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## **How to balance your career with the needs of an aging family member**

In this PBS NewsHour article - [\*How to balance your career with the needs of an aging family member\*](#) - Kathleen Kelly of the Family Caregiver Alliance explores the challenges of balancing career demands with the needs of an aging family member. Family care providers provide personal care assistance (bathing, dressing, toileting, feeding) as well as help with everyday tasks and activities (meals, transportation, finances, medications, health care).

This ongoing care can take a toll on working caregivers resulting in increased stress, poor health, time away from work, lower productivity, lost wages and future earnings, and more. Practical strategies for managing both work and family caregiving responsibilities are highlighted- including evaluating needs, exploring options, locating community resources, talking with your employers, using technology, and learning ways to handle stress.

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