

#STRESS: How to Care for Aging Parents and Our Emotional Selves: An Adult Childrens 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 dont 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. 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 audiobook will guide you in your journey through your parents aging process.

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