



## And Thou Shalt Honor: The Caregiver's Companion

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*One of my colleagues once said: There are only four kinds of people in the world--those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers. --Rosalynn Carter*

**In the groundbreaking PBS special *And Thou Shalt Honor*, producers Harry Wiland and Dale Bell bring to light the challenges facing today's caregivers. This companion volume picks up where the show leaves off, providing the kind of information and practical support essential for anyone in a caregiving situation.**

More than 54 million American families are involved in the care of loved ones who are elderly or ill. And millions more will be affected in the years to come. If you're a caregiver, or you expect to become one, *And Thou Shalt Honor: The Caregiver's Companion* offers help and hope.

Page after page of useful advice draws on the expertise of the nation's top caregiving researchers and advocates, as well as the real-world wisdom of caregivers just like you. You'll find insights and answers on all aspects of providing care, including:

- Reaching out to a loved one in need of help
- Managing day-to-day caregiving tasks
- Accessing public and private caregiving resources
- Navigating the legal and financial maze
- Assembling a caregiving support network
- Understanding the changing family dynamic
- Surviving and thriving in the caregiver role

Complete with action plans and checklists for key caregiving issues, plus a comprehensive directory of essential caregiving resources, *And Thou Shalt Honor: The Caregiver's Companion* reaches out to all caregivers--and to those they love. Make it *your* companion for the caregiving journey.

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