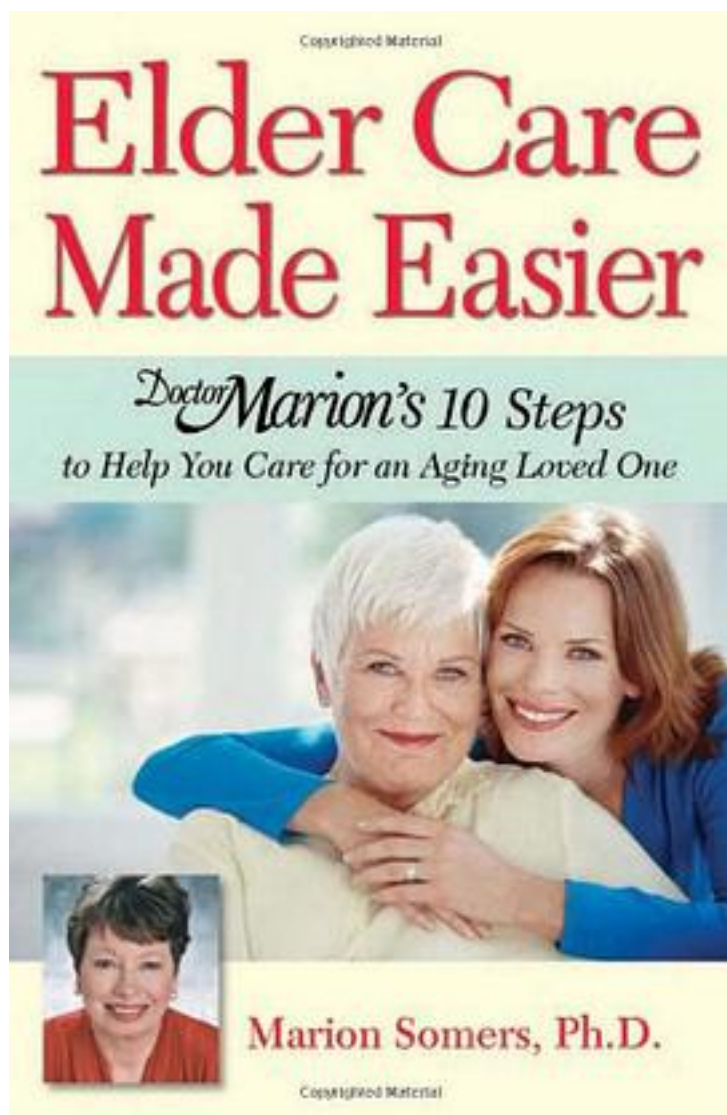


Elder Care Made Easier



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Do You Find Yourself in the Role of Caregiver? If you are caring for an aging parent, spouse, or other loved one, you are not alone. Statistics show that nearly 25 percent of all households in the United States are providing care for an elderly person. Although you may be willing to help, you may find the task comes with unexpected challenges. Matters you never thought about are now your responsibility--healthcare, housing, financial and legal matters, as well as day-to-day issues involving nutrition, medications, and personal safety. You may find yourself worried, overworked, and exhausted. Over the past thirty years, Doctor Marion Somers, a leading geriatric specialist, has helped thousands of individuals and their families with these matters. Now, in "Elder Care Made Easier", she draws from those decades of experience to offer 10 practical steps to help you navigate your caregiver's journey: - Communicate openly - Put safety first- Improve the lifestyle- Make life easier with adapted equipment- Manage financial issues - Take care of legal matters- Find mobility in disability- Find the right housing- Hire help when it's needed- Learn to let go Doctor Marion Will Save You Time, Money, andHeartache

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