



50 Sanity Saving Tips for Caregivers: You Don't Have to Kill Yourself to Keep Them Alive

Carol Core

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How to Care for Your Elderly Loved Ones Without Killing Yourself in the Process • Are you exhausted and overwhelmed? • Have you had to give up important things in your life to care for your elderly loved ones? • Are you beginning to feel depressed or even resentful as a caregiver? If you've answered "Yes" to any or all of these questions, then you've found the right book! *50 Sanity Saving Tips for Caregivers: You Don't Have to Kill Yourself to Keep Them Alive* brings you valuable tips that will reduce your stress, save you time and money and give you hope, all while providing practical ideas for less frustrating, more effective care for your elderly loved ones. Carol Core knows what you are going through as a caregiver because for more than 12 years she was the non-paid family caregiver for Mom, Dad and dear Uncle Earl. Performing nothing short of a juggling act, Core worked fulltime and fulfilled her roles as a wife, mother and grandmother, all while managing the care, health, finances and safety of three elderly people. Over the years, Carol was forced to learn every conceivable aspect of caring for her elders. Carol has leveraged her personal expertise and knowledge to create CarolCARE — a firm dedicated to offering support, empowerment, relief and hope to non-paid family caregivers. Carol realized that until you've lived through everything involved with being a family caregiver, you cannot possibly understand the huge toll it will take on your life. Core is a champion for caregivers and arms them with information, time-savers and personal stories that can help them not only to survive the perils of eldercare, but also have quality of life after caregiving. Carol is certified in mediation and conflict resolution and speaks, coaches and consults on the subject of care for the caregiver.

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