



The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own (Capital Cares)

Gary Barg

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While they are giving care, the nation's 25 million family caregivers rarely get a rest. Gone are the days when you could rely on others to do the work of caring for a loved one in your family. America's healthcare system throws many of the vital decisions, costs and burdens back on the family.

This book clearly defines your vital role in developing your loved one's care plan. It teaches you to deal successfully with managed care organizations, home health services, and especially your loved one; and arms you with the knowledge and skills you need for deciding if your loved one's care is appropriate, if your doctor is the right one, if something more is needed. From wills and powers-of-attorney, to practical tips for dealing with disabilities, to long term care options, to battling stress and depression -- the "shared wisdom" in this book comes not only from the experienced editors of Today's Caregiver Magazine, but also from the inspiring personal stories of readers of the magazine who have learned to "stand up to the system when the system no longer stands up for your loved one."

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