Amy Goyer
Author, Speaker, Consultant
Author of *Juggling Life, Work and Caregiving*
AARP’s Family and Caregiving Expert

Amy Goyer, author of *Juggling Life, Work and Caregiving* and is a nationally known writer, speaker and consultant specializing in caregiving and family issues. Amy serves as AARP’s national family and caregiving expert, columnist, and spokesperson, and moderates AARP’s Facebook Family Caregivers Discussion Group. Her columns and caregiving YouTube series share her personal caregiving journey as well as practical, actionable tips for caregivers. An often quoted, recognized media authority with 35 years of experience in the field of aging, Amy’s work is the perfect fusion of her professional and personal experience. She is a passionate champion for family caregivers and has been one her entire adult life, caring for her grandparents, parents and sisters. Amy’s grandfather served in WWI, WWII and the Korean War and her father served in WWII and the Korean War.

Learn more about AARP’s support for veteran and military families at aarp.org/veterans. Connect with Amy at [www.amygoyer.com](http://www.amygoyer.com) and [www.aarp.org/amygoyer](http://www.aarp.org/amygoyer) and in Facebook, Twitter, Youtube, Instagram, Pinterest and LinkedIn.