



A Family Caregiver Speaks Up: It Doesn't Have to Be This Hard (Capital Cares)

Suzanne Geffen Mintz

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Family caregivers don't go home at 5 or 6 o'clock. We are on duty 24 hours a day because this is something we care about, says author Suzanne Mintz. "Caregivers are literally underpinning the health care system. The value of the services we provide for 'free' is estimated to be \$196 billion a year." But who helps them? Much has been written about the caregiver's role in helping an ill or disabled person, but little has been said about the caregiver--how to take care of yourself as you care for others. This 'message to caregivers' from one of its most respected activists, addresses issues such as the impact of care giving on caregivers, the four principles of Caregiver Self-Advocacy, and reaching out for help.

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