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## **[The Caregiver's Resource Library](#)**

Whether you are providing hands-on care or overseeing care from afar, [The Caregiver's Resource Library](#) will help you prepare for and navigate your role as caregiver. This guide offers valuable information as you navigate the landscape of caring for your loved one including planning for the future, communicating with family, navigating the healthcare system, exploring housing options, and caring for yourself while caring for family.

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[AgingCare.com](#) helps families find answers, care and information on eldercare services and issues and provides an online forum for caregivers to share their experience and learn from other caregivers.