



## 365 Caregiving Tips: Travel and Respite Practical Tips from Everyday Caregivers (Paperback)

By Trish Hughes Kreis, Richard Kreis, Pegi Foulkrod

Lulu.com, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Caregiving is hard enough and now we want to throw in traveling together?! Or arranging for a respite? Don't caregivers have enough to do?! Yes we do but traveling or taking a respite is something all five authors have done while caregiving. Oh, it is not easy (understatement alert!). We understand how scary and overwhelming it is - we felt that too. All of us. A lot. It is not easy to overcome those worries and fears but it is definitely worth it. We have been there and want to help you overcome any fear you have about traveling with your loved one or arranging for a caregiving break. We also know that it is truly difficult to leave and sometimes downright impossible. Because of that, we have included tips for your mental and physical well-being while staying at home. Whatever you choose to do, know there are others on this caregiving journey with you and we are here to help. We are in this together! Connect with us at.



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