



# Aging Parents - The Essential Resource Guide for Peace of Mind

*Dorothy Hansen, Betsy Sherry*

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## **Aging Parents - The Essential Resource Guide for Peace of Mind** Dorothy Hansen, Betsy Sherry

This is an easy to use resource guide packed with vital information for anyone caring for an elder. Our resource manual functions as a guide to manage your parents care, whether you plan to be actively engaged or need to find information about available services. We wrote this manual to help you navigate the complicated path that will allow your parents to maintain and/or achieve as much quality of life as possible by providing sources that will:

- help identify levels of ability
- help identify specific problems such as depression, anxiety, insomnia and alcoholism
- show how to approach sensitive subject with loved ones
- help maintain your elder in their own home
- give the do's and don'ts that may apply when moving your elder into your own home
- help identify an appropriate placement for your elder
- address caregiver support
- give tips for conflict resolution
- address end of life issues

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