



ABA/AARP Checklist for Family Caregivers: A Guide to Making it Manageable

Sally Balch Hurme

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Caregiving is inevitably fraught with complex issues—emotional as well as medical, financial, and legal. The ABA/AARP Checklist for Family Caregivers by Sally Balch Hurme can help organize the responsibilities that caregivers face.

In one place, you'll be able to record and update the myriad details you need to keep track of. And if you don't know where to start, this invaluable tool tells you, step by step, what you need and why.

You can easily personalize the to-do lists, either in the book or electronically, and have them available for quick reference for your caregiving team—family, friends, aides, and medical, financial, and legal professionals.

This new book—third in the Checklist series from AARP and the ABA—will save you time and simplify the daunting tasks of caregiving. Hurme shows you how to become a trusted steward—without losing your sanity.

A companion to the PBS documentary (June 2015) and Amy Goyer's ABA/AARP Juggling Life, Work, and Caregiving.

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