

A Caregiver's Life, Tips for Family Caregivers:
Are you prepared to walk the last mile with your loved one? Priceless words of wisdom to enter caregiving with courage and optimism. A Reference Book.

Frank A. Fazio

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Are you prepared to walk the last mile with your loved one? A Caregiver's Life, Tips for Family Caregivers is a resource book consisting of sixty guidelines and points of references that enables family members to plan ahead and proceed into caregiving for a loved one with courage and optimism. The author provides practical information at the fingertips of family caregivers who are often in desperate need of help and immediate information to perform extraordinary tasks -- information that may improve the quality of patient care and enable one to care responsibly. The book focuses on two major issues: the ability for caregivers to utilize a teamwork approach to provide optimal patient care during all stages of caregiving; and for the caregiver to stay healthy – to make his/her physical and mental well-being a top priority. With over 65 million people, 29% of the U.S. adult population, including 31% of all U.S. households providing care for a chronically ill, disabled, and/or aged family member or friend during any given year, the book raises national awareness to caregiving challenges and directs caregivers to available resources via a Caregiver Resource Center.



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