



# Caregiving as Your Parents Age

*Linda Colvin Rhodes Ed.D.*

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Millions of people are taking on a new role in the care of their aging parents-whether it be physical, mental, or financial. Here's the book with the expert advice on:

- Understanding aging: physical changes, mental health issues and diseases, emotional problems
- Health: managing the world of geriatrics, drugs, becoming a patient advocate, hospitals, assisted living, nursing homes
- Caregiving: the emotional and physical toll, strategies for better home-care, end-of-life practicalities and hospices
- Financial matters: Making sense of Medicare and Medicaid, Veteran's Administration, out-of-pocket expenses, long-term health insurance, living wills, powers of attorney, guardianship, and estate planning
- Also featuring The Resource Directory, which includes contact information and invaluable website addresses for further help and information

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