

THE CAREGIVER HELPBOOK: Powerful Tools for Caregivers

(Second Edition)

The Caregiver Helpbook is designed to provide caregivers the tools to increase their self-care and their confidence to handle difficult situations, emotions, and decisions. These tools will help caregivers to:

- Reduce personal stress
- Communicate effectively with family members, doctors, and paid help
- Practice self care
- Reduce guilt, anger, and depression
- Experience relaxation techniques
- Make tough decisions
- Set goals and problem solve

The Caregiver Helpbook will not eliminate the challenges of caregiving. However, *Powerful Tools for Caregivers* has been shown to minimize the negative impact of caregiving and help caregivers seek and find resources. The goal is to help caregivers to thrive as individuals.

This second edition includes new information for in-home caregivers, working caregivers, long-distance caregivers, and grandparent caregivers. Other chapters provide resources for driving issues, sensory changes, elder abuse, and end-of-life issues.

For more information contact:

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