

Your Aging Parents. How to Prepare, How To Cope

Maureen Osis, Judy Worrell, & Dianne McDermid

Are you worried about your parents as they grow older?

Are you concerned about doing the right thing as you take on new roles as their caregivers?

This book provides practical solutions and helpful Canadian resources.

Read to -

Understand Aging

Avoid ageism; promote adaptive aging

Build Relationships

Work with your family and the healthcare team

Plan Ahead

Prevent the crisis and have peace of mind

Manage Health Concerns

*Promote productive lives and
respond to common health concerns*

New in the second edition

More checklists to help your family make informed decisions:

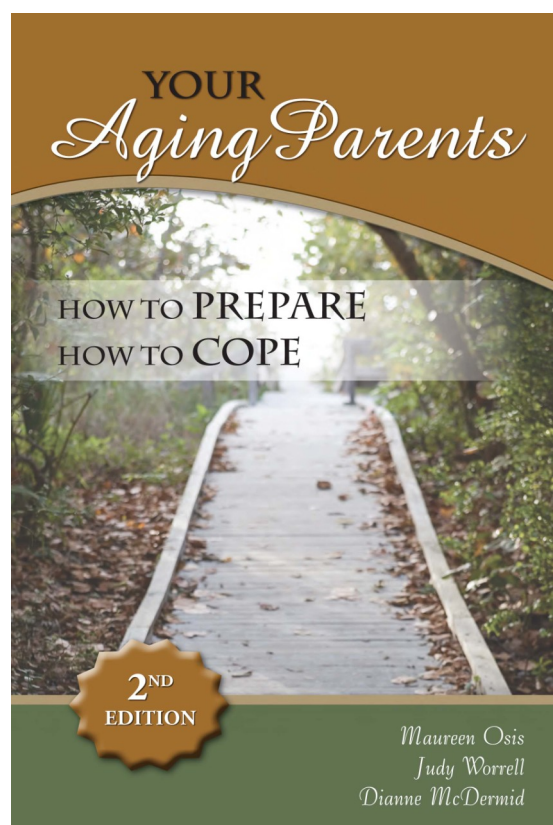
Guide to a family meeting

How to relieve feelings of guilt

Evaluate private healthcare providers

Up-to-date Canadian resources

Seniors Information Lines for each province



Available from ElderWise Publishing online

www.members.elderwise.ca

Toll free 1-877-237-5743

What readers are saying about Your Aging Parents; How to Prepare How to Cope

"For anyone who is supporting an aging person in Canada, this is the book to turn to. It is practical and sensible. It helps the reader to understand how to best support someone as they deal with issues related to aging, while maintaining balance with all of the other demands on the caregiver."

Roger E. Laing, Executive Director, SAGE, Edmonton

"Whether your parents currently need assistance or are still independent, this is a must-read book. For me, chapter 5 was a highlight – filled with practical tips and checklists to help you understand your unique situation and to know when it's time to add more support. The authors touched on a number of critical issues, including the guilt of living in a different province and juggling your parents' expectations with the need to maintain balance in your own life. Equip yourself now with the knowledge you need to make good decisions for your entire family. Read this book today!"

Judith Hanson, RN, MN. Adjunct Assistant Professor of Nursing, University of Calgary