



Online Resources for Caregivers of the Elderly

Charles C. Sharpe

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Often thrust suddenly into new roles caring for elderly loved ones, caregivers may find themselves overwhelmed and underprepared. This guidebook directs present and future caregivers to valuable sites that guide exploration of a variety of available options; assist in planning ahead; enhance communication with medical staff, the patient, and other loved ones; assess the caregiver's personal responsibilities and resources; enable coping with emotional and physical stress; help prevent burnout; and increase understanding of end of life issues. Five appendices include related publications from the U.S. Department of Health and Human Service's Administration on Aging, the National Institute on Aging, and the National Cancer Institute.

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