

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 loved ones. It is especially important for these women, who often take time out of the workforce, to plan for retirement and manage finances. Take care of yourself while taking care of others—use these resources to learn about caregiving and saving options for caregivers.

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.

[WISER Special Report: The Effects of Caregiving](#)

[WISER Fact Sheet: Caregiving and Retirement Security](#)

[WISER Special Report and Toolkit: Caregivers- Care For Yourself While Caring for Others](#)

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

[[back to top](#)]