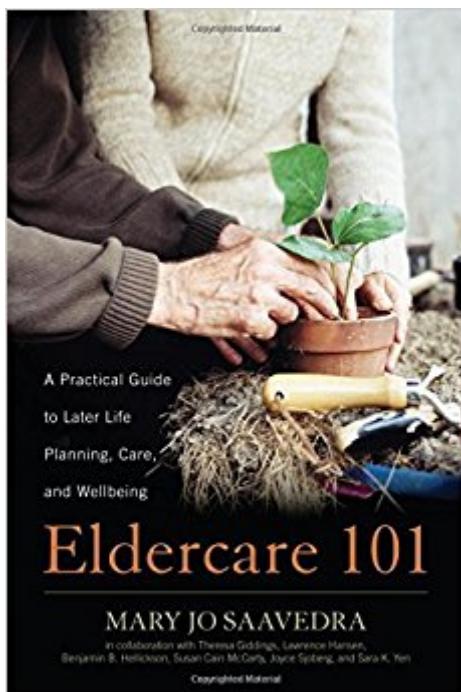


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# Eldercare 101: A Practical Guide To Later Life Planning, Care, And Wellbeing



## **Synopsis**

The Silver Tsunami is upon us as elder care and crisis management reaches a tipping point with the graying of America. By 2020, 54 million people in the U.S. will be over the age of 65; by 2030, that number will top 80 million. Feeling the squeeze of multi-generational home demands, children of aging parents are struggling to learn innovative eldercare management strategies and often find themselves overwhelmed by the many facets of caregiving. Eldercare 101 is the answer to making order from chaos. As a guide covering all aspects of aging and end-of-life in one place, caregivers will no longer spend endless nights trying to decode the Internet trail--confused, uncertain, and fearful of what they're missing. Whether they are proactively planning ahead or need to have fast answers, this comprehensive, technology-rich resource presents steppingstones for the Sandwich Generation as they navigate caring for aging parents, grandparents, friends, and other family members. Eldercare 101 is a well-researched, organized, easy-to-understand guide for families desperately in need of help as they care for their aging loved ones. The book is organized into 6 pillars of aging wellbeing: legal, financial, living environment, social, medical, and spiritual. Each pillar is explored by an expert and offers best practices and tips for evaluating choices, making decisions, and living well wherever the road might lead.

## **Book Information**

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## **Customer Reviews**

Gerontologist and aging life-care manager Saavedra, with the help of other experts on the elderly, delivers on the promise in her subtitle. She divides her guide to caring for parents and

other family members into six useful sections: "Legal Ease," "Money Matters," "Living Environment Options," "Social Considerations," "Navigating the Medical Maze," and "Spirituality and the End of Life." Making ample use of boldface type and shaded boxes, she defines such terms as power of attorney (a legal document that gives someone the authority to sign documents and conduct transactions on another person's behalf) and intestacy (dying without a will) in each chapter and also in a glossary at the end.... [T]his just-the-facts service guide gathers a large amount of good information in one place and fills a serious need: the over-65 population will number 54 million by 2020 and 80 million by 2030. Saavedra's book will get a lot of use. (Booklist) What sets *Eldercare 101* apart from other guides to family decision making in later life is the unique approach taken by Saavedra and her co-authors. Older adults and those who care about and for them are viewed holistically and reverentially. The complex issues they face together are considered in ways that are both practical and inspirational. I anticipate that this guide will become a valuable and indispensable resource for many. (Jennifer Sasser, PhD, Educational Gerontologist, author, and convener of the Gero-Punk Project)

Mary Jo Saavedra, MAIS, CMC, CAPS, CSA is a practicing gerontologist and aging life care manager in Portland, Oregon. With a passion for empowering individuals of all ages to live their best lives, Mary Jo is dedicated to the holistic wellbeing of her clients. Using her 6 Pillars of Aging Wellbeing process, she helps elders choose how they will live with the challenges of aging; at the heart of every care or life plan she designs is respect for the needs and wants of the elder. An out-of-the-box thinker, Mary Jo is credited with defining the conceptual model for an innovative real estate-focused rating system for classifying age-friendly homes. She is also an adjunct professor of gerontology at Marylhurst University, Pacific University, and Portland Community College; and she teaches aging and spirituality at the Franciscan Spiritual Center in Milwaukie, Oregon. In addition, Mary Jo has 30 years of professional experience across multiple industries including high tech, nonprofit, and health and wellbeing. <http://www.eldercare101book.com/> Free PDF of "Eldercare 101 Getting Organized Forms" is available for download by clicking on the "Features" tab at <https://rowman.com/ISBN/9781442265462>

Thanks to this "must-have" book, we don't have to reinvent the wheel of eldercare! I have been piloting the information in this book for the last three years, and it has helped me with every step in supporting my 2 parents and 2 in-laws, all between ages 82 and 88. More than

anything, it helped me to see challenges coming down the road and to be prepared to deal with them proactively. It's truly an invaluable "toolbox" of everything you need to know to successfully support yourself and the parents you love.Kathy Masarie MD,author of Raising Our Daughters/Sons and Face to Face at Family Empowerment Network

Eldercare 101 A Practical Guide to Later Life Planning, Care and Wellbeing. I purchased this book on and found this book to be an outstanding resource. The six pillars addressed in this book are legal, financial, living environment, social, medical and spiritual.

Critical resource for anyone whose may be supporting aging parents or friends. Also great for anyone who wants to understand their own aging and create a plan. While we can't fully control how our body physically and psychologically ages, being aware of options helps us feel more in control.

Very clear and practical book. Excellent for seniors, families of seniors and people working with seniors professionally. Brings up a lot of important details that other books miss. Very current. Great resource.

As a Senior Real Estate Specialist I recomend this book everyone of my clients. There is a chapter in it that will deal with at least one issue they are facing. It's practical and timely.

An excellent and thorough coverage for caregivers like me keeping my 97 year old mother in our home happy and healthy. Highly recommended.

Great book with very practical information. I would recommend it to anyone who is dealing with an family member who is aging.

Lots of good information. I had this from the library but decided to buy it for reference.

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