



Caregiving - Eldercare Made Clear & Simple

Cindy Lavery

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Fifty-four million Americans are caregivers, not just for children, but also for aging loved ones. Most of these caregivers are women with busy personal lives, careers and heavy demands on their schedules. Several years ago, while caring for her ill and aging former father-in-law, Cindy Laverty discovered compassionate caregiving was her "true," professional calling. Thrown in inadvertently, Laverty quickly learned how to effectively navigate the complex caregiver landscape of hospitals, doctors, bureaucracies, insurance forms, prescription drugs and more. This was no easy task and during the process, Laverty almost lost herself.

"The caregiving journey is one of life's ultimate gifts, but if you don't have a workable plan, you can easily become lost and overwhelmed," says Laverty. *Caregiving Eldercare Made Clear & Simple* is a guide, which provides you with encouraging and practical information, as well as personal insight from Laverty's own experiences about her journey to finally learn to care for herself, along with a CD of reprintable forms to help you create a workable plan for your unique situation.

Cindy Laverty is the founder of The Care Company, a caregiver consultancy which teaches others to manage these systems without getting lost in or abused by them. In May 2009, Laverty expanded her outreach to become the voice for care in America and launched *The Cindy Laverty Show*, the nation's only live, commercial radio program devoted to caring for the caregiver.

The Cindy Laverty Show is dedicated to her philosophy that in order to have a functional society, we need to learn how to better care for ourselves so we can care for others. Today, as a professional caregiver, expert spokesperson for the industry and a media personality, Laverty has committed herself to re-educating the population on the necessity to live a life rooted in care. Her purpose is to make the care giving process less stressful for everyone involved.

"Americans need to wake up to the fact that we are all caregivers for each other, and that is a good thing." *Caregiving Eldercare Made Clear & Simple* embodies her passion for the importance and value of caregiving, while providing the reader with a clear roadmap to help you navigate your own journey.

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