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AARP Expert Amy Goyer Shares Tips for Caregiving Success in New Book for America's 40 Million Caregivers

ABA/AARP book "Juggling Life, Work, and Caregiving" is now available in time for National Family Caregivers Month

WASHINGTON, DC— Amy Goyer, AARP family and caregiving expert and author of the new book ***Juggling Life, Work, and Caregiving***, is among 40 million Americans who know the challenges and joys of caring for loved ones. Goyer's personal experience caring for her grandparents, parents and sister helped shape her newest book. Her 92-year-old father, who has Alzheimer's disease, currently lives with her. ***Juggling Life, Work, and Caregiving*** is available just in time for National Family Caregiving Month in November.

"I've been a caregiver my entire adult life and ***Juggling Life, Work, and Caregiving*** shares what I've learned from my own hard-earned experience and the resources of the caregiving community," said Goyer. "No matter where you are in your caregiving journey, this book is a quick and easy guide to help you support your loved ones and be a resilient caregiver."

Goyer has more than 30 years of experience in aging and caregiving, including working in adult day services centers and nursing homes, monitoring programs for the Ohio Department of Aging, and leading AARP's intergenerational and grandparent caregiver programs.

Caregiving Book Gives Guidance

Juggling Life, Work, and Caregiving offers family caregivers useful tips and tools whether they are caregiving day-to-day or periodically, planning for future needs, or experiencing a crisis. The book covers everything from using technology to creating a caregiving team and caring for yourself, to handling housing and medical care, to grieving and life after caregiving.

Juggling Life, Work, and Caregiving is a companion book to Sally Hurme's book ***Checklist for Family Caregivers: A Guide to Making It Manageable*** (ABA/AARP) and the PBS documentary ***Caring for Mom and Dad***. The books from the ABA and AARP are available at online retailers and bookstores. AARP members receive 40% off the retail cost of ABA/AARP books when they're purchased online through AARP.org/CaregivingBooks and the ABA purchase option is chosen.

To learn more about caregiving resources, visit the AARP Caregiving Resource Center at <http://www.aarp.org/caregiving>.

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About AARP

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment and income security, retirement planning, affordable utilities and protection from financial abuse. We advocate for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces AARP The Magazine, the world's largest circulation magazine; AARP Bulletin; www.aarp.org; AARP TV & Radio; AARP Books; and AARP en Español, a Spanish-language website addressing

the interests and needs of Hispanics. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at www.aarp.org.

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