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Titolo	My Parent's Keeper : The Guilt, Grief, Guesswork, and Unexpected Gifts of Caregiving // Jody Gastfriend
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Altri autori (Persone)	KennedyPatrick J
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Nota di contenuto	Front matter -- Contents -- Foreword / Kennedy, Patrick J. -- Preface -- Introduction -- One. The Journey Begins -- Two. The Imperfect Caregiver -- Three. The Parent Who Rejects Help -- Four. Good, Bad, and Nonexistent Siblings -- Five. What Does Care Cost, and Who Pays? -- Six. The Care Maze -- Seven. Making Work Work -- Eight. The Art of Connection -- Nine. Caring for the Parent Who Couldn't Care for You -- Ten. How to Care for Ourselves Too -- Eleven. Letting Go -- Twelve. Moving Forward, Looking Back -- Appendix. Tips and Checklists -- Notes -- Resources -- Recommended Further Reading -- Acknowledgments -- Index -- About the Author
Sommario/riassunto	When it comes time to provide care for those who once cared for us, where can we turn? This book offers practical guidance for a broad range of caregiving situations when family caregivers assume their new role. Uses the latest research and draws on case histories and interviews. Is a resource as well as a source of inspiration, with a blend of powerful stories and practical advice. Helps caregivers cope with numerous challenges, including parents who need but refuse help; siblings who don't get along; the complexity of healthcare systems; financial issues; juggling work and caregiving; the use of technology; the power of connecting with a loved one who has dementia; and

realizing the benefits amid the burdens of caregiving.
