



# **Surviving the STRESS of Your Parents' Old Age: How to Stay Organized, Loving, and Sane While Caring for Them**

*Nan McAdam*

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Baby boomers are aging and retiring, creating the largest group of seniors the world has ever known. This trend has adult children looking at uncertain futures of meeting their retirement and life goals while providing for their aging parents. Along this journey of providing care, many care givers are dealing with life crippling stress. 54% of female care givers exhibit chronic health conditions, while 51% of women caregivers exhibit life altering symptoms of depression. Nan writes from the perspective of having lived through the experience of caring for her parents. She has also been the care giver for 3 other elderly loved ones. Not only does Nan cover how to combat or prevent life crippling depression, she also helps the reader traverse the mine fields of elder care such as: \* Is it time for our elder to hang up the car keys? \* How to deal with hospital stays and doctor's appointments? \* What happens if they get dementia? \* Should they live with us, or a care facility? \* How to deal with our loved ones belongs after they relocate to the nursing home or after the loved one has passed away? The reader will find themselves laughing at the humorous moments, and wiping away the tears as Nan takes you through her emotional journey. Not only will the reader be entertained but they will come away with many handy tools to put in their own personal tool box of elder care.

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