

Doing 

the Right

Thing Taking Care

of Your Elderly Parents

Even If They Didn't

Take Care of You



**ROBERTA SATOW, PH.D.**

Roberta Satow Ph.D.

# Doing the Right Thing: Taking Care of Your Elderly Parents, Even If They Didn't Take Care of You



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Now in paperback, among the first books to help navigate the profound psychological challenges of looking after elderly parents in a strained parent-child relationship.



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A REMARKABLY Helpful and Honest Book I came across this book at a time when I really was struggling with the looking after my mother. This book is incredibly useful in pointing out the, sometimes, obvious issues of treatment giving and offers true to life solutions. I don't normally mark up a book but that one is full of different coloured highlighting, notes and dog-eared pages. I found myself among many of the stories. I have this on my refrigerator to remind me that I cannot bail out someone else's ocean of want, but I could bring some comfort without drowning myself. I am grateful to those who shared their experiences. This is an excellent book!

The Mama's Boy Myth: Why Keeping Our Sons Close Makes Them Stronger by Kate Rock Lombardi, M. Really hits home and is assisting through some emotions I am dealing with provided my current situation. Four Stars given to my buddy to help us deal with issues with an aging mother. It taken to light thoughts and perspectives that I had not regarded since I was too busy surviving existence at it was. I agree that the name is a bit misleading. This reserve is helpful for people who have had less than an open, loving relationships making use of their parent(s), but it offers practical details to anyone in a care giving role. We keep this publication handy and refer to it often, especially on the days I am trying to keep my head over the "ocean's waters."

Doing the Right Thing by Producing Thoughtful Conscious Choices Regarding Your Nasty, Imply Parents Who Now Need Your Help! Five Stars Good quality jacket. This is among the best books that I've come across upon this subject . or Deep Secrets: Boy's Friendships and the Crisis of Connection Niobe Way, Ph. If you are confronted with decisions and also have complicated feelings about about your aging, sick parents -- for instance your parents were mean, hostile or just had too many problems of they own to connect making use of their own children you then won't be disappointed with this book. I did sympathise with lots of the adults, and I assume the only real shortcoming of the reserve was that I expected it to provide me with solutions. The only section that I came across to be incredibly outdated in believed and advice may be the area regarding men and their relationships to the mother. This book helped me to see that ambivalence towards my . Excellent material exists such as; Much like the advice given in medical course or on an airplane - remain safe to be able to help others around you (put your oxygen mask on 1st).S. Overall this is a book that basically needed to be written.D. certainly are a good place to begin if you thinking about the topic. Apart from this section specific section I really liked this publication and thought it had been long overdue! Tips from one who's been now there. The information included will either enlighten you or literally piss you off.. Great book and very insightful for individuals who need to begin the journey of physically caring for an ailing or elder mother or father whom they don't have that good of a relationship with. As with all self-help publications you need to be able and ready to come out of your safe place and make adjustments in the way you possess programmed yourself to cope with the problems surrounding the circumstance to make improvement. If your seeking a quick fix or to be patronized relating to your feelings toward your personal situation then this book isn't for you personally. It helped me tremendously. The book calls it as it is and sometimes a bit gruff on oneself BUT then again that's what healing and the journey is focused on.. You come to realize you ultimately are the only one responsible for your own emotions and you are the only I who can make the necessary growth in order to overcome and deal with the parenting situation. Take it in one who has performed the game for over 53 years. Bite the bullet and dive in head first. It will not be easy and sometimes it'll be three steps forward and four steps back again but eventually you will get to a peaceful place together with your parent. Do not wait around until it's as well late as the regret will perform a lot more harm than what you have carried with you each one of these years relating to you as

well as your parent. Best of luck and be patient and good to yourself while upon this journey as possible a existence changing and uplifting encounter when all is said and done. This section made me sad as more contemporary thinking strongly suggests that males strongly benefit from having equal connections making use of their mothers as they do their fathers... I realize which may be impossible to get from a book, but I really do think I gained a lot by the empathy I experienced to others who deal with the same insolvable and occasionally intolerable situations. Many thanks, Delores B A lot of empathy, no concrete solutions The interviews in this book were very enlightening, giving me some new insights in to the situations that I, and apparently many others, 're going through with aging parents. However, it isn't a "how exactly to" kind of a book but even more of a place to begin with thinking and reflecting on our connections or lack thereof with this parents. This book helped me to see that ambivalence towards my Father was normal and the need to give what I can afford to give him is enough without guilt, for that I am extremely grateful too Roberta. I'd recommend this publication to those just beginning to feel the pull to greatly help their parents in order that some strategies could be of help in the earliest stages before patterns are collection.? Looking after elderly parent if you have a bad romantic relationship with them.. This is one of the best books that I have run into on this subject of.. Loved this. Compassionate Loved this. Compassionate, honest appear at responsibility for aging parents who have been not "good" parents. The strongest point the book helps it be to set reasonable limits. Be prepared to do some comprehensive soul searching and realization thinking to help you move forwards in the situation. One of the few quotes in the publication is "When faced with an ocean of need, bring a cup". What a I Needed This book was exactly what I was looking for. You have to be okay in order to be of any help to those around you Or even to yourself. This is an excellent book! Burning yourself out does nobody any good.! First got it for hubby and he loves it. Well-crafted and worth the amount of money! Five Stars Interesting title and incredibly useful book. Eases the embarrassment of this issue, recommend



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