

Peter Mangiola Releases Free Caregiver 911 Audit Online Preceding Publication of The 7 Causes of Caregiver Guilt

To help caregivers cope with the overwhelming responsibilities of caring for an aging relative this free online caregiver audit is on www.petermangiola.com

MEDFORD, NEW JERSEY, USA, March 5, 2015 /EINPresswire.com/ -- March 5, 2015 MEDFORD, NJ – Peter Mangiola, RN, MSN, www.petermangiola.com, a



recognized senior health and wellness professional with over a three decades of experience in the health care field, has released a free caregiver audit on his website in conjunction with the release of his new book *The 7 Causes of Caregiver Guilt*.

Peter Mangiola

Peter Mangiola developed the Caregiver 911 audit in collaboration with Ellen Messer an organizational consultant. For his entire adult life, Mangiola has been committed to caring for others, particularly the most vulnerable in our society. For several years, he owned and operated two well-known in-home senior care agencies in New Jersey. Mangiola recently sold these agencies to head up One-to-One Lifecare

Inc., a health and wellness advocacy firm focused on helping consumers maximize their health care options and match them with the resources needed to live the highest possible quality of life. As a health and wellness consultant, Mangiola helps clients deal effectively with cognitive, behavioral, emotional and physical issues, including:

- Early to Advanced Stage Alzheimer's Disease
- Child and Adult ADHD
- Children with Learning Disabilities (dyslexia, autism, Asperger's, etc.)
- Developmentally Disabled Adults
- Diabetes
- Obesity
- Much more...

Mangiola's eBook and accompanying online caregiver audit are a response to what he believes to be a silent crisis in America; caregiver burnout.

"Between those who do it professionally and those taking care of aging loved ones, there are roughly 62 million caregivers in America today," Mangiola says. "And this number will no doubt grow significantly in the future as the Baby Boomers enter full retirement. Caregivers by nature are centered on the needs of others, and many have been thrust into this role without any preparation on how to deal with the stresses involved. This leads to an overwhelming number of caregivers experiencing guilt over not performing up to their expectations and/or the expectations of those in their care. The purpose of my eBook and audit is to help caregivers overcome the guilt that often accompanies the role they now serve."

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