



Old and In the Way: Caring for Yourself and the Ones You Love

Darla Buckhannon

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A timeless, no-holds-barred guide to adult caregiving at home, in nursing homes, or in the hospital. An informative resource for caring for yourself and the ones you love, this comprehensive guide prepares everyone for the inevitability of having to care for an aging loved one. Highlighting the difficulties involved with caregiving, this illuminating resource prepares readers for the surprises and miscommunications that can surface within the difficult process. Written for anyone who could inherit the task of caring for a loved one, this book is perfect for those who could soon be faced with caring for aging parents, spouses, or even themselves. This poignant and practical guide helps readers lessen the shocking realities that come with the role of caregiver. Inspired by the joys and heartbreaks of caring for her own family members, the author utilizes her hands-on experience to educate readers to the choices and decisions that must be made in an effort to keep loved ones at home and out of nursing homes. Understanding the mistreatment of elders at nursing homes, she created this book to help protect the fragility of loved ones while preparing caregivers for the responsibility of the position. It is the goal of the author that readers will benefit from her personal experiences and those of other caregivers so that every elderly person is treated with respect, dignity, and love, and never thought of as old and in the way. Topics include: care in the home, choosing and surviving nursing homes, granny cams, taking away the car keys, medical equipment and physical aides, lab work and tests, life threatening medical conditions, saying good-bye, enduring the grief and taking legal action when things go terribly wrong.

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