



# **The Caregiver's Essential Handbook : More than 1,200 Tips to Help You Care for and Comfort the Seniors in Your Life**

*Sasha Carr, Sandra Choron*

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For the 54 million Americans who currently care for aging parents and loved ones, this important resource provides essential information for solving day-to-day problems in the real world.

*The Caregiver's Essential Handbook* includes valuable insights and commonsense tips from those who have walked in their shoes: nursing professionals, physical therapists, social workers, and loving family members whose creativity and resourcefulness offer immediate help to those in need. Here are practical solutions for saving money on medication; getting doctors to *really* listen; making life easier for people who are visually, hearing, or mentally impaired; and most important, taking care of *oneself*.



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