



## The Caregivers Journal: Preserving Precious Memories One Day at a Time (Volume 9)

By Kim Chernecky

Golden Oak Publishing. Paperback. Condition: New. 152 pages. Dimensions: 11.0in. x 8.5in. x 0.3in. There's no doubt that being a caregiver is one of the hardest things you will ever do in your life. But despite the challenges, if given a choice, most caregivers wouldn't trade it for the world. With so much to do day in and day out, such as managing medication, meal preparation, help with bathing and toileting, housekeeping, shopping, errands, and trips to doctors, it's easy to let precious time slip away. But when you are caring for an aging loved one, time is the most precious gift we have. This journal was created to make it easy to organize your loved-ones important medical and caregiving information to make sure all of their daily needs are being taken care of, while still making time to connect a top priority. With daily prompts to remind us to stop and experience the joy of time spent with our loved one, we can forever remember those precious moments, long after they have passed. There will come a day when our role of caregiver comes to an end. My hope is that you will use this journal to record the tiny...



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