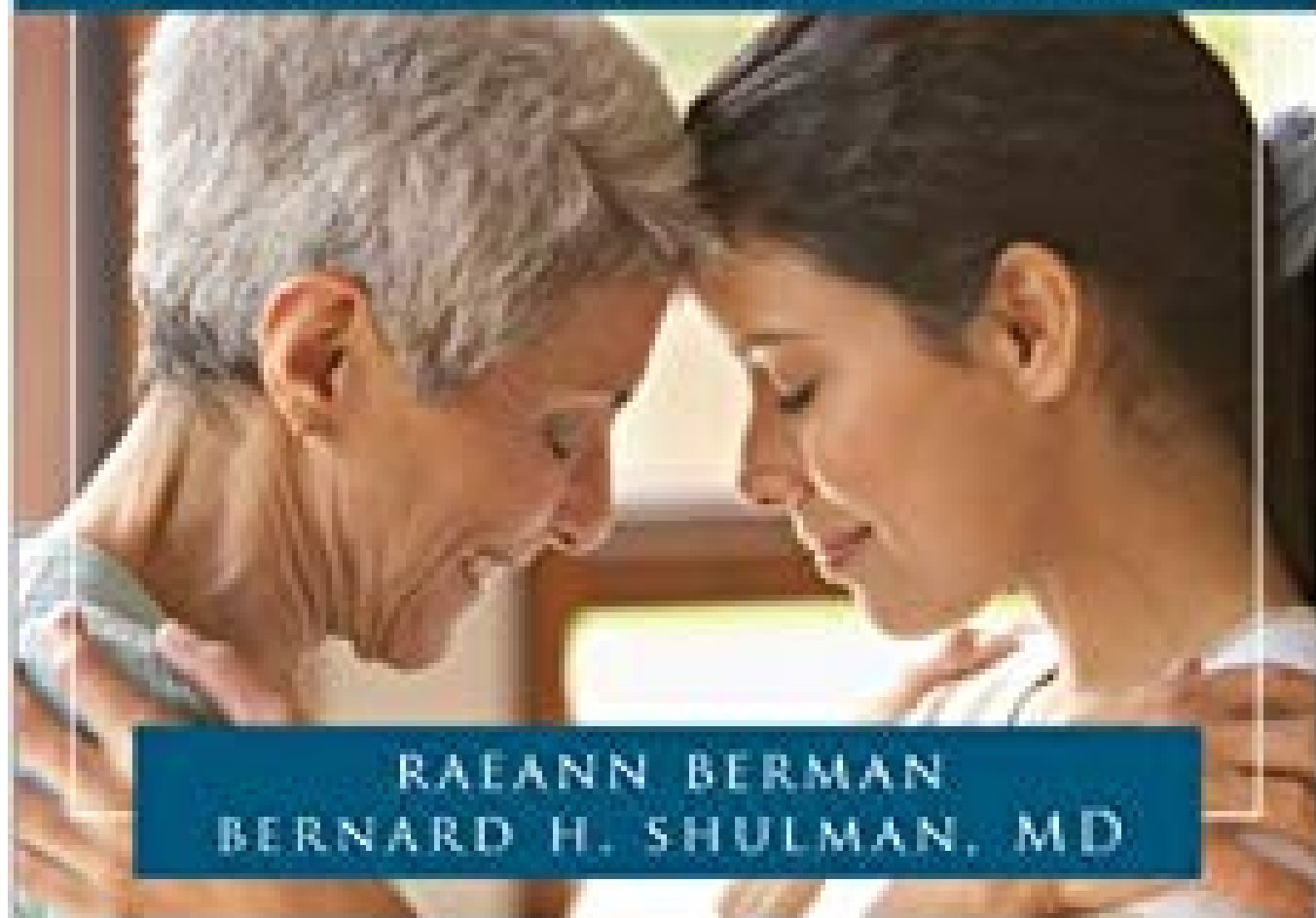


"Useful, easy to read, and most informative."
Dr. David Thomas, President, National Council on Aging

Caring for *Your* Aging Parents

An Emotional Guide to Nurturing Your
Loved Ones While Taking Care of Yourself



RAEANN BERMAN
BERNARD H. SHULMAN, MD

Raeann Berman

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The best resource to help you look after your aging parent! This comforting and poignant guide bridges the gap between elderly parents and the adult children who look after them." ? Washington Post "Among the best books on eldercare."** "It's a terrific book." ? Newsday "Useful, readable, and most interesting. Daniel Thursz, president, National Council of the Maturing" Full of information." ? Dr... Covering health, finances, living arrangements, conversation, and emotional struggles, Caring for Your Aging Parents presents caring, professional advice for the more and more hard decisions that caregivers face, including: Making a good choice between home treatment and assisted living Dealing with memory-loss and dementia Expressing treatment and concern without sending mixed messages Counteracting detrimental behavior Encouraging additional family members to help with caregiving Controlling stress and looking after yourself With a wealth of resources and reassuring answers, Looking after Your Aging Parents assists caregivers foster a loving, cooperative romantic relationship with their parents in this fresh chapter of their existence and realize that even during this difficult changeover, they aren't alone." ? Ken Dychtwald, Age Wave



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Saved my sanity! This reserve has allowed me to aid her without giving up my entire life, sanity and wellness. I'm the main caregiver as she's transferred into a retirement apt and recently lost her driving capability. It generally does not shy away from the truth of family members who do not help and parents with character changes. There are several fine books to steer you through the process; institutional contacts, legal issues, etc. I found this reserve at a book store one day when I was desperate to find insight into that which was happening to my romantic relationship with a mom I've always been very near. So do yourself a favor and browse this book if you're the child who has used on the loving work of being there for a parent. I was unaware of the emotional minefield we were strolling through and required some straightforward advice in how exactly to look after myself while taking care of her needs. All the things you're feeling are not unique to your position! It contains sound information on how existing family dynamics continue into aged age and how exactly to gently extricate oneself from manipulation, depletion, guilt and anger as each relative responds to these shifting functions. It will help you stay solid for their sake and your own.



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