



Tips for Helping Your Aging Parents: (without losing your mind)

Kira Reginato

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In *Tips for Helping Your Aging Parents (without losing your mind)* Reginato creates a compassionate and straightforward guide filled with expert tips for adult children of aging parents.

Easily accomplish important tasks:

- Assist with tracking medications to avoid errors.
- Create a safer home environment to prevent falls and accidents.
- Keep yourself in a good frame of mind to avoid burning out.
- Select the best caregiving products.
- Manage emergency room visits and avoid hospital readmissions.
- Have important conversations about medical wishes.
- Deal with a parent who resists paid help at home.

“This is a superb book—amazingly insightful and helpful. Reginato provides step-by-step instructions to help you care for seniors while also caring for yourself. As a gerontologist with years of experience, and as a daughter, she offers practical suggestions and she gives them from the heart.”

—Bob Goldman, Bob Goldman Financial Planning

"Kira Reginato has compiled a short, but comprehensive guide to covering all the bases of complex family caregiving!"

—Dennis McCullough, MD, Dartmouth Centers for Health and Aging and author of *My Mother, Your Mother: Embracing “Slow Medicine,” the Compassionate Approach to Caring for Your Aging Loved Ones*

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In this age globalization it is important to someone to find information. The information will make a professional understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. The particular book that recommended to you personally is Tips for Helping Your Aging Parents: (without losing your mind) this e-book consist a lot of the information from the condition of this world now. This book was represented how can the world has grown up. The language styles that writer require to explain it is easy to understand. The writer made some exploration when he makes this book. Here is why this book suitable all of you.

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