



# **Alone and Invisible No More: How Grassroots Community Action and 21st Century Technologies Can Empower Elders to Stay in Their Homes and Lead Healthier, Happier Lives**

*Allan S. Teel*

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In *Alone and Invisible No More*, physician Allan S. Teel, MD, describes how to overhaul our eldercare system. Based on his own efforts to create humane, affordable alternatives in Maine, Teel's program harnesses both staff and volunteers to help people remain in their homes and communities. It offers assistance with everyday challenges, uses technology to keep older people connected to each other and their families, and stay safe. This approach works.

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