



Strength for the Moment: Inspiration for Caregivers

Lori Hogan

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The role of the family caregiver is very rewarding, but being a caregiver can also be physically and emotionally exhausting. Caregivers often feel overwhelmed by their work and the demands of those receiving their care, and these demands touch every aspect of their lives. Still, despite the challenges, millions of family caregivers provide care to many of the 36 million seniors living in the United States. AARP counts 65.7 million caregivers in America today—almost one-third of the adult U.S. population.

Strength for the Moment responds to the needs of these special people who give of themselves to help their loved ones maintain quality of life in the home. Combining inspiring stories, prayer and scripture, and practical advice, this book provides much needed encouragement, emotional nourishment, and affirmation.

Home care is a challenge, but it can ultimately be a deeply rewarding experience. *Strength for the Moment* promises to inspire caregivers and helps them face each day refreshed in their thinking and prepared to provide the best care for those they love the most.

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