



Caregiving for Your Elderly Parents: Real Stories to Help You Care For Your Loved Ones (Volume 1)

Marky Olson, Dauna Easley

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Caregiving for Your Elderly Parents presents the true stories of two Baby Boomers who are caring for elderly parents. Dauna Easley and Marky Olson met as young teachers in Ohio and maintained a connection through the years as they raised their children and continued to teach and write. And now they have rekindled their long distance friendship to share encouraging stories about caring for their elderly parents. Caring for elderly parents and loved ones can be a daunting task. You love your parents and are honor-bound to care for them, but it can be a lonely journey when you feel unprepared, overwhelmed and guilt-ridden. Caregiving for Your Elderly Parents is your solution. The authors have both cared for their parents and have created a resource to help you navigate this very challenging time of life. The stories reflect their journey and the accompanying emotional challenges. You will learn that you're not alone, that you absolutely must let the guilt go, move toward acceptance with grace, and, finally, that there are moments of profound beauty in caregiving. The chapter tips and recommendations will save you anguish and help you plan. These real and completely honest stories will be a compass for your own journey.

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