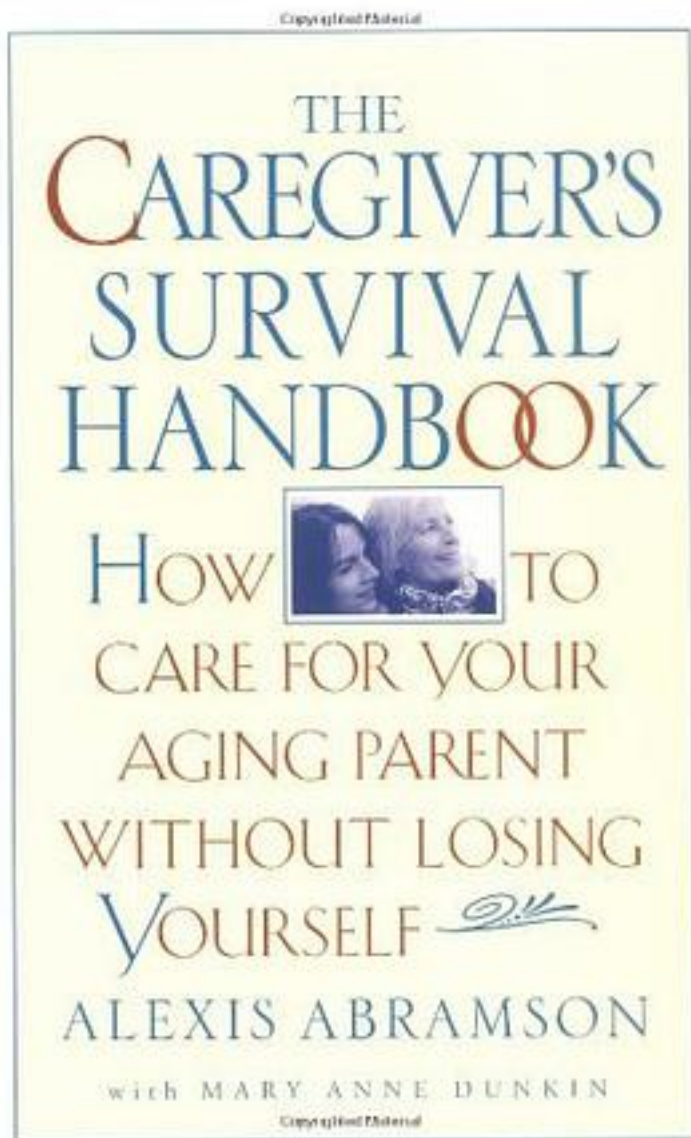


# The Caregiver's Survival Handbook



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著者:Abramson, Alexis

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One in four families in the U.S. is caring for parents or other senior relatives-and 72% of the primary caregivers in these families are women. This book is written for those 16 million women who are part of the "sandwich generation"-caught between the needs of their elderly relatives and their young families. These women often feel invisible, their own needs unobserved and unappreciated by those around them.

The Caregiver's Survival Handbook not only offers practical caregiving advice for these women, but also helps them deal with the emotional concerns they face:

€ Dealing with changing parent/child roles

€ Fostering aging parents' independence

€ Asking for, and getting, help from siblings and other family members

€ Balancing work, family, and caregiving duties

€ Finding time for themselves in the middle of it all

作者介绍:

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