



*"...a wake-up call and a gentle guide through the daily, weekly, monthly, yearly journey of helping the people we love through the difficult process of aging to a soft landing."*

—Ellen Goodman, *Author*  
premiering columnist, founder  
of The Conversation Project

# HOLDING THE NET

CARING FOR MY MOTHER  
ON THE TIGHTROPE  
OF AGING



Melanie P. Merriman

Foreword by Ann Hood

*author of The Book That Matters Most*

Melanie P. Merriman

## Holding the Net: Caring for My Mother on the Tightrope of Aging



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A meaningful book This is a meaningful, well-written book. I came across it informative, caring, thoughtful, deeply honest, and upsetting to experience at times. It really is ultimately humane and affirming, and really worth reading in case you are (or have ever been) engaged in the difficult process of looking after an aging mother or father. allowing 'faster decline' no 'dietary restrictions. That is such an important query, and inherently without an answer at that time you are requesting it. We learn first-hand about the tough decisions one has to make when the elderly loved one is no longer able to live individually. One keeps coming back a fundamental question: is each decision enhancing the standard of Mom's life or prolonging her death? Told as a very readable and enjoyable personal narrative, the author brings the reader into the complexities of the globe of looking after an elderly loved one. This is a good book to stimulate important queries and conversations, and ideally to avoid unnecessary suffering by the end of existence. As somebody whose parents are both dead but who has kids nearing adulthood, I browse the book thinking about what I would do in order to avoid the unpredictable manner of dependence and expensive but futile care. I understand her and I know that these memories and feelings are true to the facts and honestly reported. So sad to watch them loose their independence Found this at a turning point in my own moms health. Anyone who has eliminated thru this will become nodding because they remember so many similar experiences e. This is exactly what the author has done here. This family wasn't hurting financially, but nonetheless had to deal with at least some of the heartache many families have to deal with when putting their loved ones in rehab. This reserve places everything in perspective. Current care givers would get dozens of PRE NEED suggestions from funeral prep, pull-ups as only option, side rails, hospice etc. Remote control siblings could understand their essential contributions e. So unfortunate to view them loose their independence. reading email ventilations, turning up for respite, handling financial affairs. There's plenty for professionals to learn also e.g. An engaging and useful publication about important concerns This is an extremely helpful book that can serve well in difficult times.' This might be a great gift if one is sensitive to the recipients fragile condition. Such an important book This book is amazing. How do they keep in mind everything that occurred? I guess they pay attention to lifestyle while lit is happening, everything, both bad and the good, happy and painful. Difficult subject to write about.g. I highly recommend the book. The writer's encounter is documented here. I am a Mental Health Counselor and would recommend this reserve for helpful information to helping their parents We am a Mental Health Counselor and would recommend this reserve for a guide to helping their parents. That is also a great book for a reserve club discussion:Fast reading and brings up some interesting topics. Melanie shares her story truthfully with some funny and tearful stories. Enthralling Having been through care-giving myself, the writer succinctly describes the countless challenges, fears and hopes of caring for an aging cherished one. Beautifully written, this is a must go through for anybody currently doing care-providing or may some day time. There are various tips on ways to make things less complicated, without ignoring the often unpleasant decisions that come additionally existence changing event. I applaud both sisters for their remarkable care. We have to all be so lucky when our period comes. Exceptional and compassionate and knowledgeable author. Wonderful book. Compassionate and educated author. Very well-written and a very important reserve.... They let themselves feel it and then call it up so that others may share and find out. But Melanie Merriman do a great job.I came across the book readable and easy to relate with. And the publication is helpful. I want I had acquired this book five years ago. But I will keep this publication and remember her sensible words. All can benefit by scanning this. Each web page

could represent a page from my life with my elderly parents But Melanie Merriman did an excellent job.. Holding the Net: Caring for My Mother on the Tightrope of Ageing by Melanie P. Merriman actually offers a backspin on all of those. I, David, have been around in two assisted living facilities since 2012. Suzanne and I recognize that regardless of how hard these people try, a nursing home is really as close to prison because so many of us will ever get. Very great book for those coping with elderly parents & Jerry said he had experienced both and the nursing house is worse. But there is a backspin. This reserve is an enthralling story of one family's have a problem with their mother's end of life and how they dealt with it. The backspin is certainly that the author have been a hospice professional for years and knew the majority of the intricacies of the way the system works, or doesn't. Night calls to ER. 1 day I thought to our friend Jerry that I had been in a nursing house, had never gone to prison, but imagined that the nursing home was as near prison as most of us will ever get. attempting .. I came across the book readable . Very great book for those dealing with elderly parents & attempting to provide good safe environments for them. The changing stages of aging! Pre-need Easy informative half day read.g. It is not a tear jerker and the author's honest personal analysis helped soften a few of my remembered regrets. Couldn't put it down How do people write memoirs? As somebody who is in a similar situation, I found myself relating to the article writer and it produced me laugh and cry at the sane time. Not only would I would recommend this publication to people caring for an elderly parent, I'd also recommend if to a parent who is being cared for by their children. Just a good read throughout. More of a memoir than practical information. The author's . By now we have read a variety of books on the subject of aging set up, end of existence care, and so forth.. More of a memoir than practical tips. But the writing is why is it enthralling and accessible to anyone. Although it is certainly interesting, I was wishing to learn more general information.



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