

Baby Boomers: Sandwiched Between Retirement & Caregiving

Sandra W. Haymon



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Baby boomers are finding themselves in a place they have never been before. The sandwich generation is now sandwiched between planning their own retirement and providing care for elderly loved ones. In Dr. Sandra W. Haymon's new book, Baby Boomers-Sandwiched Between Retirement and Caregiving, the multitude of choices faced by baby boomers are discussed in easy-to-understand terms and illustrated through Haymon's personal experiences. Haymon guides readers through the 'alphabet soup' of financial planning for retirement and the legal, medical forms needed to ensure last wishes are carried out. She also carefully leads readers through emotions commonly felt by caregivers, their families, and the elderly who are being taken care of. Complete with an extensive list of resources, checklists, and a glossary of terms, Baby Boomers is the must-have book for all who are or will ever be a caregiver or plan to retire.

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