

Generation Care

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Synopsis

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From a writer and founder of national online support group Caregiver Collective and a caregiver herself, Jennifer N. Levin offers a comprehensive look at our current culture of care, with an emphasis on Millennial caregivers—providing a roadmap to solutions and an immediate call for policy change. More than 10 million Millennials are caring for aging parents before they've been able to fully launch their own careers and consider starting their own families, and that's not including the incalculable numbers of people affected by long COVID. Yet no one is naming this problem, talking about how it feels, or offering resources to ease the pressure of Millennial caregiver burnout. Jennifer N. Levin was 32 when her father was diagnosed with a rare degenerative illness. As she struggled with few resources and little support, she created Caregiver Collective, a national online support group for Millennial caregivers. Now Levin brings the wisdom from her own experience and that of her support group *to Generation Care*, a comprehensive look at this generation's culture of care. Filled with the voices of caregivers, expert commentary and research, and a roadmap to the solutions that can begin helping people now as well as build the policies of the future, *Generation Care* addresses the financial costs, the ambiguous sense of loss for millennials grieving the lives they thought they'd have, the impact of COVID and Long Covid, and strategies for getting help on the individual level and in relation to policy. Caregiving is an increasingly urgent crisis, with more than 10 million millennials caring for their aging parents before they're prepared for it. *Generation Care* brings this crisis to the fore, illuminates the real stories and people who are most affected, underscores the need for shifts in policy and giving support where it is most needed, and sounds a clarion call for change.

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