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The Unofficial Guide to Eldercare

Christine Adamec

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Just when working families thought they had enough on their plates, many of them are now faced with having to make decisions regarding the health and well-being of their aging parents. Do they need care? Should they be in a nursing home? What does it cost? Is it clean? Is it safe? What if they don't want to go? And what other options are available? The Unofficial Guide to Eldercare meets these complex issues head-on, offering friendly, unbiased advice on this sensitive topic. It shows them how to wade through the anxiety and conflict to make informed decisions about their parents' needs; the elements of caregiving; living wills and other legal elements; how to balance their own lives in terms of work, family and caregiving; and how to get emotional support their families so desperately need.

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