



# **Caring for Your Aging Parents: An Emotional Guide to Nurturing Your Loved Ones while Taking Care of Yourself**

*Raeann Berman, Bernard Shulman MD*

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## **Caring for Your Aging Parents: An Emotional Guide to Nurturing Your Loved Ones while Taking Care of Yourself** Raeann Berman, Bernard Shulman MD

The fastest-growing segment of our population is people 85 and older, and many of them are now cared for by their children.

This comforting and poignant guide bridges the gap between elderly parents and the adult children who care for them, with trusted answers to questions most asked by caregivers in this challenging situation. Covering health, finances, living arrangements, communication, and emotional struggles, Caring for Your Aging Parents offers caring, professional advice for the increasingly difficult decisions that caregivers face, including:

- Making the right choice between home care and assisted living
- Coping with memory-loss and dementia
- Expressing care and concern without sending mixed messages
- Counteracting negative behavior
- Encouraging other family members to help with caregiving
- Managing stress and taking care of yourself

With a wealth of resources and reassuring answers, Caring for Your Aging Parents helps caregivers foster a loving, cooperative relationship with their parents in this new chapter of their life.

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"It's a terrific book."

**Newsday**

"Useful, easy to read, and most informative." -

**Dr. Daniel Thursz, president, National Council of the Aging**

"Full of information..."

**Washington Post**

"One of the best books on eldercare."

**Ken Dychtwald, Age Wave**

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