

*"To all adult children, caretakers, professionals read this book! Conroy's approach aligns with the newest movement in American psychology called 'Positive Psychology'—focusing on one's passions and personal strengths."*

*—Gerald Self, Ph.D.*

*Assoc. Prof. Psychology, City University of NY  
Staff Psychologist, Gracie Square Hospital*

# **I want to go to Lithuania or How to have Fun with your Aging Parents**

*— A step-by-step manual for adults  
who love and care for older adults. —*



**Christina Britton Conroy**  
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WITH ILLUSTRATIONS BY LARRY CONROY

Christina Britton Conroy

## How to Have Fun with Your Aging Parents: I Want to Go to Lithuania



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A step-by-step manual for adults who love and look after older adults One afternoon, music therapist Christina Britton Conroy was taking nursing home residents to activities." -- Judy Foust, RN, US Army Hospital, retired, Low Vision Nursing Specialist, Lighthouse NYC . "Mary, it's so excellent to see you. Conroy's approach aligns with the most recent movement in American psychology called 'Positive Psychology'--focusing on one's passions and personal strengths." she asked. Daly, M." "An insightful, unique method of helping people cope with the needs of dealing with the elderly. The writing is entertaining and insightful." -- John J. Mary replied, "I would like to head to Lithuania. social employees, nursing-home and community middle staffers, psychologists, and family members of sufferers with dementia/Alzheimer's could all benefit from this information., NYC Police Surgeon, St. Vincent's Hospital, NYC." --Donna Malech, R.".D. She was thrilled whenever a sweet, disoriented lady joined up with her group. H.". N. Conroy puts a new spin on the various ways to manage older people population. Prof.. an excellent resource for caregivers, whether they are kids of aging parents or professionals employed in a health care settings., P.. N., Going to Nurse Service, NYC"A must in virtually any caregiver's library." --Marie Sibilla, Psychotherapist, Private Practice, NYC "To all adult children, caretakers, professionals read this publication! Do you want to visit the Bible research or BINGO?" --Gerald Solk, Ph.D. Help. This book is a good reference and a great read. Psychology, Town University of NY Staff Psychologist, Gracie Square Hospital



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Conroy's wonderful slim publication is a warm Ms. By turns compassionate, practical, encouraging, and practical, but constantly non-judgemental, Conroy writes in a light-hearted style that makes this issue approachable. Conroy's wonderful thin book is a warm, concise and exact guide to the occasionally unpleasant task of looking after and getting together with elderly parents / relatives / friends who are not completely proficient. She provides specific techniques and step-by-step suggestions, illustrated with good examples and personal anecdotes from her professional practice and personal existence. Brief, concise, immensely practical and fun-sounding ideas This simple, short, step-by-step guide is intended to help you and your aging parent take it easy by discovering or rediscovering gratifying activities. She describes solutions for unusual circumstances and suggests ways that you can create your own answers to your own exclusive problems. I found this book very helpful and helpful myself, and I highly recommend it to everyone who has, or could have, a beloved elderly relative or friend. It is a great resource for any adult child of elderly parents and .. The book is not long and filled with tips. That is no in-depth emotional profiling exercise. Like the graphics as well! humor, giving a wealth of info to those coping with the sometimes delicate subject of maturing parents. It really is a great source for any adult child of elderly parents and reminds us how essential it is to greatly help our parents concentrate on their strengths and passions as the get older.. I recommend this book! A Book Whose Period Has Come Christina Conroy is a compassionate therapist posting wisdom gained from her own hard-earned experience. Dangerously independent? The issues she describes are recognizable and genuine, and her inventive approaches for coping with them really work! This reserve is entertaining, interesting, encouraging and inspiring - a truly essential contribution to the demanding field of eldercare. occasionally without you or them consciously being aware of its influence. Also to give some thought as to what your mother or father might need, to be able to feel validated and entire...My recommendation for people of all ages is to get a copy of this creative Manual ASAP and share it with others. It can be helpful and connect with all. I play an active role in my elderly parents' lives (87 and 92), and was interested in the book from that perspective. It's an excellent guide and, applied to your maturing parents' lives, could be a life saver. Very Worthwhile Easy reading and very interesting and beneficial. Practical advice that can ease a difficult, unhappy situation and turn it into something positive. It's a wise take on family dynamics and a realistic, humanistic method of helping people age with dignity, belongingness and fun! Thank you Christina! Much needed advice, provided in a sympathetic friendly,. The cartoons by hubby Larry Conroy accompanying each chapter are priceless. How to have Fun with your Aging Parents We received a complimentary copy of this book in trade for a genuine review. But this thin volume is completely a must read for anybody caring for older people in any capacity. The author combines facts, antecdotes &. How to enjoy your Aging Parents: I wish to head to Lithuania by Christina Britton Conroy is a lovely mix of first hand knowledge dealing with maturing people and a wonderful group of cartoon illustrations that emphasize the purpose of this book that is to bring closer family members. This is a hands on book, it is a personal help book that may allow you to apply specific methodologies that will enable you to better understand your ageing parents. I really loved the truth that the writer put so a lot of her personal encounter and especially her experience she acquired with her father was really inspiring for me. It is a relatively short read and I think the writer managed to present a reserve that follows the rule less is more which I completely agree with. The book may be short in character but it offers therefore many solutions to everyday problems that can be breathtaking. This reserve allowed me to observe my parents in another perspective and changed just how I perceive and understand specific things that they perform and it had been a

puzzle for me personally in the previous. She is practical and reasonable and never sugar coats the reality of the occasionally difficult task. It will be of particular interest if you are caring for parents with dementia/Alzheimer's. It's based on a lifetime of hands-on connection with its writer, and she clearly knows what she is discussing. Christina believes a key to engaging with elderly parents (particularly if they are suffering from dementia) is to think about your parent's personality. This could be considerably affecting their behavior; I loved this book I loved this book. For instance, is your mother or father: Stuck in a rut? Self-isolating? If you interact with aging friends or family members suffering from diminished physical and mental powers, you will find this book a godsend. Unreasonably challenging? (Or maybe a combined mix of two?). She invites you to consider your romantic relationship to your mother or father, both before and in today's. It had been a joy to read and I will reread it often as it can be filled with a multitude of ideas, info, and tips on how to give help and treatment to a parent or loved one. This book is fabulous! It's just to encourage you to take into account the foundations that your romantic relationship to your parent is built upon. Defining this will in turn help you communicate with each additional better. It should be needed reading for students entering the elder treatment field, and on the shelves of all practicing professionals — health aides, senior care agency personnel, doctors, therapists, caseworkers, and so forth. Each chapter is brief, concise and filled with great info and is improved by delightful illustrations. I was especially impressed on how the Author explains and shares with us (through her own encounters caring for her elderly father) a step-by step strategy including particular exercises to greatly help both caregiver and cherished one work together on ways to discover and pursue one's Passions. What a great book! Insightful, simple and immensely useful. Judy Cohen For you personally and yours Desire I had this way back when. even fun way! You may be so glad you read this book. hopeful book for dealing with not always easy to cope with aging parents That is a helpful, hopeful book for dealing with not always an easy task to cope with aging parents. Increase fun to your caregiving! "Even if you haven't had fun with your parent, it's not too late to start," says Christina Britton Conroy. In How to Have Fun with your Aging Parents, she assists people understand their romantic relationship with a parent in a deeper method, then she provides creative ways to fulfill the needs of both person being looked after and the caregiver. For the overwhelmed or exhausted caregiver, this reserve is a treasure chest of ideas which will help bring life back into your relationships. She has written from her heart and can make you think that that can be done it.. There are guides to how exactly to organize your time, how to handle a difficult elderly person, how to think through the problem. It is reassuring and encouraging. The author illustrates her factors with case stories that help the reader understand what to do, and the book is normally illustrated with delightful cartoon-like drawings by the author's husband. Thanks to Christina Britton Conroy for this contribution to the literature about looking after an elderly adult. Readable, practical book Here is an easy-to-read, practical reserve for anyone coping with an elderly person or facing the realities of aging.



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