



Caregivers are angels on our planet. The selfless act of participating in another's personal, emotional, and health needs is an honorable act. However, there is much more to the caregiving experience that surpasses the activities of daily living, such as cooking, bathing, dressing, paying bills, shopping, and providing transportation. What about the business side of caregiving? What about the essential documents that share vital statistics and personal information on the care recipient? I

know we live in a technological society but having access to critical information housed in one place during a stressful period is essential. The Black Book is the answer to the question "WHERE IS...?" Now you know!

*Dr. Cynthia J. Hickman** Your Proactive Caregiver Advocate
Author, Caregiver Advocate, Speaker, Nurse Educator, Nutritional Health Advocate

Dr. Cynthia J. Hickman is Your Proactive Caregiver Advocate and author of *From the Lens of Daughter, Nurse, and Caregiver: A Journey of Duty and Honor*, sharing her 20-years journey of caring for her mother. She has become a storyteller, passionate about sharing caregiving tips and strategies that help others navigate life challenges while celebrating reality's successes. Her professional career has encompassed nursing education, senior care, and health education.

Website: www.cynthiahickman.info

Email: drcynthiaj@cynthiahickman.info

THE BLACK BOOK OF IMPORTANT INFORMATION FOR CAREGIVERS



DR. CYNTHIA J. HICKMAN
YOUR PROACTIVE CAREGIVER ADVOCATE