

Old

IS NOT A
FOUR-LETTER WORD

A GUIDEBOOK FOR THE
JOURNEY THROUGH OLD

Susan M. Towle, RN



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Old Is Not a Four-Letter Word: A Guidebook for the Journey through Old



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In life there are no guarantees, but thoughtful planning gives you a better chance for a confident Journey through Old. Old Is Not A Four-Letter Term is a clarion contact to improve our paradigm from dread and denial of aging to a keen anticipation, planning, and planning for our elder years. This guidebook outlines in simple terms the plans and tasks this journey requires, like the importance of advocacy, documents, and safety preparations. Never has a generation seemed therefore unprepared to face the inevitable changes that happen to us as we become old.



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Remarkable tool for caregivers and aging adults This may be the most useful book in my own library. I am a 69 year old man who spent some time working in health care for over 30 years and I am a long-distant caregiver for just two aunts approaching 90. Preparing ourselves for the years that stay must be our number 1 priority, and this is a publication that quite simply lays out in the clearest prose imaginable just how to do that. Written for those folks with a vulnerable cherished one, or readers who are beginning to question what lies ahead within their future, it really is thoughtfully structured and well annotated. She's written a collection of tales from her professional and personal encounter that serve as types of the challenges, emotions and obligations encountered during aging. Ms. A practical,guide that needs to be on the bedside desk of every senior.. It is the most practical, clear to see, much needed guide book of its kind that I've read.. In this "trip" of maturing, the majority of us will encounter occasions of excitement, trepidation, joy, outrage, hope, frustration, fear, comfort, and misunderstandings. I see this reserve much such as a travel guidebook I would take when visiting a new place. This book is long overdue...Her metaphor of aging as a journey works well. Many thanks, Susan, for slicing through the mess and getting right down to what is important Great read! It isn't to be left on a bookshelf , but something to carry along and make reference to often Read this book. At the end of each chapter, she has prepared a "Job List".

Written in a down-to-earth and often humorous style, the reserve is chock filled with information, practical ideas, and wisdom borne of years of the author's personal and professional knowledge..senior citizens certainly are a growing and needy part of humanity, vulnerable and ready to be motivated to lead more essential and lively lives. This book simplifies some complex conditions that must be understood before growth can occur. Towle provides ample get in touch with information for those seeking additional information and assistance with of the most frequent problems encountered by elderly people. easy to understand I bought this originally because my hubby and myself are both inside our 70's. I've since ordered at least 10 more to give to other close friends in my generation ,or close friends with aging parents. They are extremely useful, especially for those folks whose organizational skills might not be razor-sharp as they once were.feel empowered!! Extremely informative and timely for retiring adults. Understand this extremely useful book! This book is crucial read for everyone, as we'll all get old if we're lucky, and most of us hopefully know and love old people.. I wish I'd had this reserve years ago when my parents had been struggling with the challenges of old age. I've given it as a gift to many friends and you will be using it in my own teaching of graduate interpersonal work students. The writer has spent the majority of her professional life working with, and coming to a knowledge of, the territory that lies ahead. Excellent source of information I highly recommend this book. You will put away yourself and family lots of head aches and heartaches if you follow the suggestions in it. I would highly recommend this to anyone beginning to think about their future because they age group or as their parents or significant others age group. The chapters are arranged in an easy-to-use format - with helpful checklists by the end of each chapter. That is a must-read for everyone age 60+ and their families. The social employees at the hospitals and rehab services were never as helpful as this book. It is an excellent source of information for all of us navigating "old". Do yourself and family members a favor and go through this publication. Excellent Guide This an extremely well-planned and arranged book by an author with many personal encounters to share. It is well written and clear to see. And even if one thinks arrangements because of their old age are to be able it's a good review to discover if anything was skipped. This would also be a fantastic guide to those brand-new in the many fields involving geriatric care. you risk disappointment, floundering and That is an astonishingly thorough guidebook through the times ahead for many folks now inside our seventies. An absolute must-read in order to prepare adequately for your later years. Buy it - you won't regret it! Unless you read this book, and listen carefully to what she has to say, you risk disappointment, floundering and, potentially, personal disaster. Furthermore to reading and using Aged is Not a Four-Letter Word I've provided two copies to close friends in the last monthSusan Towle, is usually a RN with decades of experience as a

Geriatric Treatment Manager. In case you are living with increasing anxiety about what's to come, this book will permanently ease your mind. Robert C.S. Our Book Golf club read it, and had been were all happy with the information it contained. This is an interesting quick read, with a lot of good info. Downs A GOOD Read! Wealth of information Extremely beneficial book whether planning your own care simply because you age or understanding what to do whenever your elderly parent needs help. I will be giving this publication to my children to read.. A GOOD, Practical Guide We wasn't sure what to expect and was fascinated to locate a very clear, straight-forward manual covering all the sorts of issues an individual or a member of family might encounter with aging. Most of us need to take time to browse this. Checklists, references, clear background details augment the author's theme that aging is a part of existence and like a road trip, needs advance planning. Five Stars Excellent! Filled practical information as well as relevant stories. I'm getting a few more for my friends. I'm buying even more as presents for friends who are seniors and/or possess elders they have promised to help..



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