



# **My Parents Got Old! Now What Do I Do?: A Practical Guide To Caring For Your Aging Parents**

*Janine Brown*

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An aging population means an increasing number of children take care of their parents. While adult children have been their elderly parents' caregivers for generations, those in that role today face challenges others have not. It's no wonder many feel overwhelmed and stressed when they first take responsibility for those who once took care of them.

Author Janine Brown's *My Parents Got Old! What Do I Do? A Practical Guide to Caring for Your Aging Parents* helps you face and get through the issues surrounding your role as adult child and parental caregiver. Brown is not a lawyer, accountant, or doctor. She writes from the personal experience-hers and others-of caring for aging parents. She shares information to help caregivers and potential caregivers assess needs and skills necessary to providing their parents with the best possible care. Through her experiences, you'll gain an understanding of what happens in real life; Brown takes caregiving beyond the theoretical to the practical. Checklists help you stay organized, which can be very helpful in situations with heightened emotions. You'll appreciate the author's holistic approach to the adult caregiving, including chapters on family ties and the emotional reality of what is to come.

There's no doubt caring for an elderly parent can be difficult and trying. *With My Parents Got Old! Now What Do I Do? A Practical Guide to Caring for Your Aging Parents*, you won't be alone on this journey. You'll have the benefit of others who have been there.

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