



CareGiving Toolkit

Arlene Gotshalk

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The CareGiving Toolkit brings ease and grace into your life as a caregiver. Our Sanity Saving Survival System keeps everything organized and on track. You can—and will—deal efficiently and compassionately with your many demands. The CareGiving Toolkit is actually a one-of-a kind book that provides easy-to-use forms and checklists to help you manage and organize tasks. Timesaving solutions and information provide immediate relief. Use the forms and worksheets in the book or download from our website. Each chapter gives a short overview of a topic and then guides you through challenging caregiving situations such as: · Tracking medications · Improving home safety · Gathering important phone numbers, documents and financial information · Getting an overview of what comes next · Deciding on appropriate levels of the care Empower yourself. Take Action—Now. Start using your CareGiving Toolkit and make life easier for yourself and those you care for.

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