

# Care Pooling: How to Get the Help You Need to Care for the Ones You Love

Paula C. Lowe

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### Care Pooling: How to Get the Help You Need to Care for the **Ones You Love**

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Care Pooling: How to Get the Help You Need to Care for the Ones You Love Paula C. Lowe Written for those who provide care for others, this text shows how to get help, offering effective, practical

ways to exchange help and share support with friends, neighbours and co-workers. It includes 200 stories from caregivers.



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