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AND OURSELVES



JANE GROSS

A Bittersweet Season Caring For Our Aging Parents And Ourselves

Robert D. Strom, Paris S. Strom



A Bittersweet Season Caring For Our Aging Parents And Ourselves:

A Bittersweet Season Jane Gross, 2012-05-01 Wise smart and ever helpful an essential guide to caring for aging parents When Jane Gross found herself suddenly thrust into a caretaker role for her eighty five year old mother she was forced to face challenges that she had never imagined As she and her younger brother struggled to move her mother into an assisted living facility deal with seemingly never ending costs and adapt to the demands on her time and psyche she learned valuable and important lessons Here the longtime New York Times expert on the subject of elderly care and the founder of the New Old Age blog shares her frustrating heartbreaking enlightening and ultimately redemptive journey providing us along the way with valuable information that she wishes she had known earlier We learn why finding a general practitioner with a specialty in geriatrics should be your first move when relocating a parent how to deal with Medicaid and Medicare how to understand and provide for your own needs as a caretaker and much more Includes chapters on the following subjects Finding Our Better Selves The Myth of Assisted Living The Vestiges of Family Medicine The Best Doctors Money Can Buy The Biology Sociology and Psychology of Aging Therapeutic Fibs *100 Provocative Statements about a Bittersweet Season* Elizabeth Silver, 2013-01 In this book we have hand picked the most sophisticated unanticipated absorbing if not at times crackpot original and musing book reviews of A Bittersweet Season Caring for Our Aging Parents and Ourselves Don't say we didn't warn you these reviews are known to shock with their unconventionality or intimacy Some may be startled by their biting sincerity others may be spellbound by their unbridled flights of fantasy Don't buy this book if 1 You don't have nerves of steel 2 You expect to get pregnant in the next five minutes 3 You've heard it all **The Single Woman's Guide to Retirement** Jan Cullinane, 2012-09-05 AWARDS Silver Living Now Book Award Mature Living Aging 2014 Silver If you're one of the 25 million single women over the age of 45 living in the United States today AARP's The Single Woman's Guide to Retirement is your new best friend Walking you through the challenges of retired or pre-retired life from managing your finances to staying healthy in body mind and spirit dealing with divorce and even looking for love or work the book covers the issues that really matter to you Whether you're looking for a retirement home or planning a cruise this book is packed with specific details to help take the guesswork out of retirement Author and retirement expert Jan Cullinane has gathered real life stories from women just like you to illustrate your options and give you fresh new ideas about how to make the most of your retirement years Inside the Dementia Epidemic Martha Stettinius, 2012-07-23 One in 8 people over age 65 has Alzheimer's disease and nearly fifty percent of those over age 85 With the passion of a committed daughter and the fervor of a tireless reporter Martha Stettinius weaves a compelling story of her long journey caregiving for her demented mother with a broad exploration of the causes of dementia means of treating it and hopes for preventing it Her greatest gift to readers is that of optimism that caregiving can deepen love that dementia can be fought and that families can be strengthened Her book is appealing enlightening and inspiring Includes appendices on dementia research source notes resources for

caregivers and an index Homeward Bound Amy Zietlow, Naomi R. Cahn, 2017 Introduction The new normal in American family caregiving Caregiving begins The costs of care Decision making with advance direction Decision making looking for direction Mourning rubrics and burial The intricacies of wealth transfer 21st century caregiving **The Alzheimer's Diary** Joan Sutton, 2014-05-05 One who Forgets and One who is Forgotten One in eight over the age of sixty five and one in three over the age of eighty will be diagnosed with Alzheimers Disease In her memoir author Joan Sutton narrates a moving account of her years as caregiver to her husband noting that Alzheimers is a disease of the brain that is paid for with the currency of the heart A member of the board of overseers of The Alzheimers Drug Discovery Foundation she stresses the need to develop more effective treatment for the five million Americans currently diagnosed with this incurable disease pointing out that for every patient there is a large circle of others also affected Sutton offers practical advice for the care of the caregiver and the patient and shares the pain that came as she watched pieces of her husbands self disappear Following his death after what Nancy Reagan described as the long goodbye she writes candidly about coping with her new status as a widow and the aching loneliness of the heart that is the price paid for having known a great love 100% of the authors royalties 20 to 40% of the purchase price will benefit the Alzheimers Drug Discovery Foundation Canada Cover design by John R Lewis *Take My Hand Again* Brummett, Nancy Parker, 2015-04-27 The guide the author wishes she had when she took on a caretaker role By 2020 the senior population in this country will number over 115 million Despite this persistent graying of America few adult children feel prepared to take on the role of caregiver for aging parents Those who discover they must now intervene and care for an elder they love are often at a loss Trying to navigate the transition is like being dropped in a foreign country with no map no GPS and no translator and acting as tour guide Nancy Parker Brummett knows what they re going through and has the means to help She shares her own experience of caring for a mother and mother in law in assisted living as well as lessons learned through study of the academic social and political issues involved Each chapter begins with relevant Scripture but the useful information here is not limited to people of faith *Take My Hand Again* offers readers the warm feeling of having someone they trust stepping up to hold their hand and share encouragement and hope Children of the aging don t need a degree in gerontology they just need for someone to ask the pertinent questions and give them an overview of the pros and cons of common options so they can make informed decisions Whether they ve already had their wake up call or just want to be prepared for what s to come Brummett s sometimes humorous sometimes poignant book has just what they re looking for *Navigating Care Together - A Family's Guide to Compassionate Care* Susan Leys, 2025-09-09 Are You Drowning in Caregiving Stress This Guide Throws You a Lifeline When your loved one needs care everything changes overnight Suddenly you re juggling doctor appointments medications family drama and your own breaking point You feel lost overwhelmed and guilty for wanting help You re not alone And you don t have to figure this out by yourself *Navigating Care Together* is the roadmap you ve been searching for Written by Susan A Leys a healthcare

consultant who cared for both her parents through illness and end of life this isn't another academic textbook. It's real help from someone who's walked your path. What You'll Discover: How to talk with doctors so they actually listen and explain things clearly. Simple systems for tracking medications without dangerous mistakes. Ways to build a support team that actually shows up and helps. Scripts for difficult conversations with family members. How to create daily routines that reduce stress for everyone. When to accept help and how to ask for it without guilt. Self-care strategies that prevent caregiver burnout. What to do when your loved one's condition changes. How to navigate the healthcare system like an insider. Plus 9 Bonus Tools: Medication tracking sheets, doctor communication guides, emergency contact templates, journaling prompts for stress relief, comprehensive resource lists and more. This 147-page guide covers everything from the emotional challenges of role reversal to the practical details of managing multiple medications. Each chapter includes specific actions you can take today to improve your caregiving experience. Real families are already seeing results. This book saved our family. My mom has dementia and we were all fighting about everything. Susan's guide showed us how to work together and actually enjoy our time with mom again. Jennifer K. Finally someone who gets it. The medication tracking alone was worth the price. Robert M. Stop feeling overwhelmed. Start feeling confident. Whether you're caring for aging parents, a sick spouse, or a family member with disabilities, this guide meets you where you are and shows you the way forward. Download your copy now and transform your caregiving journey from survival mode to meaningful connection. Your loved one needs you at your best. This guide shows you how to get there. Get instant access today, your family can't wait.

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 dad's 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.

The Ethics of Sex and Alzheimer's John Portmann, 2013-07-18 A growing epidemic: Alzheimer's punishes not only its victims but also those married to them. This book analyzes how Alzheimer's is quietly transforming the way we think about love today. Without meaning to become rebels, many people who find themselves married to Alzheimer's deflate the predominant notion of a conventional marriage. By falling in love again before their ill spouse dies, those married to Alzheimer's come into conflict with central values of Western civilization: personal, sexual, familial, religious, and political. Those

who wait sadly for a spouse's death must sometimes wonder if the show of fidelity is necessary and whom it helps. Most books on Alzheimer's focus on those who have it as opposed to those who care for someone with it. This book offers a powerful and searching meditation on the extent to which someone married to Alzheimer's should be expected to suffer loneliness. The diagnosis of dementia should not amount to a prohibition of sexual activity for both spouses. Portmann encourages readers to risk honesty in assessing the moral dilemma using high profile cases such as Nancy Reagan and Justice Sandra Day O'Connor to illustrate the enormity of the problem. Ideal for classes considering the ethics of aging and sexuality.

[A Graceful Aging](#) Kingsley Beck, 2025-09-25. This eBook is published in full color making charts, images and examples vivid and easy to read, enhancing your understanding and enjoyment on any device. Begin Your Journey to Aging with Grace. Want to navigate the second half of life with peace, dignity and wisdom? Many believe aging is simply the passing of time, but in truth it is a stage that requires intentional planning and mindful living. In today's rapidly aging world, whether you're preparing for your own later years or caring for an elderly loved one, choosing the right care approach and emotional strategies will define your quality of life and inner peace. The truth is, a thoughtful care plan protects not only daily living but also the dignity of life itself. In *Grace in Aging: The Wisdom of Care and Comfort*, Kingsley Beck and Lisa Elan draw from a global perspective, combining real life stories and practical guidance to help you stay calm yet empowered when facing life's changes and challenges. You'll Discover A Complete Care Blueprint: From family caregiving to professional support, understand the strengths and limits of different care models. Decision Making Frameworks: Clear, actionable tools for handling surgery, choices, long term care, and end of life decisions. Principles of Emotional Serenity: Manage loss, anxiety, and uncertainty while finding meaning and reconciliation in life. Cross Cultural Care Insights: Learn from successful approaches in different countries to inspire your own path to aging well. Inspiring True Stories: Lessons from caregivers, healthcare professionals, and elders themselves. Master the Core Skills for Aging with Confidence: Maximize quality of life with the resources you have. Communicate effectively with family and healthcare teams. Create long term care and lifestyle plans for yourself or loved ones. Integrate caregiving with personal growth to make the later years truly fulfilling. Who Is This Book For? Those entering or already in their later years. Family members providing care to aging loved ones. Healthcare professionals and social workers. Forward thinking readers planning for the future. Why Choose This Book? Based on real life cases, not abstract theories. Immediately applicable strategies with clear practical steps. Covers physical, emotional, and spiritual well-being in one guide. Helps you and your loved ones navigate later life with steadiness and grace. Ready to Begin Your Path to Aging Well?

Self-Help That Works John C. Norcross, 2013-04-11. Helps readers identify effective self-help materials and distinguish them from those that are potentially misleading or even harmful. It is designed for laypersons and mental health professionals and reviews books, films, online programs, support groups, and websites for 41 behavioral disorders and life challenges.

The Complete Adult Psychotherapy Treatment Planner Arthur E. Jongsma, Jr., L. Mark Peterson, Timothy J.

Bruce,2021-05-11 The revised edition of the clinicians time saving Psychotherapy Treatment Planner Revised and updated the sixth edition of The Complete Adult Psychotherapy Treatment Planner offers clinicians a timesaving evidence based guide that helps to clarify simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients The authors provide all the elements necessary to quickly and easily develop formal customizable treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This revised edition includes new client Short Term Objectives and clinician Therapeutic Interventions that are grounded in evidence based treatment wherever research data provides support to an intervention approach If no research support is available a best practice standard is provided This new edition also offers two new presenting problem chapters Loneliness and Opioid Use Disorder and the authors have updated the content throughout the book to improve clarity conciseness and accuracy This important book Offers a completely updated resource that helps clinicians quickly develop effective evidence based treatment plans Includes an easy to use format locating treatment plan components by Presenting Problem or DSM 5 diagnosis Contains over 3 000 prewritten treatment Symptoms Goals Objectives and Interventions to select from Presents evidence based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists therapists counselors social workers addiction counselors psychiatrists and other mental health professionals The Complete Adult Psychotherapy Treatment Planner Sixth Edition has been updated to contain the most recent interventions that are evidence based Elder Care Journey Laura Katz Olson,2016-04-21 Winner of a Gold Medal 2017 Living Now Book Award in the Caregiving category Shortlisted for the 2016 Sarton Women s Book Awards in the Memoir category presented by the Story Circle Network For millions of Americans caregiving is the new normal For Laura Katz Olson a respected researcher of long term care for the aging Elder Care Journey chronicles the disruption of her world and how it is upended by the ever increasing long distance needs of her own mother A healthy Senior Olympics medal winner Olson s mother is slowly and steadily incapacitated by Parkinson s disease and a gradual loss of vision Thrust into a long distance caregiving role Olson finds her previous academic notions about assisting a frail parent increasingly at odds with the reality of the lived experience In a narrative full of ah ha moments tears sighs and outrage that will be familiar to many Olson opens a window into the nursing home and home care industries that consume much in the way of taxpayer dollars but often fail to deliver quality care Olson s personal story vividly demonstrates not only the overwhelming bureaucratic barriers faced by care dependent seniors but also their beleaguered adult children s attempts to ensure their parents health safety and well being Knocking on Heaven's Door Katy Butler,2014-06-10 A blend of memoir and investigation of the choices we face when our terror of death collides with the technological imperatives of modern medicine **Alzheimer's Early Stages** Daniel Kuhn,2011-01-01 If someone you love has been diagnosed with Alzheimer s you may not know where to turn The early stages can be the most difficult time for

relatives and friends because they often don't know much about the disease or how they can be of help. This compassionate and practical book fills the information gap. It is divided into sections on how Alzheimer's begins, how to help a loved one with the disease, and how families and caregivers can help themselves. This new edition contains updated information on risk factors, treatments, and potential means of prevention. A new chapter, Voices of Experience, contains reflections by family members about what works and what doesn't in handling someone with Alzheimer's. This edition also includes information about two drugs approved since 1999 and the recent decision by the government to cover the cost of counseling and other health-related services through Medicare. Resources are updated. Straightforward and pragmatic yet encouraging, this book is invaluable for anyone with a loved one in the early stages of Alzheimer's disease.

The Complete Adult Psychotherapy Treatment Planner David J. Berghuis, L. Mark Peterson, Timothy J. Bruce, 2014-01-28. A time-saving resource fully revised to meet the changing needs of mental health professionals. The Complete Adult Psychotherapy Treatment Planner, Fifth Edition, provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. New edition features empirically supported evidence-based treatment interventions including anger control, problems with low self-esteem, phobias, and social anxiety. Organized around 43 behaviorally based presenting problems including depression, intimate relationship conflicts, chronic pain, anxiety, substance use, borderline personality, and more. Over 1,000 prewritten treatment goals, objectives, and interventions, plus space to record your own treatment plan options. Easy-to-use reference format helps locate treatment plan components by behavioral problem or DSM-5 diagnosis. Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission, TJC, COA, and the NCQA.

The Art of Dying Well Katy Butler, 2020-02-11. This comforting, thoughtful guide to maintaining a high quality of life from resilient old age to the first inklings of a serious illness to the final breath, by the New York Times bestselling author of *Knocking on Heaven's Door*, is a roadmap to the end that combines medical, practical, and spiritual guidance. The Boston Globe: A common-sense path to define what a good death looks like. USA TODAY: The Art of Dying Well is about living as well as possible for as long as possible and adapting successfully to change. Packed with extraordinarily helpful insights and inspiring true stories, award-winning journalist Katy Butler shows how to thrive in later life even when coping with a chronic medical condition, how to get the best from our health system, and how to make your own good death more likely. Butler explains how to successfully age in place, why to pick a younger doctor, and how to have an honest conversation with them when not to call 911, and how to make your death a sacred rite of passage rather than a medical event. This handbook of preparations, practical, communal, physical, and spiritual, will help you make the most of your remaining time, be it decades, years, or months. Based on Butler's experience caring for aging parents and hundreds of interviews with people who have successfully navigated our fragmented health system and helped their loved ones have good

deaths *The Art of Dying Well* also draws on the expertise of national leaders in family medicine palliative care geriatrics oncology and hospice This empowering guide clearly outlines the steps necessary to prepare for a beautiful death without fear Shelf Awareness *My Parent's Keeper* Jody Gastfriend, 2018-05-22 Unflinchingly tackles a complex aspect of eldercare in each chapter an indispensable resource for family caregivers Patrick O Malley author of *Getting Grief Right* When it comes time to provide care for those who once cared for us where can we turn This book offers practical guidance for a broad range of caregiving situations when family caregivers assume their new role *My Parent's Keeper* Uses the latest research and draws on case histories and interviews Is a resource as well as a source of inspiration with a blend of powerful stories and practical advice Helps caregivers cope with numerous challenges including parents who need but refuse help siblings who don't get along the complexity of healthcare systems financial issues juggling work and caregiving the use of technology the power of connecting with a loved one who has dementia and realizing the benefits amid the burdens of caregiving Jody Gastfriend has created the ultimate GPS for family caregivers At once humane and helpful personal and political she charts the long hard and rewarding role that all of us will take caring for our families and each other Don't leave home without it Ellen Goodman Pulitzer Prize winning columnist and founder of The Conversation Project *My Parent's Keeper* shines a light on the conundrum of caregiving as adult children our best intentions are insufficient to help our parents and ourselves We need a plan in advance of need this book offers up to date guideposts for this inevitable caregiving journey Laurie M Orlov author of *When Your Parents Need Elder Care Lessons from the Front Lines* **Learning Throughout Life** Robert D. Strom, Paris S. Strom, 2012-12-01 The dangers of age segregation and the benefits of age integration are examined Each generation should be recognized as an essential source for learning Harmony will increasingly depend on general awareness of how other age groups interpret events respect for values that guide their behavior responsiveness to their needs and concerns consideration of their criticisms and solutions and acknowledgement of their contributions This book describes a personality assets and mental abilities to focus learning at each stage of development b obstacles to anticipate and overcome c a rationale to make reciprocal learning common d research findings which identify generational learning needs and e benefits of providing lifelong education Six stages are explored infancy and early childhood birth age 6 middle and later childhood ages 6 10 adolescence ages 10 20 early adulthood ages 20 40 middle adulthood ages 40 60 and older adulthood age 60 Some outcomes of lifelong learning include self control patience integrity resilience persistence problem solving ability acceptance of criticism and generativity The intended audiences for this book are professionals working with individuals and families

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Table of Contents A Bittersweet Season Caring For Our Aging Parents And Ourselves

1. Understanding the eBook A Bittersweet Season Caring For Our Aging Parents And Ourselves
 - The Rise of Digital Reading A Bittersweet Season Caring For Our Aging Parents And Ourselves
 - Advantages of eBooks Over Traditional Books
2. Identifying A Bittersweet Season Caring For Our Aging Parents And Ourselves
 - 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 A Bittersweet Season Caring For Our Aging Parents And Ourselves
 - User-Friendly Interface
4. Exploring eBook Recommendations from A Bittersweet Season Caring For Our Aging Parents And Ourselves
 - Personalized Recommendations
 - A Bittersweet Season Caring For Our Aging Parents And Ourselves User Reviews and Ratings
 - A Bittersweet Season Caring For Our Aging Parents And Ourselves and Bestseller Lists
5. Accessing A Bittersweet Season Caring For Our Aging Parents And Ourselves Free and Paid eBooks
 - A Bittersweet Season Caring For Our Aging Parents And Ourselves Public Domain eBooks
 - A Bittersweet Season Caring For Our Aging Parents And Ourselves eBook Subscription Services
 - A Bittersweet Season Caring For Our Aging Parents And Ourselves Budget-Friendly Options

6. Navigating A Bittersweet Season Caring For Our Aging Parents And Ourselves eBook Formats
 - ePub, PDF, MOBI, and More
 - A Bittersweet Season Caring For Our Aging Parents And Ourselves Compatibility with Devices
 - A Bittersweet Season Caring For Our Aging Parents And Ourselves Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of A Bittersweet Season Caring For Our Aging Parents And Ourselves
 - Highlighting and Note-Taking A Bittersweet Season Caring For Our Aging Parents And Ourselves
 - Interactive Elements A Bittersweet Season Caring For Our Aging Parents And Ourselves
8. Staying Engaged with A Bittersweet Season Caring For Our Aging Parents And Ourselves
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers A Bittersweet Season Caring For Our Aging Parents And Ourselves
9. Balancing eBooks and Physical Books A Bittersweet Season Caring For Our Aging Parents And Ourselves
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection A Bittersweet Season Caring For Our Aging Parents And Ourselves
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine A Bittersweet Season Caring For Our Aging Parents And Ourselves
 - Setting Reading Goals A Bittersweet Season Caring For Our Aging Parents And Ourselves
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of A Bittersweet Season Caring For Our Aging Parents And Ourselves
 - Fact-Checking eBook Content of A Bittersweet Season Caring For Our Aging Parents And Ourselves
 - 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

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