



# **The Caregiver's Toolbox: Checklists, Forms, Resources, Mobile Apps, and Straight Talk to Help You Provide Compassionate Care**

*Carolyn P. Hartley, Peter Wong*

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Millions of Americans are or will be amateur caregivers for ill spouses, parents, or friends. Caregivers today, more than ever, use technology to help manage schedules, medication routines and pharmacy reminders, legal and financial affairs, as well as travel and expenses. Yet recent insurance options and health care's emerging digital world make for an overwhelming, complex process. If you are one of the 64 million current caregivers, could you access your parents' critical documents in an emergency, using their user IDs and passwords? Do you know how often your parents or parents-in-law are taking medications, how often your loved one goes to the doctor, and how to be involved in medical and life decisions? Statistics show 85 percent of caregivers are not trained in caregiving, so many people are likely winging it, picking up pieces of information here and advice there.

*The Caregiver's Toolbox* is your guide to cool apps and online tools, insider tips on how to reduce your medical bills, your privacy rights as a caregiver, where to go for free and low-cost help, and much more. It clearly shows which tools will relieve your stress, and those that may *add* stress. The authors dedicate much of their professional lives to helping people navigate the health care matrix. For updates on tools, applications, and emerging technology, visit the authors' website, [www.caregivers-toolbox.com](http://www.caregivers-toolbox.com).

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