

2016 NATIONAL CHRISTOPHER AWARD WINNER
"For Books that Affirm the Highest Values of the Human Spirit"



the gift of caring

*Saving Our Parents—and Ourselves—from
the Perils of Modern Healthcare*

REVISED EDITION



Marcy Cottrell Houle, MS, and
Elizabeth Eckstrom, MD, MPH, MACP

Foreword by Jennie Chin Hansen,
former CEO of American Geriatrics Society, past president of AARP

Jennie Chin Hansen and

The Gift of Caring: Saving Our Parents?and Ourselves?from the Perils of Modern Healthcare



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In a robust blending of memoir and practical strategies from a medical doctor's perspective, *The Gift of Caring: Saving Our Parents –Today*, for many older adults, the medical delivery program is certainly confusing, fragmented, and ill-equipped to supply comprehensive, person-centered treatment. This ground-breaking reserve, co-written by award-winning author Marcy Houle and nationally-recognized geriatrician and public health advocate, Elizabeth Eckstrom MD MPH, sheds brand-new light on ageing by displaying it from twin perspectives: the tale of a child desperately searching for help for the parents she adores, and a geriatrician who presents life-changing strategies that may protect our loved ones and ourselves. and ourselves - from the Perils of Modern Health care reveals the hidden part of modern healthcare practices for aging People in america. Under our current health care model, thousands of aging persons encounter unnecessary suffering, hospitalizations and nursing home stays, and even preventable death.s not occurring.The Gift of Caring hopes to improve that.s changes, they resign themselves to believing you'll find nothing anyone can do to greatly help, while some health care professionals basically write off symptoms seniors endure seeing that “ giving us the equipment we have to insist upon the better method.”s healthcare ...just old age.” Further, the real issue is not that the answers to help ease suffering don't exist. Rather, what we need to know is generally not available to the general public.You can change that. Devoid of knowledge of aging' It really is written to give empowerment to all or any older adults, family, and healthcare professionals, by sharing essential knowledge and useful strategies. The Gift of Caring displays the best methods to advocate for our mother or father'But mainly because Marcy Houle discovered in caring for her parents, many of the problems often aren't “ and our own ...just later years.Your parents and you also deserve the very best healthcare as you age- But you can find so multiple reasons why that'Seniors and families often feel powerless as they travel this sad trip. A lot more concerning, many health care professionals have had little if any trained in the care of older adults.



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USUALLY DO NOT miss this reserve!! Worth reading for anyone who has connection with Modern Healthcare, irrespective of age or circumstance "If you've known one individual with Alzheimer's, you've known One individual with Alzheimer's!" That's a stating pretty well known in my own community - the Community of Alzheimer's Caregivers. Many thanks to Marcy Houle and Dr.. "The Gift of Caring" takes you on a journey of caregiving and a bumpy ride it really is. You are brought along for the trip while the author describes the battle to provide the best treatment, medically and emotionally, to 1st her Father and then, unfortunately, her Mother. Dr. Want I had go through it- 5 deceased family ago Must read! What to look for, useful tips in treatment and also how to prevent, prevent or at least delay the situation. Well worth reading and deserving of all of those Five Superstars! IT WORKS! Everyone should browse this book because even if we aren't responsible for the treatment of a parent, we ARE all going to reach those years where we need to make decisions. Frankly, it is a Home Run. The title means that it is for the adult offspring of elderly parents and that is much too limiting. This is a must go through! I am overseeing treatment of my 90 year old mother, and today have much more info in my own arsenal to greatly help her. There are stand-by itself books by caregivers and you can find stand-alone books by physicians but this is the first reserve I've find where in fact the two sides function in concert to see the reader. One of the first things I did was check my parents' medicines against the Beers list. It had been the first reserve I'd ever go through that opened my eyes to the look Seniors must perform to become their own advocates to make end of life decisions. 5 Stars aren't enough. A 10 star publication! This is actually the BEST book I have ever read on looking after an elderly parent. It had been more than I anticipated because it also alerted to me about how I can improve my own existence as I head into the "final years." Having recently gone through a painful family members crisis with my mother's care, this publication helped me find that we did certainly save her from a facility that was offering her too much medicine and leading to her ongoing complications. The reserve affirmed our decisions and will be a guide for future decisions on her behalf care and our very own.! Being conscious of what must go right and what could go wrong with our care is half the battle. No two victims of the horrible disease are precisely alike and so, while the symptoms and manifestations of these we care for may be equivalent to the outward indications of other victims, the purchase of appearance and also the reactions to the outward symptoms may vary significantly between victims AND caregivers as well. Eckstrom for this wonderful, extremely readable publication. If there have been 10 stars to provide, I would give it 10 superstars! Extraordinary Reference Reserve For Seniors This book is a superb reference book for aging adults along with their adult children. It is a watch of life's closing chapters while detailed by a grown-up child who assumed the function of Caregiver. Why is it uncommon is that the girl relates the experiences — frequently difficult and always complicated— that she and her parents resided through.. A GENUINE Eye Opener! This is a great resource for those caring for an elderly parent or cherished one. preventing falls; I am permanently grateful. Yes some sections were unfortunate and hard to complete because of the feelings, but I am so grateful for having discovered this publication. These topics are often touched upon in various other books, however in the "The Gift of Giving" they're spelled out in more than enough detail to be incredibly useful. Without qualification, I heartily endorse this book . In this way, the book differs small from the stories told by additional caregivers. Sivia Kaye An Invaluable Help to Anyone New to Looking after Aging Parents What an unbelievable book! There have been so many "eyesight openers" in the book, many of that i will instantly incorporate and/or address.! The format of the book -- told from the author's personal caregiving knowledge for her parents, with followup chapters by an MD specializing in geriatric care was specifically noteworthy and useful. I instantly identified with many of the difficult encounters with the author's parents' healthcare once we are currently going through the caregiving knowledge with my parents, combined with range and a rural locale, which makes it a lot more of a problem. I held wishing I possibly could find an equivalent for the in-home caretakers, Alonso and Helen, for my parents.

It helped affirm for me that emotions of helplessness, guilt, and inadequacy are section of the overall caregiving experience, specifically during difficult circumstances and decision points. The best of many I have continue reading aging parents. A wonderful read filled with great information. This book is well crafted, informative, interesting and intensely useful if you have an aging parent. WHEN I read it I bought 3 more to share with my siblings and have told all my close friends about it whose parents are elderly. The Doctors should read this in addition to all of . I have bought other books about them since coping with my 90 year old mothers health insurance and mental decline - searching for help and answers. I only skimmed all of them until I found this great little reserve. I browse it cover to cover. when to choose palliative care, etc. Many thanks Marcy Cottrell for posting your tale and insight. how to reduce number of pills prescribed; I thank both of the authors for giving us an excellent resource. This is an extremely informative and touching book. I've finished it once, and can now re-browse with a highlighter. I have personally found it much too good to maintain myself and you will be purchasing several copies for gifts... you start with my two children. Clearly the job needs both vigilance and understanding and being ready to speak up vociferously at times. I am recommending this reserve to my children members and close friends, and you. Either you are caring for an elderly person, support someone who does, or you will be one some day time, so examine it! I thank both of the authors for giving us an excellent resource. Information that can preserve older adults from unneeded suffering and premature death This is a simple guide. I have suggested it to everyone I understand. But following each portion of a chapter or several is usually a chapter which gives the insight of a observed geriatrics physician. This book is super important whether you have or could have parents in the medical system or expect you may be there yourself! Go through it and continue hand for yourself , your partner or other family.. I loved the way the publication was created and was incredulous at the encounters this woman and her parents got as they neared end of lifestyle. The book will probably be worth reading for anyone who has connection with Modern Healthcare, irrespective of age group or circumstance. It is an interesting and easy read. Then an experienced gerontologist feedback upon each of these exigencies and suggests way to better cope with them. But something I've definitely learned in my caregiver journey – it is possible to always learn from the experiences, bad and the good, of others. I like the mix of personal encounter with additional input from a respected gerontologist as to the reasons something happened and what to look out for. I've examine many books about the encounters an author's parents or partner have endured by the end of existence but this reserve includes chapters by way of a doctor entitled "What I Want I Had Known" - I found these chapters incredibly useful... I like the combination of personal knowledge with additional insight from ... The Doctors should read this in addition to most of us to see and understand. Very readable and well worth doing this. Certain sections are well worth keeping for reference. The suggestions are particular and can be employed immediately. I learned so much from this book.! Is all of this really necessary at this age and how many even more years of standard of living does it give us? Love this book. Specifically helpful are lists —without cumbersome verbiage— of how to get better sleep, how exactly to complete a POLST directive; It really is created in a clear form, with professional observations interspersed. Five Stars Absolutely wonderful book.



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