

BE YOUR OWN

HERO

SENIOR LIVING DECISIONS
SIMPLIFIED



CATHERINE L. OWENS

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Be Your Own Hero: Senior Living Decisions Simplified



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This book will highlight how exactly to:-Make proactive, educated decisions versus reactive, crisis-powered decisions -Identify the key influencers and their roles in the decision process -Define independence and what this means to you -Live lifestyle to the fullest not only survive day to dayCatherine Owens can be an advocate for the maturing population and their own families. Our culture focuses on reactionary health care rather than proactive lifestyle decisions. This approach can be devastating if we wait around too long to select a positive living environment. Often, we wait until there exists a crisis before we really address the primary cause. The answer is to seek the best quality of existence in our ageing years.Your Dreams REMAIN AliveThe decisions we make from our heart, using good guidance and information, tend to be the very best ones. As a senior living expert, Catherine works with those who are going through the process of making difficult, life-changing decisions and transitions, assisting them to make choices that encapsulate the hopes and dreams targeted at living fully instead of just making a transformation in location. Outside of senior advocacy, she enjoys spending time with her family and on the course.



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"End up being Your Own Hero" is and Superb BOOK! "End up being Your Own Hero" is a wonderful book. However, that could have made the publication much larger and more costly, and I could do a similar thing in a laptop. She speaks from experience, and I adored the stories she utilized to illustrate her factors. other healthcare professionals could be a challenging and confusing trip to navigate without a guide or encounter in the healthcare globe. Aside of "uncertainty and emotions," Owen ties that first concept to the next as she addresses the motivating factors essential for making the move to senior environs. This reserve is an easy read, much like a guidebook, concise, effective, definitive and honest. More than that, it provides heart, it is effective and enjoyable. "Be Your Very own Hero" ought to be read by most everyone, in healthcare or not, everyone has a mom, a sister, an aunt, a cousin, a friend, themselves. Kudos to Owens for accomplishing her objective: "My sincere desire is that this book will offer you some guidance, path, and satisfaction as you contemplate and navigate the difficult decision of senior living providers for yourself or someone you care about. Victoriana Helpful resource Simple but great help for seniors and families. What are you currently doing to stay engaged with friends, family, or peers? Whenever we heard that someone had finally authored a publication on this most important topic, we wanted to read it to examine for our many close friends who are at this time in the throes of earning these decisions. This was mostly about the benefits of senior living services. I came across the AARP literature even more helpful in presenting and taking into consideration the options. A robust and preparatory tool for seniors and adult child caretakers What is keeping me from making this decision [to move into a senior living community]? Having recently gone through the process of looking for a decision about moving to a Continuing Care Pension Community, we can vouch for the fact that the questions that she poses are exactly those to which we sought answers, and that her responses are "i'm all over this"! I like that she leaves space to jot notes about the principles presented, but, as a visual learner and very detailed person, I would have enjoyed having more room to create, and that the room is placed after each question she poses, not really by the end of a concept (which may be quite complex with many questions). Great to read as a part of preparing for the future. Whether you certainly are a Senior, adult child of senior parents or caregiver this book is for you! Rhonda/Idaho Don't Wait Until an emergency to Read This Book What a beautifully written reserve that captures the importance of producing decisions before you are in an emergency. Owens debut guidebook is certainly a robust and preparatory tool for seniors and adult kid caretakers to make well-thought-out decisions about senior living options before a crisis or crisis strikes. Senior living professional Catherine L. Owens methods this highly sensitive topic about transitioning to senior living options through a set of eight proactive concepts. stress for the entire family. For example, in her first idea that handles "making a decision," Owen presents the accepted way of thinking by most seniors: "I will know when the time is right." The truth is that "uncertainty and emotions may keep you from producing a wise decision. Waiting until it is not an option can create unnecessary stress and anxiety & Individuals often end up immersed in situations suddenly without a clue where you can turn. Of program, another concept to contemplate can be defining independence. From there, Owens movements into understanding who the main element influencers in this stage of the ageing game are, and, in many cases, that placement falls onto the adult child. Another aspect hardly any seniors consider is the concept of involved living and the necessity for social conversation. She addresses the countless reasons people end up needing to make reactionary decisions, looking forward to a crisis to create their decisions, instead of proactive decisions made with good guidance. Owens includes worksheets to make a genuine picture of what the present cost of living looks like before doing a side-by-side assessment with numerous

senior living choices and solutions. In describing these options/solutions, Owens breaks it down even further by listing their benefits, disadvantages, typical costs, and additional expenses. Owens also includes tips when checking out places/providers and a slew of pertinent queries to raise -- all part of the process in making that last educated senior living decision. Having witnessed first-hands the step-by-step treatment that my lately deceased mother-in-law had to go through when she went in to assisted living, I wholeheartedly concur with the valuable info Owens relays in her resourceful book. The educational value in this book can help take the sting out of an frequently confusing and arguous journey."Originally posted on San Francisco Book ReviewAnita Lock, Reserve Reviewer Can't Wait to Share with My Parents! The author addresses all of the concepts involved in when and steps to make decisions about senior living options. Of course, high on the charts is cost. This book should be required reading for anybody with parents over 55 and others who may be in the role of decision maker or caretaker for someone. Choosing care facilities & How do I define independence? This book identifies the realities that folks face and need answers to when addressing treatment issues for themselves and or someone you care about. Be Your Own Hero I have simply finished reading Ms. Owen's book. While it can be an easy read, it really is chock-full of the most critical questions that seniors ought to consider when making decisions about "how to live the rest of their lives". The format is awesome! She has recognized all of the questions on seniors' minds and has offered an expert's complete and honest answers to those questions. What will I gain by producing a change? Disappointing Disappointing...We expected to find a deeper exploration of the options. Employed in this field, I could truly appreciate the way the Author lays it out step-by-step. Magnificent work, Catherine Owens! This simple easy to read book is packed with very valuable information - a MUST READ! What resources or additional assets do I have that will contribute to my capability to cover my regular costs of living?Perfectly written, simplifies the procedure of a time in your life that we typically don't think about until we is there. We anticipate gifting them all with copies of "Become Your Own Hero".With the baby boomers aging and folks living longer that is a road that a lot of of us will decrease ourselves or with a mother or father(s). If you are wise more than enough to start the process before that it is needed & may take advantage of all of the amenities to be in a Retirement Community - it is possible to take it easy to the fullest." Now that she has just slice to the chase on stumbling-block problems, Owen adds a personal contact to her narrative by using second person point of view to back again up her reality declaration, and then closes the section with a couple of first-person questions for further reflection and dialogue. Owen opens each idea with a thought-provoking estimate that gently segues into a generally accepted paradigm and weighs that perception against the truth of the situation. They are just some of the several questions addressed in End up being Your Own Hero. Catherine's ability to capture the difference between someone's "thought processes" and "actuality" is incredible. A must read for anyone which has aging loved ones. Many thanks for writing a publication that's about advocating for our aging population and for his or her families. Basic yet Powerful Help! She gave me the information and encouragement I had a need to feel more justified in assisting my parents make challenging decisions about shifting to a senior community. With compassion and depth of insight, the writer beautifully lays out simple steps we can try help make living decisions that respectfully consider all included parties. I recommend this excellent book. Great Guide Book This is a clear and concise guidebook for handling among life's toughest decisions. Catherine Owens' book, Be Your Personal Hero, is just what the doctor ordered. Much Needed Truth Having just gone through the procedure, of transitioning ageing parents into assisted living caution, I know firsthand how hard it can be even when you have planned forward, have great

communication, a great team, and resources at hand. The essential checklist of questions is thoughtful on amounts that prolong well beyond senior care decisions and I came across myself pondering other areas they could connect with when a major life decision is required. Pardon the pun. It is like having a friend on the inside whispering trade secrets into your ear canal. You'll love it. Ray Ellis Author of the Nate Richards Mysteries.



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