

Women's Institute for a Secure Retirement

www.wiserwomen.org

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<http://www.wiserwomen.org/index.php?id=96&page=Caregiving>

Caregiving

The overwhelming majority of caregivers are females providing unpaid care for family members. It is especially important for women, who often take time out of the workforce, to plan for their own retirement and manage their finances. Take care of yourself while taking care of others—use these resources to get started.

Click on the infographic about Family Caregivers!

WISER`s Caregiving Resources:

Financial Steps for Caregivers: What You Need to Know about Protecting Your Money and Retirement
Designed to help you identify financial decisions you may face as a caregiver. This decision can affect both your short-term and long-term financial security, including your own retirement.

View or download a [PDF copy](#) of the booklet. If you would like to order a hard copy, visit our [Publications Page](#).

Working with WISER, Transamerica has also developed an e-book called "[8 Financial Steps for Caregivers](#)," adapted from WISER`s booklet.

For more resources on Caregiving, [click here](#).

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