

Care For Caregivers

Five People You Should Know

(NAPSA)—Taking care of a loved one can be rewarding, but overwhelming. These five must-know professionals can make your caregiving life easier.

1. **Geriatric Care Manager.** This professional can navigate and negotiate your maze of caregiving options. To find one, visit www.caremanager.org or call (520) 881-8008.

2. **Hospital Patient Advocate.**



This free liaison in every hospital improves communication between families and staff and looks into concerns you have about your loved one's care.

3. **Senior Move Manager.**

This pro manages with sensitivity every aspect of a loved one's move. To find one, visit www.nasmm.com.

4. **Geriatrician.** This physician specializes in care for mature adults, often coordinating medical and psychological care. To locate one, go to www.wellness.com.

5. **Elder Law Attorney.** This specialist focuses on legal decisions impacting older adults. To find one, go to www.lawinfo.com or call (800) 397-3743. Another source: National Elder Law Foundation at www.nelf.org; phone (520) 881-1076.

Also, don't forget willing friends and community volunteers who may be found through houses of worship, schools and local service groups. For helpful tips on family caregiving, go to www.caringtoday.com.