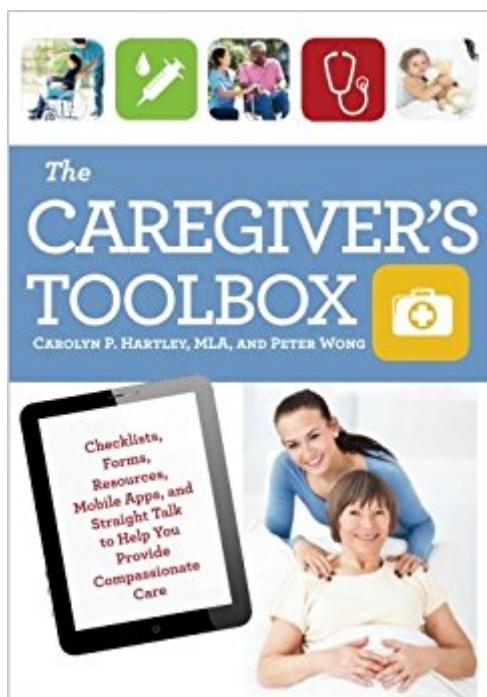


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# The Caregiver's Toolbox: Checklists, Forms, Resources, Mobile Apps, And Straight Talk To Help You Provide Compassionate Care



## Synopsis

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).

## Book Information

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## Customer Reviews

The Caregiver's Toolbox offers an invaluable mix of compassion and information. . . . This book is an important companion for anyone guiding another through the health care system. (Deborah Shouse, author of *Love in the Land of Dementia: Finding Hope in the Caregiver's Journey*) There

is an old saying: "Life is a cruel teacher; first you take the test, and then you learn the lesson."™ The Caregiver™s Toolbox helps simplify and accelerate the process of turning the average person into the extraordinary caregiver. By sharing actual experiences and providing checklists, proven solutions to common problems, and references to other resources, Carolyn and Peter have equipped caregivers to maintain life balance while absorbing the additional demands of providing care to our loved ones. (Ian K. Gordon, senior vice president, Regence Health Insurance Operations) Providing care for a loved one is, for many of us, anything but a simple task. In their superb treatise The Caregiver™s Toolbox, Carolyn Hartley and Peter Wong outline not only a modern, technology-driven approach to delivering this care, but more importantly, a humanistic one. . . . This is an invaluable resource for anyone who has stepped into the ever challenging yet highly important role of caregiver. (Robert Tennant, director, Health Information Technology Policy, Medical Group Management Association) Caregivers often are called on to be the health care, financial, and legal advocates for their loved ones. This responsibility can be a daunting task for caregivers who are unprepared. This masterful book is an essential resource providing a plethora of websites, practical charts, and checklists easily organized so that caregivers are equipped to meet many circumstances. . . . I hope and trust that you and your loved one will derive a great benefit from this remarkable work. (Randall K. Thomas, OD, MPH, FAAO) In The Caregiver™s Toolbox, Carolyn and Peter lay out a comprehensive road map on how to build a technology plan for your loved one. . . . Acting now to build a technology plan for my parents will save countless hours and avoid some unpleasant surprises down the road. Thanks to Carolyn and Peter for helping me get started. (Bruce Honeycutt, chief internal audit and compliance vice president, Blue Cross Blue Shield of South Carolina) The templates provided in the book helped . . . purge unnecessary paper, create appropriate electronic backups for what was important, and identify knowledge gaps related to infrequently used account information. These practical, easy-to-use tools are a blessing. (Don Fowler, vice president, client relationships, Highmark Blue Cross Blue Shield) The tools [the authors share] about how to truly help each other as we go through the dying process [are] so crucial. . . . So many of [the authors']™ insights are right on the mark in terms of what caregivers really experience. (Tricia Scribner)

After working with health care professionals since 2003 helping them migrate into the 21st century, I am really excited about the technology tools patients and caregivers now have available to them. During the last decade, I learned the heart of family caregivers waiting in the medical practice to be noticed, or given something to do to help. Caregivers are such an untapped resource in the medical

profession. When I was a caregiver many times over, I was able to reach a few nurses and doctors and let them know what caregivers needed.Â When I was caring for my Mom more than 1500 miles away, I used many of these tools to help intervene when she needed blood transfusions or when she needed food delivered to her home, or when she couldn't find anyone to shovel the snow from her front yard.Â This is my 20-something book, and it was one of the most exciting ones to work on because I could tell my stories and show you, the reader about simple technologies, tools and credible websites that will Â help make your life easier.Â I hope you'll check us out at [caregivers-toolbox.com](http://caregivers-toolbox.com) when you want to download tables that are in the printed book.Â Warmest blessings,Â Carolyn Hartley

Having recently been thru a caregiver situation with my father, I can only wish that I had had a resource like "The Caregiver's Toolbox" to guide me thru the decisions trees that were present at each step of his care. What I found as we progressed thru hospital care, treatment, and finally hospice care, is that many of the details and processes were accomplished as necessary instead of following a logical process. If nothing else, this book provides a very methodical process for every aspect facing an individual that has not been trained as a caregiver as they take care of their loved ones. Thank you for such a great resource for such an all-consuming topic most of us will face at some point in our lives!

This book is the bridge between someone struggling to know how to care for a loved one and stepping into the role with confidence and know-how. Each page is filled with practical and wise advice for those needing it most. It's a literal toolbox of care.

Very good information for new care givers. Duplicate information for seasoned caregivers.

This book is a time saver and stress reliever for caregivers. Informative and thorough. I order 10 books and gave to my caregiver friends.

I purchased this book to prepare for the caregiving needs of my mother and mother-in-law. What I discovered was that some items, specifically, personal health records, a technology plan, and risk management, were applicable to me - and my children! Now I am motivated to address these issues to protect my family at the present time as well as to ease their burden in the future. I really liked the layout of the book. It is divided into three parts: Diagnosis, Day-To-Day Tools, and Dealing With

Death. I read the whole book, which got very technical at times, but you don't necessarily have to. You can pick it up and start reading at the part that applies to you. I especially appreciated the section on "What Dying People Want to Hear" because a friend's husband is dying of cancer. Now I feel more confident knowing how to better comfort him in his last days. I also want to share the book with my friend so she can benefit from the advice on preparing for his death. It offers all kinds of tips from planning a funeral and organizing tasks to be done to dealing with family conflicts during this difficult time. Several years ago my mother-in-law fell and hit her head. She was not admitted to the hospital, but I realized that we needed a power of attorney in the event she was incapacitated. She resisted the idea and would have nothing to do with it. Now that she sees her health declining, she is beginning to be more open to ideas like this. Tonight I was able to talk to her about some financial issues by referencing this book. Financial matters are an especially difficult topic to discuss. I think she was taken aback when she realized that I'd read a book about caregiving. Hopefully, she will recognize that my reading the book demonstrates my commitment to care for her and to seek professional advice for the journey ahead.

Very good resource. Easy to use and informative useful resources

This book is an excellent source of info for any caregiver. Strongly recommend this book!

Simply an excellent reference and planning guide for caring for a senior parent or family member. Very thoughtful and detailed with checklists and resources.

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