



# Parenting Your Aging Parents

**Dr. Grant Ethridge,Tammy Ethridge**

## Parenting Your Aging Parents:

**You and Your Aging Parent** Barbara Silverstone,Helen Hyman,1976 Deals with the many emotional and practical hurdles that often thwart sons and daughters in their efforts to meet the needs of aging parents and points to solutions that can be *Elderly Parent Caregiver Guide* HowExpert,Rebecca Rehak,2019-08-08 Elderly Parent Caregiver 101 is the ultimate guide for adult children who are or will become their parents caregivers Filled with valuable information and ideas this book offers hope support and plenty of practical advice for anyone caring for their elderly parents Each chapter describes a different area of caregiving including Becoming a Caregiver Medical Providers Facility Care Caregiver Support Financial Concerns Medical Devices Special Circumstances End of Life As the author guides you through the maze of caregiving she shares her knowledge as a nurse and examples from her own journey of caregiving for her elderly parents This book defines medical terms explains insurance options and highlights the many tools available to caregivers Through these topics you ll gain the understanding needed to be a caregiver for your elderly parents Each section offers helpful information and true insights only a caregiver can provide The tips in every chapter are practical facts and advice for every area of your caregiving You are not alone in your caregiving journey Don t struggle without having the best resource for knowing everything you need to know about caring for your elderly parents This guide is your trusted companion for that journey About the Expert Rebecca Rehak LPN is a nurse writer and public speaker who has worked in the medical field for over 20 years including kidney dialysis community health and Memory Care As a public speaker she helped advance programs for dialysis access care and currently teaches science camps for children Her work has touched the lives of thousands of people After caring for both her elderly parents she now devotes much of her time to writing articles blogs and providing support for other caregivers She and her husband live with their big furry dog in Wisconsin The author would like to thank the doctors and staff at Froedtert Hospital the Medical College of Wisconsin and Horizon Home Care and Hospice for the wonderful care they provided to both her parents HowExpert publishes quick how to guides on all topics from A to Z by everyday experts **Parenting Your Aging Parents** Francine Moskowitz,Robert Moskowitz,1991 The first complete guide for families struggling to care for aged loved ones A wealth of information on every aspect of parent care giving in any conceivable situation including responsibility housing finances medical care emotional impact family problems and death related issues **Parenting Our Parents** Jane Wolf Frances,2019-09-17 This book is a must read for anyone who is presently caring for their aging parents anyone who will eventually care for their aging parents or anyone planning on growing older The author brings her decades of professional experiences as a psychotherapist an attorney a coach and a daughter to this book She simultaneously chronicles her own heart warming and touching journey as well as providing a comprehensive guide on doing effective family caregiving in the 21st century Many report feeling deeply understood reading this book as they resonated with the candid revelations of the author s inner struggles Others find hers a sane voice in a difficult world You

will not be disappointed with reading the dilemmas insights and decisions told in My Story as you see what can be learned from this expert s mistakes as well as her successes Jane Wolf Frances offers many valuable tips and insights as she guides you from the beginning of the POPcycle as she s termed it all the way to the end of her own parents lives Whether you re one of the 75 million Americans who are lucky enough to be ParentingOurParents or you re still struggling with overwhelm and confusion you ll need to know what s being offered here You will learn how you can read the signs your parents need help have the talk with your folks make crucial decisions to get the maximum benefits available enroll more family to be on the team balance the elements in the new life you re taking on as ParentingOurParents will change your life transform the remarkable challenges of role reversals legal emotional practical residential into a true journey of love You and Your Aging Parent Barbara Silverstone,Helen Kandel Hyman,2008-02-27 First published in 1976 You and Your Aging Parent is a classic the first book to shed light on the challenging relationship between adult children and their aging parents illuminating the emotional health and financial difficulties that elderly parents and their children face during the senior years Marking the 30th anniversary of this highly popular book the new and revised edition addresses the changes that have taken place in the last three decades but it still embraces the authors fundamental insight that the difficulties and challenges of the aging process are as much a family affair as in any other phase of life Both a sensitive exploration of the dynamics of the aging family relationship between parent and child and sibling and sibling and an authoritative how to guide for seniors and their families navigating the practical problems of growing old in America You and Your Aging Parent has been thoroughly updated to reflect the latest research findings and changes affecting older adults including in health care and social services

**Parenting Your Parents** Bart J. Mindszenty,Michael Gordon,2024-03-26 A compendium of family scenarios for those dealing with the guilt worry and difficult decisions that come with eldercare Is it time for your aging father to stop driving How can you balance your career opportunities with your mother s care needs Can your parents cope on their own Is it time for long term care Given their reluctance is that even an option Millions of people are dealing with aging parents and are stunned by the complexities and demands of their care As demographics change and societies adapt that caring that parenting isn t getting any simpler In the fourth edition of this eldercare classic advocate Bart J Mindszenty and geriatrician Dr Michael Gordon present twenty four case studies of families working through the eldercare puzzle With new scenarios such as legalized marijuana and medical assistance in dying this revised and updated edition makes the case for good planning family unity and being aware of your loved ones health With the help of Gordon and Mindszenty s expert advice care providers are able to shed guilt and worry and become confident that they have done all they can to make their parents latter years as fulfilling and comfortable as possible *Parenting Your Parents* Dr. Grant Ethridge,Tammy Ethridge,2019-09-03 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

**When Roles Reverse** Jim Comer,2006-08-15 The answers you need the personal been there advice you can trust After his father suffered a massive stroke and his mother was diagnosed with Alzheimer s Jim Comer found himself an overnight parent at the age of 51 When he walked into his father s hospital room everyone looked to him as the man who knew all the answers He soon realized he didn t even know the questions In ten years of caregiving Comer has not only learned the questions he has lived them and with When Roles Reverse he shares his hard won answers He learned to deal with hospitals insurance companies rehab centers his father s deafness and his mother s dementia Through it all Jim has kept his sanity and sense of humor in the process forging a deeper more intimate relationship with his parents With laugh out loud humor Jim deals with improvisational moments for which there is no preparation You find three gallons of Scotch in your dad s retirement home closet Your Mother refuses to leave her home of 34 years and can only be coaxed into the car with promises of ice cream At a crowded Sunday dinner table your father announces that he wants you to give him an enema after lunch And offers personal experience and expert insight on the many issues it s absolutely essential to plan for such as Wills powers of attorney and other legal documents every family needsWhich siblings will be there when your parents need them Selecting a first rate care facility and getting long term care insuranceNew Medicaid guidelines and how to qualifyHospice care and end of life decisionsWhen Roles Reverse even includes Fifty Questions that will save you Time Money and Tears a special section designed to help families initiate vital communication and prepare for the crises confusion and unexpected joys of caregiving

*Parenting Your Parents* Bart J. Mindszenty,Michael Gordon,2006-10-30 Offers crucial advice to help you care for your elderly parents in the best way possible with a special focus on American resources

**When Your Aging Parent Needs Care** Candy Arrington,Kim Atchley,2009-09-01 In nearly a quarter of households in the US someone is caring for an elderly parent Authors Candy Arrington and Kim Atchley draw from their personal experiences to speak to and support those who face the challenges of caring for a parent With compassion and guidance Arrington and Atchley partner with readers to help a parent with limited mobility memory ability and resources draw from the wisdom of Scripture for sustenance understand the elderly parent s perspective on giving up control illness and aging effectively organize forms prescriptions care housing and finances find personal balance by nurturing their own health faith and family What begins as a way to

honor those they love becomes for many a confusing and stressful time This resource of hope provides caregivers with the support and direction they need to be spiritually physically and emotionally prepared for what they face day by day

*Parenting Your Parents* Bart J. Mindszenty, Michael Gordon, 2005-03-12 A valuable resource for anyone who needs advice on how to provide their elderly parents with the care and support they require **A Catholic Guide to Caring for Your Aging Parent** Monica Dodd, 2009-06-15 Monica Dodds understands the pressures that millions of middle aged Americans endure as they become caregivers to aging parents Her professional work with the elderly has exposed her to the complex medical financial and legal problems that entangle older people Her personal experience helping ailing family members has given her deep insight into the difficulties caregivers face in dealing with these problems A Catholic Guide to Caring for Your Aging Parent is a comprehensive guide for caregivers Dodds insists that faith is a fundamental part of caregiving and her approach is deeply rooted in Catholic spirituality She shows adult children how they can love and serve their aging parents better by deepening their own spiritual lives Caregiving she says is a time of many grace filled moments Dodds explains how to properly assess the needs of a failing older person and she writes in detail about the physical mental emotional interpersonal and spiritual dimensions of care Three extensive appendices provide checklists for assessing needs a compilation of resources and an anthology of prayers **Caring for Yourself While Caring for Your Aging Parents**

Claire Berman, 2016-03-29 This updated and revised edition of the authoritative resource to caring for aging parents is a survival guide People for caregivers For women and men who are involved in caring for aging parents and for those who see caregiving in their future this empathetic and practical book offers complete coverage of all the practical issues you are likely to confront while addressing the emotional stress and particular needs of caregivers Claire Berman drawing on her own experiences the experiences of many other adult children and interviews with specialists in the geriatric field discusses the wide range of emotions that can accompany caregiving This completely updated edition includes new discussions of the Internet as a tool for seniors new sources of prescription drugs information about emergency response systems recommended exercises and exercise videos and adaptive clothing an extensively revised resources section In a wise and compassionate voice Caring for Yourself While Caring for Your Aging Parents teaches you everything you need to know to help your parents through the stressful and humbling challenges of aging A compassionate book that offers support for the caregiver plus solid advice on how to fulfill your parents needs without turning into a martyr Horizons Through an expert weave of personal stories her own experience and expert advice from others author Berman speaks directly to the emotional practical and financial aspects of caregiving This is truly a one of a kind book with practical suggestions aimed at validating and supporting the caregiver s emotional coping mechanisms Highly recommended Library Journal **Role Reversal** Iris Waichler, 2016-08-16 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 My Aging Parent Needs Help! Cynthia Kaye,2022-11-11 Is caring for your aging parent taking over your life Do you want to regain some balance and manage your caregiving duties with less stress and more peace of mind Then you need to keep reading One day your life was normal The next thing you know your life is being ruled by the needs of your aging parent Welcome to the caregiving season Caregiving for aging parents can be incredibly stressful if you are not prepared But it can be much easier when you get the right knowledge tools and support While every situation is different there are certain common elements that most family caregivers share Things like determining living arrangements managing medical treatments organizing a caregiving schedule and figuring out how to pay for it all Equipped with the right information you'll have fewer sleepless nights and less worrying that Dad left the stove on again or that Mom has slipped in the shower with nobody nearby to help In My Aging Parent Needs Help you will discover Resources that provide financial and other support for the elderly and their caregivers Practical checklists and templates that will enable you to go from Overwhelmed to Organized How to navigate long term care and housing options that make the most sense for you and your loved one A simple tip that can calm your agitated parent and create an instant sense of connection between you two The pitfalls of hiring paid caregivers directly rather than through an agency Strategies on how to give compassionate care with less stress and more peace of mind Straightforward advice on how to maintain boundaries and balance in your own life Tips on how to maintain caregiver self care from a holistic mind body spirit point of view and much more The caregiving tips and solutions laid out in this book are so readily available and easy to learn that everyone can do it So even if you know nothing about eldercare or you think you're a disorganized person you can become an organized and capable caregiver AND maintain your sanity at the same time My Mother, Your Mama Dr. Ralph E. Plumb,Dr. Freager A. Pertilla,2017-03-07 This collection of real life faith based stories comes from two diverse gender and cultural perspectives that show the hilarious yet painful emotional roller coaster of caring for an aging parent These talented coauthors bring to life the ups and downs and the joys and sorrows of caring for in this case their mom Though managing vastly different psychological and cognitive dynamics in their parents and varied support systems their struggle is the same how do we make life work for our aging parent Journeying through their stories readers will gain a glimpse into an intimate reality that the majority of us will face It is not all pretty or warm or sentimental It is often thankless inconvenient awkward and abjectly uncomfortable However this book provides valuable yet hilarious lessons that can guide readers through their own journey with aging parents Embracing humor and compassion Ralph and Feager invite readers into this essential work that we cannot abdicate to social service agencies or the health care system **The Parent Care Conversation** Daniel Taylor,2006

A practical handbook for those caring for elderly parents explains how to develop an effective workable plan of action that takes into consideration the parents feelings and wishes as well as such practical and financial components as health care retirement long term care and more Original 20 000 first printing **Take Care Of Elderly Parents** Eloisa Kesey,2021-05-05

Are you new to taking care of a parent or loved one Or thinking about it You re not alone Millions of people like you already do it It can be a joy to take care of your mom dad or other loved ones But it can also be confusing frustrating stressful and exhausting Especially if you go into caregiving unprepared Here Is A Preview Of What You ll Learn How to Determine If It s Time Evaluating your Parent s Needs Criteria for Choosing an Assisted Living Facility a Retirement

Community a Nursing Home or a Home Based Caregiver Caring For Your Aging Parents Yourself Preventing Falls Other Accidents and Injuries 10 Tips to Prevent Accidents and Falls at Home Nutrition for your Aging Parent Physical Activity for

the Elderly Dealing with your Parent s Chronic Conditions Stroke Diabetes Dementia etc Much much more [How to Honor Your Aging Parents](#)

Richard Johnson,1999 Too often people enter the role of caregiver for an aging parent unprepared and as a result of exhaustion exasperation and guilt fail in their objective These are not bad lazy negligent people Most of the time they simply tried to do too much Written for any person who is caregiving or who anticipates that they will

be called upon to give some form of care to an elder this book sets out to prepare caregivers to do the best job possible to truly honor their aging parent relative or friend and yet not lose themselves in the process 128 page paperback [Being Kind to Your Aging Parent](#)

Lilian Crist,2023-10-13 Is caring for your elderly parent taking over your life Do you wish to recover some balance and handle your caregiving tasks with less stress and more peace of mind Then you need to keep reading One day your life was regular The next thing you know your life is being governed by the wants of your aging parent Welcome to the caring season Caregiving for elderly parents may be tremendously difficult if you are not prepared But it may be a lot simpler when you acquire the correct information tools and assistance Fortunately there is some method to the chaos when it comes to caring for elderly loved ones Millions have gone through this before and millions will cross this caring journey in the future We should not have to re create the wheel each time While every scenario is different there are several basic aspects that most family caregivers share Things include establishing housing arrangements administering medical treatments creating a caring routine and finding out how to pay for it all Equipped with the appropriate knowledge you ll

have fewer restless nights and less concern that Dad left the stove on again or that Mom has fallen in the shower with nobody close to assist This step by step tutorial leads you through practical advice and activities on how to become an organized and knowledgeable caregiver It also helps you retain balance while giving compassionate care with no regrets In My Being kind to your aging parents you will discover \_The signs of our aging parent \_Conducting a comprehensive care assessment for our aging parent \_Coping with emotional challenges of our aging parent and much more The most prevalent tensions and challenges that come with caring for aging loved ones are largely due to caregivers and families being ignorant

of the various options and tools accessible to them But the caring advice and answers spelled forth in this book are so easily accessible and simple to understand that everyone can do it So even if you know nothing about eldercare or you believe you're a disorganized person you can become an organized and skilled caretaker AND preserve your sanity at the same time Scroll up and click the BUY button now to discover how to handle your caregiving tasks with less stress and more serenity

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## **Table of Contents Parenting Your Aging Parents**

1. Understanding the eBook Parenting Your Aging Parents
  - The Rise of Digital Reading Parenting Your Aging Parents
  - Advantages of eBooks Over Traditional Books
2. Identifying Parenting Your Aging Parents
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Parenting Your Aging Parents
  - User-Friendly Interface
4. Exploring eBook Recommendations from Parenting Your Aging Parents
  - Personalized Recommendations
  - Parenting Your Aging Parents User Reviews and Ratings
  - Parenting Your Aging Parents and Bestseller Lists

5. Accessing Parenting Your Aging Parents Free and Paid eBooks
  - Parenting Your Aging Parents Public Domain eBooks
  - Parenting Your Aging Parents eBook Subscription Services
  - Parenting Your Aging Parents Budget-Friendly Options
6. Navigating Parenting Your Aging Parents eBook Formats
  - ePUB, PDF, MOBI, and More
  - Parenting Your Aging Parents Compatibility with Devices
  - Parenting Your Aging Parents Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Parenting Your Aging Parents
  - Highlighting and Note-Taking Parenting Your Aging Parents
  - Interactive Elements Parenting Your Aging Parents
8. Staying Engaged with Parenting Your Aging Parents
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Parenting Your Aging Parents
9. Balancing eBooks and Physical Books Parenting Your Aging Parents
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Parenting Your Aging Parents
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Parenting Your Aging Parents
  - Setting Reading Goals Parenting Your Aging Parents
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Parenting Your Aging Parents
  - Fact-Checking eBook Content of Parenting Your Aging Parents
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

### **Parenting Your Aging Parents Introduction**

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