

TIPS FOR HELPING YOUR AGING PARENTS

(without losing your mind)

KIRA REGINATO

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· Manage emergency room visits and avoid hospital readmissions. · Have essential conversations about medical wishes. · Create a safer home environment to avoid falls and incidents. As a gerontologist with years of experience, and as a daughter, she presents practical recommendations and she provides them from the heart. · Select the best caregiving items. In *Tips for Helping Your Ageing Parents (without losing your brain)* Reginato creates a compassionate and straightforward guide filled up with expert strategies for adult children of aging parents. Conveniently accomplish important tasks: · Assist with tracking medications to avoid errors. · Cope with a mother or father who resists paid help at home. "This is a superb book—incredibly insightful and useful. Reginato provides step-by-step guidelines to help you care for seniors while also looking after yourself. · Remain in a good frame of mind to avoid burning up out." —Bob Goldman, Bob Goldman Financial Setting up "Kira Reginato offers compiled a short, but comprehensive guidebook to covering all of the bases of complex family caregiving!" —Dennis McCullough, MD, Dartmouth Centers for Health Insurance and Aging and author of *My Mom, Your Mother: Embracing "Sluggish Medicine," the Compassionate Approach to Caring for Your Aging FAMILY MEMBERS*



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Her charts and photos make an excellent pathway for the exhausted and frustrated caregiver during this stressful period of existence.. From a physician's perspective, having pertinent medical records the individual maintains makes care a lot more seamless. It had been such a difficult time and I don't know what we would have done it without Kira's help. I'm confident that my mom wouldn't normally have been able to make such a successful transition without the benefit of Kira's experience and personal attention.. Kira's practical advise is a lifestyle saver for those with . In reality, these are tips that help with looking after yourself as much as caring for aging parents.! I've bought and distributed 4 copies currently because I just keep hearing about individuals who need this information. I'm just going to keep a stack helpful now. So grateful!! We have all worried so very much about mother throughout this technique as Gram has been unable to do anything for herself, and mom sometimes sacrifices looking after her personal self..! ice with my aging mother who is currently in a healthy body and lives 3 Kira's publication was the wake-up contact I needed to make new friends with my aging mom who is currently in a healthy body and lives 3,000 miles away about the real possibility of me 1 day needing to provide look after her. She has generally insisted that she "does not wish to be a burden," and we have avoided the subject. Furthermore to her hands-on experience, Kira is definitely a compelling speaker and respected consultant in neuro-scientific caring for older adults. A light in the dark I read Kira's wonderful reserve with two models of eye:as a child and son-in-law who was closely mixed up in care of my mother and mother-in-law who have been in their nineties if they expired so when a medical professional and bioethicist who has handled many patients close to the end of their lives. I'll send Mom a copy of your well organized and practical reserve so we can start to possess this much-needed conversation. It really is excellent for somebody suddenly thrust into a caregiving role. Kira helped our family when my mother had a need to move out her home and receive personal care for the very first time.The book is remarkably accessible and takes breaks down a challenging transition into manageable steps. How lucky for anybody who requirements help helping their old parent and buys this book!Recommend this book. book is a wonderful information for anyone with an interest in dealing with .. So much of what we received from Kira can be captured in her fantastic new book, so now I have easy access to all or any her great tips! book is an excellent instruction for anyone with an interest in working with older family members or friends. Why make an effort to figure it all out on your own? It's an instant read and then the reader can refer back to a helpful section when they've strike a road block and require a nudge to go forward.. Real solutions! True to life solutions in readable style.. This is essential read for everyone...preferably just before their parents are confronted with health issues. It is possible to read her publication, get some practical "heads-up" guidelines and take the steps necessary to help your parents because they age. It covered more than I believed you might need to plan the caring of their maturing parent/s. Additionally it is well organized and an easy task to follow. I especially enjoyed the total amount of these tips alongside some of the good examples and stories of how the writer (Kira) utilized them in the care of her own Dad!! I love that this book isn't too long but addresses therefore many issues facing households with aging parents.. Kira's practical advise is a lifestyle saver for all those with aging parents. It may be helpful even to people who are in the medical field and know about points in their area of of function but nothing about things that go on when the patient leaves "their" care setting and returns house again! Easy to read Readable, with very helpful Tips! Great tips and assets! This is an easy to read book with lots of helpful information for a caregiver. Wise, practical tips written in an accessible and engaging fashion The tips are practical and doable. The publication has many novel concepts and invaluable checklists for stuff such as

evaluating home protection, what to pack for a medical center stay, and how to proceed upon a hospital discharge. Kira writes truthfully about the issues of caring for aging parents. This is a tremendous resource for anyone looking after their parent. Thank you, Kira. Kira's book is an "easy read" but is packed with extremely important information about how to care for the caregiver and also the patient. Such Helpful Tips! The practical understanding this book offers with all of its neatly clarified lists and suggestions, given by anyone who has been there, is just the thing my mom needs. Despite her years of experience in neuro-scientific gerontology, she levels about the mistakes she manufactured in the treatment of her father to the advantage of the reader.. I've already distributed three copies as gifts. The best gift may be the book plus preparing the Communications Binder (explained in Chapter 4) for a friend who is in the throes of caregiving. So pleased to have found it - it's already building a . She supplies the reader with positive ways to stay sane and healthy in the caregiving process.. actionable compassion, sanity restoring... I purchased this reserve for my mom who has been looking after her mother in her house (my mom's) for 4 years now. . Useful information with easy implementation In a simple, simple yet comprehensive way, Kira Reginato addresses so a lot of things you would not think while helping your senior parents or loved ones, particularly if they were in crisis. So happy to have discovered it - it's currently making a difference. Real Help for Genuine Problems with Aging Parents Kira's lengthy encounter in care management and her deep involvement in the treatment of her dad come through in this no-nonsense guidebook through the 'do's and dont's' of caregiving. Reading about Kira's experience looking after her aging dad and how she held herself organized and looked after along the way was enlightening and provides prompted me and mother to start getting our ducks in a row so we aren't completely blind-sided should things abruptly turn the corner both of us fear. If you need a sherpa to complete the lonely mountains of caregiving, she is your best bet.



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