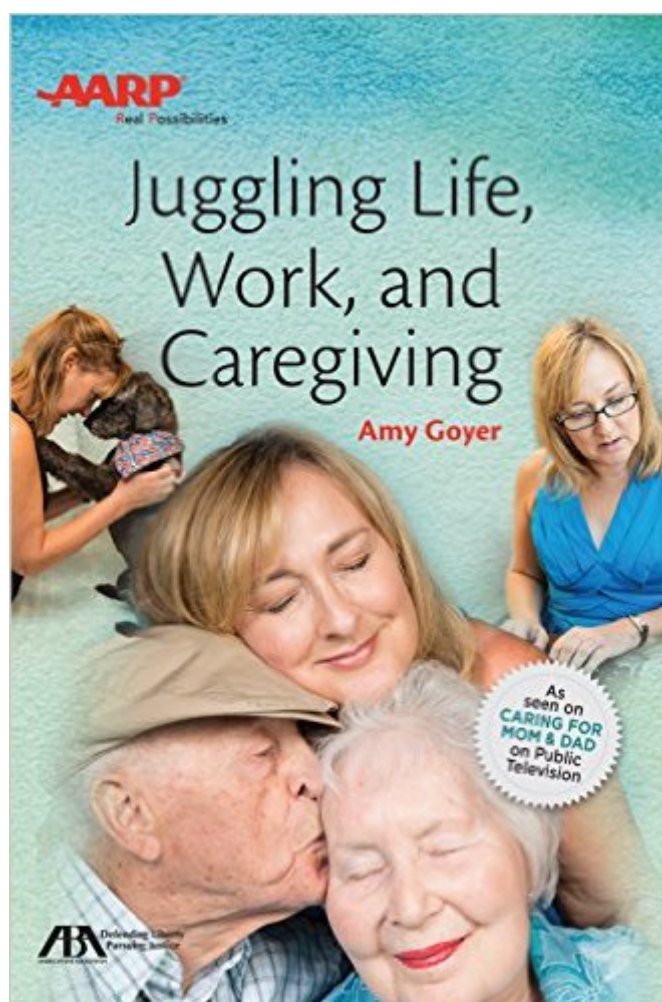


The book was found

# Juggling Life, Work, And Caregiving



## Synopsis

A staggering 42 million Americansâone in four adultsâ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 responsibilitiesâ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 caregiverâyouâbefore, during, and after caregiving.

## Book Information

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## Customer Reviews

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.

For someone who is thrust into the role of caregiver unexpectedly and suddenly, it's really hard to figure out what to do for your parent when you have a family of your own and a job to also manage. This book offers many practical tips for navigating that path while juggling other aspects of your life. Who knew there were discharge planners in the hospital and area agencies on aging to help arrange care upon returning home? This is exactly what I needed when I cared for my parents, and other caregivers will, too.

If you are a care-giver this is a must read! It is filled with such practical advice that is succinct and well written! Whether you are just beginning your care-giving journey or have years of experience, you will feel supported, be encouraged that you are not alone and learn something new.

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!

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!

This a a great reference book to anyone trying to manage caregiving along with their own family obligations. Amy's expertise, inspiration and practical resources makes this a must read for all caregivers. Amy uses her lovely parent's personal experiences to write this heart felt book.

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