



BOOK RELEASE

Caregiving While Keeping Your Job by Karen Owen-Lee

GENRE: *Family & Relationships/Eldercare*

WHO THIS BOOK IS FOR: Stressed-out adult children who become caregivers for elderly parents or other relatives.

Caregiving While Keeping Your Job focuses on employees caring for aging loved ones in declining health. The stress and hours spent in caregiving result in employees who are emotionally drained, late to work and missing work altogether.

Six out of ten caregivers are full time employees. Caregivers are caught between fear and anxiety for their loved one and the fear of getting fired from their job.

Corporations need to address their lost revenue and productivity while the caregiver must address their stress and demands of keeping their job. Where do caregivers turn for help? What community resources are available?

Caregiving While Keeping Your Job discusses:

- The secrets to managing the parent's finances, legal and medical matters.
- How to determine how much leave time you'll need to assess your senior's condition and needs.
- Informative ways to conduct sensitive talks with senior family members about their health, finances and living situation.
- How to include other family members by creating a Family Action Plan to care for your aging family member.
- How to plan for a future will allow you to be a caregiver while staying employed.

karenowenlee.com

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THE SENIOR CARE SPECIALIST
 *Karen Owen-Lee*