



# **Aging Parents: Aging Parents Guide On How To Care For Aging Parents While Maintaining The Dignity Of Aging Parents (Eldercare)**

*John McQuilkin*

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## **Aging Parents Guide On How To Care For Aging Parents While Maintaining The Dignity Of Aging Parents**

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Caring for my mother with Alzheimer's Disease was one of the most difficult and challenging times in my life. Looking back upon it now it was also one of the most rewarding times in my life. If you have aging parents that are at the stage where someone has to start caring for them, this book will act as a guide for what lies ahead as the years progress. If you are considering being the primary caregiver, I congratulate you! It won't be easy, I'm telling you now, but when all is said and done you will be so glad you stepped up to the plate to care for your aging parents. I've written this book with first hand knowledge received from the care of my own mother, plus a lot of research along the way. Caregiving for your own parents is a form of role reversal and can be daunting and will take a toll on you both physically and emotionally. To ease you into the process, you need to be aware of what exactly to look out for in the terms of medication, nutrition, aides, tools, and the common conditions that might inhibit your loved ones. This book contains proven steps and strategies on how to effectively provide your aging parents with what they need in order to maintain a healthy and safe environment while effectively preserving their quality of life. It will be difficult, but it is necessary and this book provides you with an informational source on what you need to know to get started on this caregiving phase of your life. I wish you all the success in the world as you undertake this difficult yet rewarding job of caring for your aging parents. It may not seem rewarding at the moment but I promise you that some day in the future you will look back upon this time in your life and be so thankful that you took it upon yourself to care for your aging parents. I know it will be challenging at times, I've been there myself, but you can care for your aging parents with respect and dignity and this book will help you do it!

### **Here Is A Preview Of What You'll Learn...**

- What You Need To Know To Get Started
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- Safety Around The House
- Getting Outside Help
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- Person Centered Care
- Dealing With Alzheimer's And Dementia

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