



AARP Guide to Caregiving

Amy Goyer

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You're not alone. Millions of Americans face the challenges of caring for a loved one. While it can be a richly rewarding experience, the role comes with enormous responsibilities. The better prepared you are to deal with the situation, the easier the task will be. This comprehensive manual gently guides the way, addressing all aspects of caregiving, from health, housing, and legal matters to ways to handle the emotional transitions, where to find support, and how to care for the caregiver — you.

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