

A word about this packet:

I was motivated to prepare this folder to help caregivers who give of themselves on a daily basis. Caregivers walk into my office with a great deal of responsibility. The weight of this responsibility can be overwhelming, particularly when it is not balanced with support for the caregiver. Additionally, it can be difficult to sort out the predatory elder care professionals from the great resources our community has to offer.

An attorney is a wonderful resource, but we are often the most expensive professional available. I strive to be a source of support and information for my client. I recommend using my services when needed, and looking to family, friends and a range of other more affordable professionals for their assistance as well.

Above all, take care of yourself. Your health and well-being will suffer if you don't include self-care as a vital part of your caregiving plan.

I welcome your feedback about what has helped or hindered you to care for your loved one. You are the expert with valuable wisdom to share.

Sincerely,

Ann Marshall Robbeloth
Attorney at Law

