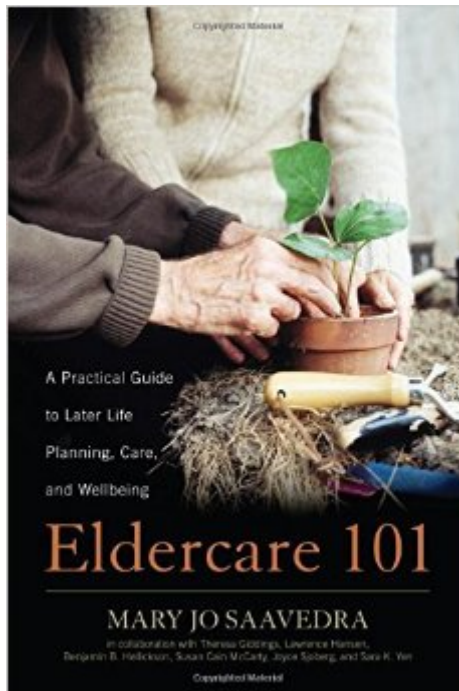


The book was found

Eldercare 101: A Practical Guide To Later Life Planning, Care, And Wellbeing



Synopsis

The Silver Tsunami is upon us as elder care and crisis management reaches a tipping point with the graying of America. By 2020, 54 million people in the U.S. will be over the age of 65; by 2030, that number will top 80 million. Feeling the squeeze of multi-generational home demands, children of aging parents are struggling to learn innovative eldercare management strategies and often find themselves overwhelmed by the many facets of caregiving. Eldercare 101 is the answer to making order from chaos. As a guide covering all aspects of aging and end-of-life in one place, caregivers will no longer spend endless nights trying to decode the Internet trail--confused, uncertain, and fearful of what theyâ™re missing. Whether they are proactively planning ahead or need to have fast answers, this comprehensive, technology-rich resource presents steppingstones for the Sandwich Generation as they navigate caring for aging parents, grandparents, friends, and other family members. Eldercare 101 is a well-researched, organized, easy-to-understand guide for families desperately in need of help as they care for their aging loved ones. The book is organized into 6 pillars of aging wellbeing: legal, financial, living environment, social, medical, and spiritual. Each pillar is explored by an expert and offers best practices and tips for evaluating choices, making decisions, and living well wherever the road might lead.

Book Information

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[Medicine & Health Sciences > Alternative Medicine > Holistic Medicine](#) #97 in [Books > Parenting & Relationships > Aging Parents](#) #236 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#)

Customer Reviews

Thanks to this "must-have" book, we donâ™t have to reinvent the wheel of eldercare! I have been piloting the information in this book for the last three years, and it has helped me with every step in

supporting my 2 parents and 2 in-laws, all between ages 82 and 88. More than anything, it helped me to see challenges coming down the road and to be prepared to deal with them proactively. It's truly an invaluable "toolbox" of everything you need to know to successfully support yourself and the parents you love. Kathy Masarie MD, author of Raising Our Daughters/Sons and Face to Face at Family Empowerment Network

Critical resource for anyone whose may be supporting aging parents or friends. Also great for anyone who wants to understand their own aging and create a plan. While we can't fully control how our body physically and psychologically ages, being aware of options helps us feel more in control.

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