



Everything About ME: A Guide for My Future Caregivers

Dee Marrella

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Future Caregiving is a topic that is ignored by the majority of Americans -- who are preoccupied with caring for others and being caregivers. The concept of preparing for the day when we, as individuals, are to be cared for by others, isn't something we eagerly take on as a project. This unique book (in print and electronic version) provides a guide for each of us to tell those in our future, who will care for us when that time comes, everything about us -- things we feel we'd want our caregivers to know about us. If we find ourselves in a long-term care environment, due to something such as a stroke or illness related to a cancer or Alzheimer's, where we might not be known to the caregiver -- beyond our name, medical condition and various medications prescribed, this guide will tell our caregivers every conceivable fact about ourselves. When the day comes that we may not be able to speak for ourselves, we can have a voice in our own future care.

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