



THE CURATED CAREGIVER

"Where we hand-pick experts who (i) encourage, (ii) educate, and (iii) enhance the lives of those caring for elderly loved ones."

Navigating Caring for Elderly Loved Ones

3 Massive Mistakes to Avoid:

1. Not appropriately preparing for this journey of elderly caregiving.
 - Preparing doesn't cause death to happen sooner.
 2. Creating a false set of assumptions or expectations for how any given person comes to or shows up in this space.
 - Thinking my sister, the nurse, will be the likely caregiver.
 3. Underestimating family history. Complex relationships. Sibling rivalries reemerge.
 - What's love got to do with it?
- ★ Schedule respite for a caregiver: www.noblestrengthfoundation.org
 - ★ Listen to our podcast: <https://podcasts.apple.com/us/podcast/the-curated-caregiver/id1764783400>
 - ★ Join live caregiver discussions & support: **Every 2nd and 4th Wednesday @ - 6pm (EST)**

Zoom Meeting Link:

<https://us06web.zoom.us/j/89617656145?pwd=vbrgapNNK80ZPBaAy7s6aaMC00jTwp.1>

Meeting ID: 896 1765 6145

Passcode: 565787

One tap mobile

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