



**#STRESS: How To Care For Aging Parents And  
Our Emotional Selves: An Adult Children's Guide  
To Caregiving For The Health, Home, Housing,  
And Financial ... depression, relief, less, worry,  
help, tips)**

*Chris Adkins*

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**#STRESS: How To Care For Aging Parents And Our Emotional Selves: An Adult Children's Guide To Caregiving For The Health, Home, Housing, And Financial Needs Of The Elderly Parent**

*Have you ever wondered how you will feel when you are suddenly given the responsibility to make important decisions for your parents because they are no longer capable of doing that for themselves?*

How will you handle their financial affairs? Will they prefer to get home care services or would they want to stay in a nursing facility? Do you have the required authorization to talk to your parents' doctors, obtain their medical information and make important medical decisions? How will you ensure that your aging parents are safe and comfortable in the place where they are living in? These are just some of the questions many adult children have in mind, but refuse to ask and deal with.

Aging is one of the taboo topics that many people try to avoid. We do not want to even think about it because we are afraid of the unknown and we do not want to imagine the prospect of losing our independence. You may already observe the noticeable signs that your parents' physical and mental capacity are declining but they are still in denial. They don't want to admit that they, who used to be your caregiver, will now become care recipients. Many aging parents find it hard to accept the truth that they will have to seek help and assistance from their adult children who used to be under their care.

But aging is inevitable. Whether we talk about it or not, whether we prepare for it or not, it is going to happen. You can make the aging process more fulfilling and meaningful for both you and your parents by making the effort to face it head on and make the necessary preparations. There are effective techniques and strategies which can help ensure that your aging parents' health, finances and housing needs are properly addressed. This book will guide you in your journey through your parents' aging process so that you can enjoy being their caregivers in return for the love and care that they have given you before.

## **Here Is A Preview Of What You Will Learn**

- How you can start dealing with the aging journey of your parents.
- The essential steps that you need to take when your aging parents need help.
- Effective techniques to ease into conversations about aging.
- How to deal with the legalities that come with your parents' aging journey.
- You will understand how important a durable power of attorney is and how you can prepare one for your parents.
- You will gain a better understanding of the various legal documents that your parents should start preparing.

- The advantages of hiring an Elder Law Attorney.
- The different housing options available for your aging parents.
- The signs and indications that your parents need help at home.
- The different home care services that your parents can avail of.
- How you can make your parents' everyday lives safer and more comfortable.
- Techniques on how to organize the medical care of your aging parents.
- How to prevent medication-related problems.
- How to create a diet plan for your elderly parents.
- Safety tips on how to prevent falls and fractures in aging people.

**And much, much more!**

Anyone, regardless of past or present can succeed at helping their parents go through a more fulfilling and meaningful aging process – Today!

You no longer have to spend sleepless nights worrying about the future of your aging parents because there are things you can do about it. Get this book NOW so you can start to learn how to deal with the unknown and create a better life for your aging parents!

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**Cynthia Richards:**

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**Amy Parr:**

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