

A Bittersweet Season Caring For Our Aging Parents And Ourselves

[#aging parents care](#) [#caregiver support](#) [#elderly parent care](#) [#bittersweet caregiving](#) [#family caregiving challenges](#)

Navigating the complexities of caring for aging parents is a profoundly bittersweet journey, demanding immense emotional and practical effort. This resource offers insights and strategies to help caregivers provide dedicated support to their elderly parents while also prioritizing essential self-care and maintaining personal balance through this challenging yet rewarding season of life.

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A Bittersweet Season

Wise, smart, and ever-helpful, an essential guide to caring for aging parents. When Jane Gross found herself suddenly thrust into a caretaker role for her eighty-five year-old mother, she was forced to face challenges that she had never imagined. As she and her younger brother struggled to move her mother into an assisted living facility, deal with seemingly never-ending costs, and adapt to the demands on her time and psyche, she learned valuable and important lessons. Here, the longtime New York Times expert on the subject of elderly care and the founder of the New Old Age blog shares her frustrating, heartbreaking, enlightening, and ultimately redemptive journey, providing us along the way with valuable information that she wishes she had known earlier. We learn why finding a general practitioner with a specialty in geriatrics should be your first move when relocating a parent; how to deal with Medicaid and Medicare; how to understand and provide for your own needs as a caretaker; and much more. Includes chapters on the following subjects: Finding Our Better Selves The Myth of Assisted Living The Vestiges of Family Medicine The Best Doctors Money Can Buy The Biology, Sociology, and Psychology of Aging Therapeutic Fibs

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100 Provocative Statements about a Bittersweet Season

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "A Bittersweet Season: Caring for Our Aging Parents--and Ourselves." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

When the Time Comes

What will you do when you get the call that a loved one has had a heart attack or a stroke? Or when you realize that a family member is too frail to live alone, but too healthy for a nursing home? Journalist Paula Span shares the resonant narratives of several families who faced these questions. Each family contemplates the alternatives in elder care (from assisted living to multigenerational living to home care, nursing care, and at the end, hospice care) and chooses the right path for its needs. Span writes about the families' emotional challenges, their practical discoveries, and the good news that some of them find a situation that has worked for them and their loved ones. And many find joy in the duty of caring for an older loved one. There are 45 million Americans caring for family members currently, and as the 77 million boomers continue to age, this number will only go up. Paula Span's stories are revealing and informative. They give a sense of all the emotional and practical factors that go into the major decisions about caregiving, so that readers will be better able to figure out what to do when the time comes for them and their loved ones.

Caring for Our Aging Parents

In *Caring for Our Aging Parents*, Michele Howe provides practical and necessary guidance to help readers navigate the uncertain and emotional territory of caring for elderly parents. This book addresses the mental and emotional aspects of growing older, and offers sound biblical advice on how to care for your loved ones with positivity and respect.

They're Your Parents, Too!

Your parents are growing older and are getting forgetful, starting to slow down, or worse. Suddenly you find yourself at the cusp of one of the most important transitions in your life—and the life of your family. Your parents need you and your siblings to step up and take care of them, a little or a lot. To make the right things happen, you will all need to work together. And yet your siblings may have very different ideas from yours of what's best for Mom and Dad. They may be completely uninterested in helping, leaving you with all the responsibility. Or they may take charge and not allow you to help, or criticize whatever help you do give. Will you and your siblings be able to reach an understanding and work together, or will the challenges you face tear you apart? Most of us enter this period of our lives unprepared for the difficult decisions and delicate negotiations that lie ahead. This is the first book that provides guidance on the transition from the “old” family to the “new” one, especially for adult siblings. Here you'll find practical advice on a wide range of topics including • Who will make major medical decisions, manage finances, and enforce end-of-life choices if your parents cannot? And how will this be decided and carried out? • How will you negotiate caregiving issues and deal with unequal contributions or power struggles? • How can inheritance and the division of property, assets, and personal effects be handled to minimize hurt feelings and resentment? • How will you cope with the natural reemergence of unresolved childhood rivalries, hurts, and needs? • How can caring for your parents be an enriching experience rather than a thankless chore? • Most important, how can you ensure the best care for your parents while lessening conflict, guilt, anger, and angst? Written by a veteran journalist who chronicles life and how baby boomers live it, *They're Your Parents, Too!* offers all the information, insight, and advice you'll need to make productive choices as you and your siblings begin to assume your parents' place as the decision-making generation of your family. Filled with expert guidance from gerontologists, family therapists, elder-care attorneys, financial planners, and health workers; resonant real-life stories; and helpful family negotiation techniques, this is an indispensable book for anyone whose parents are aging.

Doing the Right Thing

Now in paperback, one of the first books to help navigate the profound emotional challenges of caring for elderly parents in a strained parent-child relationship.

The Caregiving Season

Caring for elderly parents is challenging. It's a season of life that requires grace and strength that can only come from God. In *The Caregiving Season*, Jane Daly shares personal caregiving stories, offering practical advice to help you honor your aging parents well and deepen your personal relationship with Christ along the journey.

Caring for Your Parents

"Practical advice you can trust from the experts at AARP"--Cover.

Role Reversal

Designed to help caregivers understand how to cope with and overcome the overwhelming challenges that arise while caregiving for a loved one—especially an aging parent—*Role Reversal* is a comprehensive guide to navigating the enormous daily challenges faced by caregivers. In these pages, Waichler blends her personal experience caring for her beloved father with her forty years of expertise as a patient advocate and clinical social worker. The result is a book offering invaluable information on topics ranging from estate planning to grief and anger to building a support network and finding the right level of care for your elderly parent.

How to Care for Aging Parents

Thoroughly updated and expanded, a compassionate, single-volume reference to the many emotional, legal, financial, medical, and logistical issues associated with caring for aging parents covers such areas as nursing homes, finances, finding a good doctor, legal arrangements, redefining parental relationships, and handling emotional challenges. Original.

Caring for Your Aging Parents

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. *** "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* ***

The Caregiver's Survival Handbook

A practical handbook for women confronting the problems of caring for an aging parent explains how to deal with the changing parent/child roles, foster aging parents' independence, get help from other family members, find time for oneself, and balance work, family, and caregiving responsibilities. Original.

Parenting Your Parents

Help and Hope for the Hard Road Ahead If you are currently providing care for your aging parents or facing the prospect of doing so in the near future, you are definitely not alone. Dr. Grant Ethridge and his wife, Tammy, have been there, having given care during their dads' last days. They know the stress and uncertainty you face. Through their story and those of other caregivers, Grant and Tammy share research and practical tips to aid you in dealing with everyday caregiving struggles and situations. You will learn how to decide which care is best, prepare legal documents, handle family disputes, and much more. They will also share encouragement and advice from the Bible. You'll discover that with God's help, you can make it through even the most difficult days in your journey. Looking after an elderly or sick parent is a physically and emotionally draining experience. Let this book give you the tools you need to be successful without giving away your peace of mind in the process. And remember, as you give care to your parents, your Heavenly Father is always caring for you.

Knocking on Heaven's Door

Outlines a less invasive, more humane approach to end-of-life care, sharing the stories of the author's parents and explaining the political and technological factors that are interfering with patient preferences.

Parenting Your Parents

This latest, enhanced and updated edition will help guide the thinking of those challenged with aging in the family. Since the last edition in 2006, much has happened in the field of eldercare. There is now an increasing awareness of the complex challenges posed by the expanding aging population in North America. When our parents reach a certain age and have difficulty coping, we find ourselves wondering how to provide them with the kind of love, care, support, and attention they need, just as they have done for us all our lives. The third edition of *Parenting Your Parents* shows, through 24 case studies and the personal experiences of the authors, that you are not alone and offers crucial advice to help you along this difficult but rewarding journey. It also offers a new Vulnerability Index to measure what level of need your parents may have right now, as well as a financial planning section and resource directory.

Our Parents, Ourselves

The prospect of caring for elderly relatives who may be too old, fragile, or forgetful to manage on their own looms large for millions of women and men who are unprepared for the difficulties such an experience can bring.

That You May Live Long

This collection of essays by Jewish professionals based on Jewish text-based insights is interspersed with personal reflections of those involved in caring for an aging parent. Among the topics covered: respecting the dignity of aging parents, the spirituality of aging, attempting to share responsibilities with siblings and other relatives, and, lastly, letting go. *That You May Live Long: Caring for Our Aging Parents*, *Caring for Ourselves* provides guidance, support, solace, and inspiration for those facing these difficult questions.

Passages in Caregiving: Essential Strategies for Caring for a Loved One

Book description to come.

Shock of Gray

In "Shock of Gray," Ted Fishman explains the astounding economic and political changes we face as our world suddenly grows old.

Take My Hand Again

The guide the author wishes she had when she took on a caretaker role.

By 2020, the senior population in this country will number over 115 million. Despite this persistent "graying" of America, few adult children feel prepared to take on the role of caregiver for aging parents. Those who discover they must now intervene and care for an elder they love are often at a loss. Trying to navigate the transition is like being dropped in a foreign country with no map, no GPS, and no translator—and acting as tour guide.

Nancy Parker Brummett knows what they're going through and has the means to help. She shares her own experience of caring for a mother and mother-in-law in assisted living, as well as lessons learned through study of the academic, social, and political issues involved. Each chapter begins with relevant Scripture, but the useful information here is not limited to people of faith.

Take My Hand Again offers readers the warm feeling of having someone they trust stepping up to hold their hand and share encouragement and hope. Children of the aging don't need a degree in gerontology; they just need for someone to ask the pertinent questions and give them an overview of the pros and cons of common options so they can make informed decisions. Whether they've already had their wake-up call or just want to be prepared for what's to come, Brummett's sometimes humorous, sometimes poignant book has just what they're looking for.

The Alzheimer'S Diary

One who Forgets and One who is Forgotten One in eight over the age of sixty-five and one in three over the age of eighty will be diagnosed with Alzheimers Disease. In her memoir, author Joan Sutton narrates a moving account of her years as caregiver to her husband, noting that Alzheimers is a disease of the brain that is paid for with the currency of the heart. A member of the board of overseers of The Alzheimers Drug Discovery Foundation, she stresses the need to develop more effective treatment for the five million Americans currently diagnosed with this incurable disease, pointing out that for every patient there is a large circle of others also affected. Sutton offers practical advice for the care of the caregiver and the patient, and shares the pain that came as she watched pieces of her husbands self disappear. Following his death, after what Nancy Reagan described as the long goodbye, she writes candidly about coping with her new status as a widow and the aching loneliness of the heart that is the price paid for having known a great love. 100% of the authors royalties (20 to 40% of the purchase price) will benefit the Alzheimers Drug Discovery Foundation/Canada. Cover design by John R. Lewis

AARP The Other Talk: A Guide to Talking with Your Adult Children about the Rest of Your Life

Offers practical advice to older readers on how they can talk to their adult children about their end-of-life needs.

Homeward Bound

Introduction -- The new normal in American family caregiving -- Caregiving begins -- The costs of care -- Decision-making: with advance direction -- Decision-making: looking for direction -- Mourning rubrics and burial -- The intricacies of wealth transfer -- 21st century caregiving

Caring Across Generations

More than 1.3 million Korean Americans live in the United States, the majority of them foreign-born immigrants and their children, the so-called 1.5 and second generations. While many sons and daughters of Korean immigrants outwardly conform to the stereotyped image of the upwardly mobile, highly educated super-achiever, the realities and challenges that the children of Korean immigrants face in their adult lives as their immigrant parents grow older and confront health issues that are far more complex. In *Caring Across Generations*, Grace J. Yoo and Barbara W. Kim explore how earlier experiences helping immigrant parents navigate American society have prepared Korean American children for negotiating and redefining the traditional gender norms, close familial relationships, and cultural practices that their parents expect them to adhere to as they reach adulthood. Drawing on in-depth interviews with 137 second and 1.5 generation Korean Americans, Yoo & Kim explore issues such as their childhood experiences, their interpreted cultural traditions and values in regards to care and respect for the elderly, their attitudes and values regarding care for aging parents, their observations of parents facing retirement and life changes, and their experiences with providing care when parents face illness or the prospects of dying. A unique study at the intersection of immigration and aging, *Caring Across Generations* provides a new look at the linked lives of immigrants and their families, and the struggles and triumphs that they face over many generations.

My Parent's Keeper

A guide to caring for aging and ailing family members, which offers expert advice, illuminating vignettes, and a compassionate approach to building constructive, mutually gratifying relationships

Learning to Be Old

Margaret Cruikshank's *Learning to Be Old* examines what it means to grow old in America today. The book questions social myths and fears about aging, sickness and the other social roles of the elderly, the over-medicalization of many older people, and ageism.

Elder Care Journey

Combining expert knowledge and first-hand experience, a noted elder care researcher confronts the long-distance care of her own mother. Winner of a Gold Medal, 2017 Living Now Book Award in the Caregiving category Shortlisted for the 2016 Sarton Women's Book Awards in the Memoir category presented by the Story Circle Network For millions of Americans caregiving is the "new normal." For Laura Katz Olson, a respected researcher of long-term care for the aging, *Elder Care Journey* chronicles the disruption of her world and how it is upended by the ever-increasing long-distance needs of her own mother. A healthy, Senior Olympics medal winner, Olson's mother is slowly and steadily incapacitated by Parkinson's disease and a gradual loss of vision. Thrust into a long-distance caregiving role, Olson finds her previous academic notions about assisting a frail parent increasingly at odds with the reality of the lived experience. In a narrative full of "ah-ha!" moments, tears, sighs, and outrage that will be familiar to many, Olson opens a window into the nursing home and home care industries that consume much in the way of taxpayer dollars, but often fail to deliver quality care. Olson's personal story vividly demonstrates not only the overwhelming bureaucratic barriers faced by care-dependent seniors but also their beleaguered adult children's attempts to ensure their parents' health, safety, and well-being. Laura Katz Olson is Professor of Political Science at Lehigh University and the author and editor of many books, including *The Politics of Medicaid* and *The Not-So-Golden Years: Caregiving, the Frail Elderly, and the Long-Term Care Establishment*. She lives in Wind Gap, Pennsylvania.

Self-Help That Works

Previously published under title: Authoritative guide to self-help resources in mental health.

Being My Mom's Mom

"Being My Mom's Mom" chronicles the author's journey with her Mom's dementia and is faithful, funny, heartbreaking and hopeful.

The Ethics of Sex and Alzheimer's

A growing epidemic, Alzheimer's punishes not only its victims but also those married to them. This book analyzes how Alzheimer's is quietly transforming the way we think about love today. Without meaning

to become rebels, many people who find themselves "married to Alzheimer's" deflate the predominant notion of a conventional marriage. By falling in love again before their ill spouse dies, those married to Alzheimer's come into conflict with central values of Western civilization – personal, sexual, familial, religious, and political. Those who wait sadly for a spouse's death must sometimes wonder if the show of fidelity is necessary and whom it helps. Most books on Alzheimer's focus on those who have it, as opposed to those who care for someone with it. This book offers a powerful and searching meditation on the extent to which someone married to Alzheimer's should be expected to suffer loneliness. The diagnosis of dementia should not amount to a prohibition of sexual activity for both spouses. Portmann encourages readers to risk honesty in assessing the moral dilemma, using high-profile cases such as Nancy Reagan and Justice Sandra Day O'Connor to illustrate the enormity of the problem. Ideal for classes considering the ethics of aging and sexuality.

Working Daughter

Working Daughter provides a roadmap for women trying to navigate caring for aging parents and their careers. Using the author's own experiences as a prime example, it's ideal for readers who want straight talk and real advice about the challenges and rewards of eldercare while managing a career and family.

Taking Care of Parents Who Didn't Take Care of You

A self-help guide for those who have to take care of their aging parents. Caring for aging parents is difficult-it's exhausting, expensive, time-consuming, and under appreciated. And that's under the best of circumstances, when the caregiver loves and respects his or her aging parent. What happens when adult children are asked to care for elderly parents who were abusive, neglectful, or absent? Here is a compassionate and practical guide to facing the psychological and emotional issues that arise when caring for aging parents. Eleanor Cade offers sound as well as personal accounts from individuals who have made the choice to care for difficult parents. The result is a powerful guide to moving beyond feelings of anger, regret, and grief in order to build healthy new family dynamics based on decency and mercy. Target audience For individuals who are caring for aging, dysfunctional parents, as well as counselors and therapists who work with families Features an authoritative resource for baby boomers caring for aging parents defines differences between "normal" and "dysfunctional" families personal stories validate the experiences and feelings of readers

The Complete Adult Psychotherapy Treatment Planner

The revised edition of the clinicians' time-saving Psychotherapy Treatment Planner Revised and updated, the sixth edition of The Complete Adult Psychotherapy Treatment Planner offers clinicians a timesaving, evidence-based guide that helps to clarify, simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients. The authors provide all the elements necessary to quickly and easily develop formal, customizable treatment plans that satisfy the demands of HMOs, managed-care companies, third-party payers and state and federal agencies. This revised edition includes new client Short-Term Objectives and clinician Therapeutic Interventions that are grounded in evidence-based treatment wherever research data provides support to an intervention approach. If no research support is available a best practice standard is provided. This new edition also offers two new presenting problem chapters (Loneliness and Opioid Use Disorder) and the authors have updated the content throughout the book to improve clarity, conciseness and accuracy. This important book: Offers a completely updated resource that helps clinicians quickly develop effective, evidence-based treatment plans Includes an easy-to-use format locating treatment plan components by Presenting Problem or DSM-5 diagnosis Contains over 3,000 prewritten treatment Symptoms, Goals, Objectives and Interventions to select from Presents evidence-based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists, therapists, counselors, social workers, addiction counselors, psychiatrists, and other mental health professionals, The Complete Adult Psychotherapy Treatment Planner, Sixth Edition has been updated to contain the most recent interventions that are evidence-based.

Creating Psychologically Healthy Workplaces

Workplaces can often be sources of stress, interfering with both job satisfaction and performance. This book explores ways to combat the factors contributing to an unhealthy workplace by building on the advances in positive psychology and organizational scholarship over the last 15 years.

The Caregiver's Companion

An all-encompassing guide for caregivers of elderly loved ones shares step-by-step guidelines for such needs as finding retirement homes, providing appropriate in-home care and managing difficult family relationships. Original.

Inside the Dementia Epidemic

One in 8 people over age 65 has Alzheimer's disease, and nearly fifty percent of those over age 85. With the passion of a committed daughter and the fervor of a tireless reporter, Martha Stettinius weaves a compelling story of her long journey caregiving for her demented mother with a broad exploration of the causes of dementia, means of treating it, and hopes for preventing it. Her greatest gift to readers is that of optimism that caregiving can deepen love, that dementia can be fought, and that families can be strengthened. Her book is appealing, enlightening, and inspiring. Includes appendices on dementia research; source notes; resources for caregivers; and an index.

Holding the Net

AWARDS: Silver Living Now Book Award, Mature Living/Aging 2014 (Silver) If you're one of the 25 million single women over the age of 45 living in the United States today, AARP's *The Single Woman's Guide to Retirement* is your new best friend. Walking you through the challenges of retired or pre-retired life, from managing your finances to staying healthy in body, mind, and spirit, dealing with divorce, and even looking for love or work, the book covers the issues that really matter to you. Whether you're looking for a retirement home or planning a cruise, this book is packed with specific details to help take the guesswork out of retirement. Author and retirement expert Jan Cullinane has gathered real-life stories from women just like you to illustrate your options and give you fresh new ideas about how to make the most of your retirement years.

The Single Woman's Guide to Retirement

What's the right thing to do for mom and dad as they get older? Thanks to advances in science and medicine, more of our parents are living longer than ever before. And though we are rewarded with more time with the people we love, we are also faced with new sets of complications—more diseases, more disability, more need for support and careful judgments. Yet while our health care system may help people live to an older age, it doesn't perform so well when decline eventually sets in. We want to do the best thing but are overwhelmed with the staggering choices we face. Geriatrician Dennis McCullough has spent his life helping families to cope with their parents' aging and eventual final passage, experiences he faced with his own mother. In this comforting and much-needed book, he recommends a new approach, which he terms "Slow Medicine." Shaped by common sense and kindness, grounded in traditional medicine yet receptive to alternative therapies, Slow Medicine advocates for careful anticipatory "attending" to an elder's changing needs rather than waiting for crises that force acute medical interventions—an approach that improves the quality of elders' extended late lives without bankrupting their families financially or emotionally. As Dr. McCullough argues, we need to learn that time and kindness are sometimes more important and humane at these late stages than state-of-the-art medical interventions. *My Mother, Your Mother* will help you learn how to: —form an early and strong partnership with your parents and siblings; —strategize on connecting with doctors and other care providers; —navigate medical crises; —create a committed Advocacy Team; —reach out with greater empathy and awareness; and —face the end-of-life time with confidence and skill. Although taking care of those who have always cared for us is not an easily navigated time of life, *My Mother, Your Mother* will help you and your family to prepare for this complex journey. This is not a plan for getting ready to die; it is a plan for understanding, for caring, and for helping those you love live well during their final years. And the time to start is now.

My Mother, Your Mother

