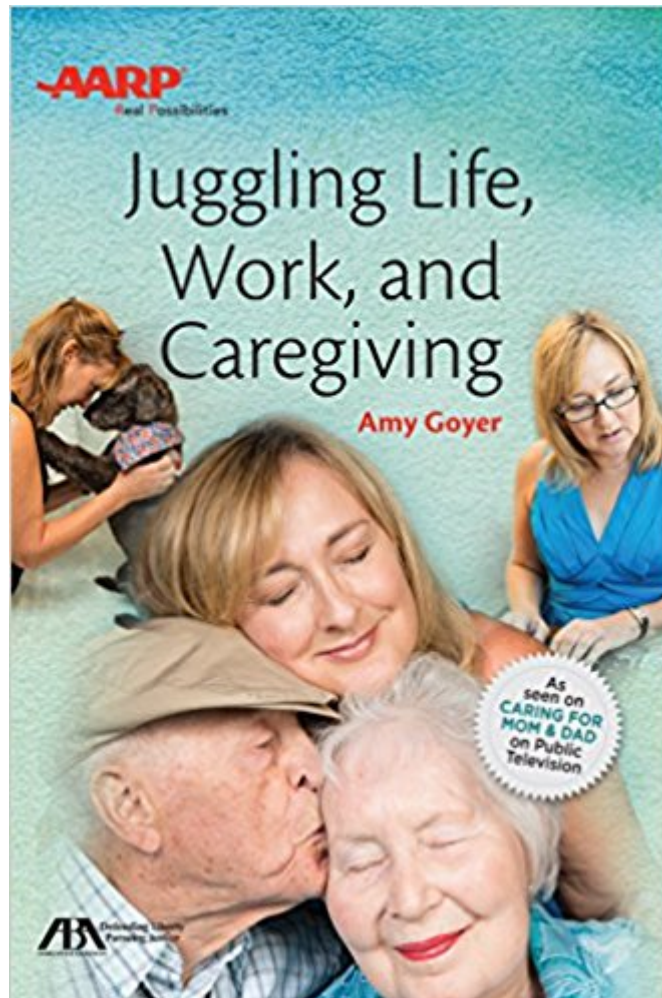




**Ebook Directory**  
the best source of ebook

The book was found

# Juggling Life, Work, And Caregiving



## Synopsis

A staggering 42 million Americans—one in four adults—face the challenges of caring for an adult friend or relative. Although caregiving can be a richly rewarding and joyful experience, the role comes with enormous responsibilities—and pressures. AARP's gentle guide provides practical resources and tips that are easy to find when you need them, whether you're caregiving day to day, planning for future needs, or in the middle of a crisis. Equally important, this book helps you care for the caregiver—you—before, during, and after caregiving.

## Book Information

Paperback: 304 pages

Publisher: American Bar Association; 1 edition (November 7, 2015)

Language: English

ISBN-10: 1634251636

ISBN-13: 978-1634251631

Product Dimensions: 6 x 0.6 x 9.1 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 18 customer reviews

Best Sellers Rank: #262,292 in Books (See Top 100 in Books) #9 in Books > Law > Family Law > Elder Law #36 in Books > Law > Family Law > Domestic Relations #132 in Books > Parenting & Relationships > Aging Parents

## Customer Reviews

Author Amy Goyer from Phoenix, Arizona is an author, speaker, consultant and expert in aging and families at the AARP. Ms. Goyer offers insight, inspiration, and poignant stories and experiences of caregivers, including her own as a live-in caregiver for her parents. She is also a long-distance caregiver for her grandparents and sister, Karen. Ms. Goyer is a specialist in family caregiving, grandparenting as well as multi-generational issues. She has authored numerous publications, including the AARP's "Juggling Life, Work and Caregiving" and "Things to Do Now That You're a Grandparent." She is a recognized media authority, including interviews for ABC, NBC, CBS, NPR, The New York Times, The Washington Post and People Magazine. Ms. Goyer has been a passionate caregiver her entire life. She currently resides with her 91 year old dad who has Alzheimer's disease. Ms. Amy Goyer served as Senior Vice President of Outreach for Grandparents.com LLC since October 2008. Ms. Goyer served as Head of The Grandparenting Program for the AARP Foundation. She serves as the Member of Board of Advisors of

BrainRewards, Inc.

This is a thoughtful and comprehensive guide for and about caregivers. It teaches us how to support caregivers who are doing so much to support and take care of others. I have given this book to family and friends.

recommend for everyone with aging parents

I am caregiving for my elderly father, and I love Amy's book! I highly recommend it!

helpful

Good reference for someone facing this circumstance.

A very helpful guide for working and non working caregivers. We all juggle to meet our responsibilities and this AARP publication can help us to do that with compassion and love, and often a bit more patience. While we all think we know what is in our "job description" , this book provides clarity and guidelines to help us.

This is a excellent, comprehensive guide to all the complex, inter-related tasks of caregiving. It answers many of the unasked questions that caregivers often do not realize they must consider. And it stresses the importance of self-care for the caregiver. I highly recommend this book!

The format Ms. Goyer chose for her book, Juggling Life, Work, and Caregiving is so user friendly you can navigate right to the chapter that is your current priority and come away with information to integrate immediately. Because it is evident Amy has "lived" and is currently "living" this journey her topics are what all caregivers will eventually face, usually by accident! Save yourself the added stress of "figuring it out on your own," and allow Ms. Goyer's book, guide you to doable strategies that offer comfort during difficult decision making times!

[Download to continue reading...](#)

Juggling Life, Work, and Caregiving Family Caregiving: A Step-by-Step Guide to Successful Caregiving The Instant Juggling Book: With New and Improved Juggling Cubes Juggling: Master the Skills of Juggling With Balls, Rings and Clubs Juggling With Finesse: The Definitive Book of

Juggling Juggling: All You Need to Know to Develop Amazing Juggling Skills Lessons From The Art Of Juggling: How to Achieve Your Full Potential in Business, Learning, and Life The Practicum Companion for Social Work: Integrating Class and Field Work (4th Edition) (Merrill Social Work and Human Services) Live & Work in Belgium, The Netherlands & Luxembourg, 3rd (Live & Work - Vacation Work Publications) Work Clean: The life-changing power of mise-en-place to organize your life, work, and mind Extending the Dance in Infant and Toddler Caregiving: Enhancing Attachment and Relationships Managing Alzheimer's and Dementia Behaviors: Common Sense Caregiving The Dementia Caregiver: A Guide to Caring for Someone with Alzheimer's Disease and Other Neurocognitive Disorders (Guides to Caregiving) Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias: 101 Stories of Caregiving, Coping, and Compassion Who Moved My Teeth?: Preparing For Self, Loved Ones And Caregiving Untangling Alzheimer's: The Guide for Families and Professionals (Untangling Dementia - A Conversation in Caregiving Book 1) Forced to Care: Coercion and Caregiving in America 365 Caregiving Tips: Travel and Respite Practical Tips from Everyday Caregivers Family Caregiving Across the Lifespan (Family Caregiver Applications series) Spiritual Caregiving: Healthcare As A Ministry

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)