



# **C.A.R.E.: Communicate, Assist, Respect, Empower**

*JoAnn Freeborn*

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## **C.A.R.E.: Communicate, Assist, Respect, Empower** JoAnn Freeborn

America's face of aging is changing and millions of "Baby Boomers" are struggling to care for parents who are living into their eighties, nineties and beyond. Most current books on caregiving are thick, ponderous and deal primarily with how to obtain needed services like meals and transportation. HOW TO CARE AND WHY? presents a unique, engaging look at an approach to family care that focuses on strengthening relationships as an important element of caregiving. Designed to be an easy read, this powerful little book will inspire readers to participate in mutually beneficial lifestyle planning. They will learn how to use simple techniques of Communication, Assistance, Respect and Empowerment in an environment of trust, resulting in a high quality of life for all.

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