



The Family Caregiver's Manual: A Practical Planning Guide to Managing the Care of Your Loved One

David Levy

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Family caregiving expert David Levy sets forth how to evaluate priorities, understand options, and face bedrock issues (legal, financial, emotional, social), so caregivers can make wise and informed decisions for their loved ones, while gaining peace of mind from knowing they did the best they could under the circumstances.

Drawing from over twenty-five years of experience, Levy provides caregivers with a model for effective planning and problem-solving, focusing on the nonclinical aspects of caregiving, which are often neglected by medical professionals:

Caring for young and old victims of disability, illness, and chronic disorders
Finding ways to make our healthcare system work
Assembling core information about a loved one's life
Developing a realistic view of how much care a loved one needs today and may need tomorrow, and understanding that continuum of care
Locating resources that can make a difference in making sure a loved one's care-needs are met
Finding a good family caregiver support group
Overcoming the roadblocks the caregiver's feelings of distress and failure can create
Taking a practical approach to that overused phrase "Take care of yourself."

David Levy, JD is a gerontologist and a recognized family caregiver expert. Levy holds a Doctor of Jurisprudence and is a Florida Supreme Court Certified Family Mediator in family caregiving and a certified Family Conflict Dynamics Profiler. He facilitates weekly family caregiver support groups and counsels family caregivers, both pro bono and privately.

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