My name is Lynn Greenblatt. I am a family caregiver for my husband and a long-distance caregiver for my mother. My goal is to help family caregivers to better manage their caregiving duties as well as to encourage them to take care of themselves. I will share resources - online and local ones - that can help to make your job easier.

As busy caregivers, sometimes we become so focused on caring for our loved ones that we end up not taking proper care of ourselves. Unfortunately, we eventually pay the price for that neglect with our health. I will share with you tips, information and resources that will allow you to incorporate self-care into your day - every day. Self-care is not a luxury, but a necessity. The sad truth is that some reports say family caregivers have a real chance of being outlived by their caree!

You must promise yourself that you will take steps to care for yourself as diligently as you care for your loved one!

I look forward to creating community & to supporting each other through a meaningful caregiving journey!

Best wishes, Lynn.