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Tips for Helping Your Aging Parents: (Without Losing Your Mind) (Paperback)

By Kira Reginato

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In Tips for Helping Your Aging Parents (without losing your mind) Reginato creates a compassionate and straightforward guide filled with expert tips for adult children of aging parents. Easily accomplish important tasks: - Assist with tracking medications to avoid errors. - Create a safer home environment to prevent falls and accidents. - Keep yourself in a good frame of mind to avoid burning out. - Select the best caregiving products. - Manage emergency room visits and avoid hospital readmissions. - Have important conversations about medical wishes. - Deal with a parent who resists paid help at home. This is a superb book- amazingly insightful and helpful. Reginato provides step-by-step instructions to help you care for seniors while also caring for yourself. As a gerontologist with years of experience, and as a daughter, she offers practical suggestions and she gives them from the heart. -Bob Goldman, Bob Goldman Financial Planning Kira Reginato has compiled a short, but comprehensive guide to covering all the bases of complex family caregiving! -Dennis McCullough, MD, Dartmouth Centers for Health and Aging and author of My Mother, Your Mother:...



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Reviews

It is an remarkable ebook which i have possibly read. It really is packed with wisdom and knowledge Its been printed in an extremely easy way which is only after i finished reading through this pdf by which really altered me, alter the way i believe.

-- **Dr. Nikolas Mayer**

It in one of my personal favorite ebook. I was able to comprehended everything using this created e ebook. I am just pleased to tell you that here is the greatest ebook i have got read through within my own lifestyle and may be he finest publication for possibly.

-- **Timothy Johnson DVM**