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The Caregiver's Survival Handbook (Revised): Caring for Your Aging Parents Without Losing Yourself

Alexis Abramson, Mary Anne Dunkin

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Being a caregiver can be rewarding but demanding work-and more than 40 million adult children find themselves experiencing the double duty of caring for their elders as they try to carry on a life of their own. The mission of this book is to help caregivers figure out how to look after aging loved ones, provide for other family members, and attend to their own career-without losing themselves in the process.

In this supportive, reassuring, and practical guide, Doctor Alexis addresses the most pressing concerns, including such issues as how to:

*Get all family members to pitch in
*Let go of feelings of guilt
*Avoid conflict with an aging loved one
*Foster independence in the elderly
*Balance the demands on one's own time and resources

"I have encountered few people who have the knowledge, experience, and passion that Alexis possesses for serving older persons. Alexis has accomplished a lot and has gained a well-deserved national reputation as an authority on issues affecting older persons."
-Horace B. Deets, former executive director of AARP

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