



The Elder Care Survival Guide

Martin R Sabel

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ELDER CARE JUST GOT EASIER ... Get better care for your aging elder, reduce your stress and live a more balanced life. Here is your complete "essential insider's reference" that guides you through the often unfriendly and challenging waters known as eldercare. You'll refer to it again and again. You will discover simple steps that:

- * Get the help you need when you need it
- * Quickly locate money to pay for care
- * Melt your elder's resistance to getting help
- * Build a personal support network ready and willing to help
- * Handle the inevitable conflicts with family members
- * Create and maintain a balanced life as a caregiver
- * Access valuable government benefits to reduce caregiving's financial burden

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