

"Unique and lovely. . . . How wonderful to have [Gross's] mix of sage advice, pitby insights and practical discoveries at hand."  
—Abraham Verghese, author of *Cutting for Stone*

# A BITTERSWEET SEASON

## CARING FOR OUR AGING PARENTS— AND OURSELVES



JANE GROSS

Jane Gross

## A Bittersweet Season: Caring for Our Aging Parents--and Ourselves



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When Jane Gross discovered herself suddenly thrust right into a caretaker part on her behalf eighty-five year-old mother, she was forced to face difficulties that she had under no circumstances imagined. Includes chapters on the following subjects: Locating Our Better Selves The Myth of Assisted Living The Vestiges of Family Medicine The Best Doctors Money Can Buy The Biology, Sociology, and Psychology of Aging Therapeutic Fibs plus much more. We learn why finding a general practitioner with a specialty in geriatrics should be your first move when relocating a parent; how to understand and provide for your own requires as a caretaker; how to approach Medicaid and Medicare; Here, the longtime NY Times expert on the subject of elderly care and the founder of the brand new Old Age blog shares her irritating, heartbreaking, enlightening, and ultimately redemptive trip, providing us along the way with useful information that she wants she had known earlier. Wise, sensible, and ever-useful, *A Bittersweet Season* is an essential guidebook to caring for maturing parents. As she and her younger brother struggled to go her mom into an assisted living service, deal with seemingly never-ending costs, and adjust to the needs on her period and psyche, she learned valuable and important lessons.



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Well Worth Your Time - Well-Written and Helpful I am no more than 1/3 through this formidable book but I wanted to say it has been an exceptionally helpful read so far. If you're like me, you may hesitate to buy a memoir if what you are considering is concrete help navigate what you encounter as the caregiver of an elderly mother or father. I thought about it twice, and decided to go for this because I suspected the standard of the writing itself will be better than your common resource guidebook. I am so glad I did. Jane Gross uses her own private experience in an effort to explore different facets of caregiving, and provides a huge amount of factual and statistical details in the process. That applies whether you are old, young or among. Help for Kids of Aging Parents Outside of being annoyed by typos, this is an excellent read for anyone going through the mother or father transitioning process. Gross has done a tremendously generous thing in sharing her experiences, including her missteps, in order that we can study from them. And it's really an emotionally touching publication.. It's all about the journey, because let's encounter it, we realize how it ends," and "Through caregiving, I came across my better personal." That last one just really punched me in the throat, because I've felt lately that if I survive this, I'll emerge an improved self. Many thanks, Jane. Ms. I read on the blog, though it was ideal in its early years when Ms. The precise help was few and far between (I finally got some at 43% on my kindle, almost half method through the book). But some of the pitfalls, and traumatic mistakes can be prevented with help by reading this book. I individually believe that starting early when your parent is within their 40s, 50s, and 60s, may be the first stage to getting the ideal answers to so lots of the queries we find ourselves requesting when the time to move a mother or father from a beloved house to a continuing care facility, or assisted living facility happens. None of the offers been easy, but it's so necessary. Who will take treatment of the primary needs of the parent? Who will be there when they have to go to the hospital? The information is helpful, yet it interferes with the narrative. Jane Gross goes into great fine detail about many of the circumstances we boomers discover ourselves in when our parents need to depend on us most. Jane Gross has done a great service by reporting so honestly about the sorrows and ... Jane Gross has done an excellent service by reporting so honestly about the sorrows and joys--and the errors! Everyone must read this book! Anyone who has looked after an elderly relative will see something here to identify with. Well, the reader has purchased the wrong reserve. What siblings are on board to help? Ultimately it's likely most of us face this - possibly we will be required to orchestrate (or directly provide, or both) care for elders in our lives, and/or we will ourselves need to accept such care (and those of us without much family may "look forward" to nowadays with real nervousness). I appreciate the author's admission that she and her brother have many advantages in terms of available finances, connections, education, and so on. Perhaps I'm waiting for someone to write about looking after someone with fewer resources. Overall, this is a good and useful reserve. I was looking for a book to help me navigate this time of lifestyle with my mom, however the authors mother was much farther along than mine. Why aren't people reading this book? A book on somewhat the same subject by Susan Jacoby (Under no circumstances Say Die) appears to be getting a many more press, and isn't nearly nearly as good (Jacoby is still so obviously grieving, and so furious, that she's shrill and depressing). It's an informative publication. One reviewed complained there are "way too many information" about Ms. Gross's own experiences. The reader is "too active" to wade through these. She's also tried to explain a few of the complications associated with Medicare, Medicaid, assisted living, assisted living facilities, and so forth. She remaining it after a couple of years to create this book. Excellent! If the problems involved don't concern the reader straight, it's possible to skip over them. It's an important book; I will look for something that can help ME even more, navigate my mom's declining health and independence, where she's been totally self adequate and how do I part of, etc. Gross, however, manages to

possess a measured tone usually, while being forthright about the times when caregiving for her mom is frustrating, enraging, unfortunate, but also growth inducing. A few of her rates are memorable. I have already been reading Ms. This is a memoir, not a nuts and bolts guide to elder care (I really believe AARP has a publication that may fit that bill). When a loved one gets to the idea of needing more treatment, what should you do? Gross wrote all of the entries. Even so, I commend the blog because the comments to blog entries certainly are a wealth of information. Invaluable caregiver tool. Exceptional book for family caregivers. Excellent and highly informative. Understandable and full of useful information. What this book does is bring to life the challenges of caring for someone you care about who lives an extended life and then gradually declines, incrementally, depressingly, and the toll it takes on the elder along with the caregivers. Should be read by all who having aging .. I am paraphrasing, but those hateful pounds are, "Invest some time. Excellent! Should be examine by all who having maturing parents! Gross because of this valuable resource! Excellent composing and a genuine wake-up call I read articles by Jane Gross and immediately bought this publication. This very personal tale places the chronicles the experience of meeting the financial, logistical, medical and mental/emotional long term care needs and also provides helpful, usable info for the reader. Once at the start of my parent's terminal analysis, and again as we approach the finish of the journey. Not the book for me A VERY long book, a variety of this author's trials with her mother and a LOT of content about the health care system.--connected with seeing her mother through the last years of her life. I was really taken with what she had to state about Assisted Living (proceed with caution). Still looking for health care aides who'll be a good fit, but I'm on the road. Invaluable Have examine it twice.! It motivated me to start "the discussion" with my Mom, schedule a meeting with her and my brothers, hire an elder care manager and lawyer, update her essential paperwork, and commence making choices approximately her estate. We aren't prepared as individuals, families or a culture to meet the needs of the aging human population. Where does the money come from? Sincerest gratitude to Ms. Gross's New Old Age Blog since its inception. Required reading for everyone. It was more a memoir, a political and procedural rant, and a tradition (NYC) position that didn't relate to my circumstance. We all face that one way or the other I cannot find out why, so far, there are only EIGHT reviews of the amazingly excellent memoir of caregiving by a sensational article writer. The answers are within yourself, no on can help you make those very hard decisions. A WHOLE LOT. At all. it's a well crafted book (I can scarcely put it down). This personal story helped me immensely Though a bit dated, this is much more beneficial to me than the large books that cover gazillion topics and have checklists with dozens of items.



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