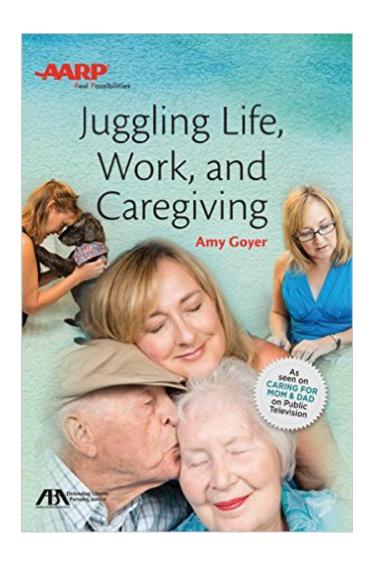
The book was found

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

Paperback: 304 pages

Publisher: American Bar Association; 1 edition (November 7, 2015)

Language: English

ISBN-10: 1634251636

ISBN-13: 978-1634251631

Product Dimensions: 6 x 0.6 x 9.1 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â See all reviews (12 customer reviews)

Best Sellers Rank: #496,796 in Books (See Top 100 in Books) #22 in Books > Law > Family Law > Elder Law #60 in Books > Textbooks > Medicine & Health Sciences > Allied Health Services >

Caregiving #112 in Books > Law > Family Law > Domestic Relations

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.

Download to continue reading...

Juggling Life, Work, and Caregiving Caregiving: Readings in Knowledge, Practice, Ethics, and Politics (Studies in Health, Illness, and Caregiving) A Smart Girl's Guide: Middle School (Revised): Everything You Need to Know About Juggling More Homework, More Teachers, and More Friends! (Smart Girl's Guides) Juggling for Beginners: 25+ Tricks to Astound Your Friends Circus Techniques: Juggling, Equilibristics, Vaulting Juggling Secrets: Learn How to Juggle Today The Dementia Caregiver: A Guide to Caring for Someone with Alzheimer's Disease and Other Neurocognitive Disorders (Guides to Caregiving) Managing Alzheimer's and Dementia Behaviors: Common Sense Caregiving The Revised Fundamentals of Caregiving: A Novel Workbook for Lippincott's Advanced Skills for Nursing Assistants: A Humanistic Approach to Caregiving Lippincott Advanced Skills for Nursing Assistants: A Humanistic Approach to Caregiving Family Caregiving in the New Normal Cerebral Palsy: A Complete Guide for Caregiving (A Johns Hopkins Press Health Book) The Mindful Caregiver: Finding Ease in the Caregiving Journey Making Work Work: The Positivity Solution for Any Work Environment Work Clean: The life-changing power of mise-en-place to organize your life, work, and mind Life Is Not Work, Work Is Not Life: Simple Reminders for

Finding Balance in a 24/7 World Never Check E-Mail In the Morning: And Other Unexpected Strategies for Making Your Work Life Work Organize Your Life, How To Be Organized, Productive & Happier In Life, Declutter Your Home and Be Productive at Work. (How to plan your life, Get Organized Book 1) Finding Time: How Corporations, Individuals, and Families Can Benefit from New Work Practices (Collection on Technology and Work)

<u>Dmca</u>