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## **Work and Eldercare**

As the population continues to age due to the baby boom generation, the number of people who are caregivers is on the rise. Many are employed full or part-time and need help balancing both work and caregiving. The Family Caregiver Alliance article [Work and Eldercare](#) helps to get you started and then moves on to specifics. It has advice on finding community resources, discussion of informal arrangements, in-home care, adult day care, residential placement, legal/financial issues, and handling stress.

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Used with permission of **Family Caregiver Alliance, National Center on Caregiving**--40 years of experience advocating for policies and delivering programs nationwide to support and sustain the quality work of family caregivers and caregiving professionals. Leads quality education, provides compassionate caregiver planning services and works to bridge research and practice to benefit all caregivers. For more information, visit [www.caregiver.org](http://www.caregiver.org) or call (800) 445-8106.

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