

# My Parent Keeper: A Comprehensive Guide to Caring for Elderly Parents



## My Parent's Keeper: The Guilt, Grief, Guesswork, and Unexpected Gifts of Caregiving (Yale University Press Health & Wellness)

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1283 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 348 pages
Lending	: Enabled



Caring for an elderly parent is a challenging but rewarding experience. It can be difficult to know where to start, and what to do. My Parent Keeper is here to help.

My Parent Keeper is an essential guide for caregivers of elderly parents. It provides practical advice and support on all aspects of elder care, from health and wellness to legal and financial planning.

### Health and Wellness

As your parents age, they may need help with their health and wellness. My Parent Keeper provides comprehensive information on:

- Common health problems in the elderly
- How to find the right doctor and care team
- Managing medications and treatments
- Promoting healthy eating and exercise
- Providing emotional support

## **Legal and Financial Planning**

Caring for an elderly parent can also involve legal and financial planning. My Parent Keeper provides clear and concise information on:

- Estate planning
- Medicaid and Medicare
- Long-term care insurance
- Guardianship and conservatorship
- Financial planning for caregivers

## **Other Resources**

In addition to the information provided in the book, My Parent Keeper also offers a variety of other resources, including:

- A directory of national and local resources for caregivers
- A glossary of terms
- A list of recommended reading
- A free online community for caregivers

Caring for an elderly parent is a challenging but rewarding experience. My Parent Keeper is an essential guide that can help you provide the best possible care for your loved one.

Order your copy of My Parent Keeper today!



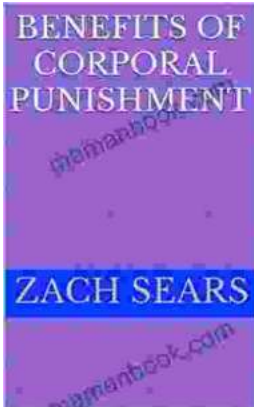
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