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"Anti-aging" Pill of Them All; Chapter 18. No Senior Left Inside; What I Wish I'd Known. The ABC'S of Exercise; Chapter 19. I'm Not Cedaring; I'm Scissoring; What I Wish I'd Known. How to Ensure Parents' Wishes for Care Are Met-Before a Crisis Hits; Chapter 20. Who's Shelby?; What I Wish I'd Known. What Is a TIA? And What Do I Do If I Think My Parent Is Having One?; Chapter 21. Stories from the Fall; Chapter 22. The Very Best Christmas Ever; Chapter 23. Three Things What I Wish I'd Known. The Art to Aging . . . Healthfully . . . for Your Body and Your MindChapter 24. I See Little Green Men; What I Wish I'd Known. Come to Your Senses! The Value of Aids; Chapter 25. Delirious; Chapter 26. Paging Doctor HIP!; What I Wish I'd Known. What Delirium Is and Why It's Essential You Know How to Spot It; Chapter 27. "Sometimes It's Better If They Never Wake Up"; What I Wish I'd Known. The Most Important Medical Word That Can Save Your Parent's Life-"Baseline"; Chapter 28. Where Old People Are Sent to Die; Chapter 29. The Lazarus Syndrome Chapter 30. A Hope and a FutureChapter 31. So What's a Geriatrician and Why Should I Care?; What I Wish I'd Known. The Tsunami Is Coming . . . and Why You Should Be Worried; Chapter 32. Pharmacopeia; What I Wish I'd Known. Too Many Pills-The Fourth-Leading Cause of Death in Seniors; Chapter 33. The Search Begins; Chapter 34. Honey and Dummy; Chapter 35. Mountains and Valleys; What I Wish I'd Known. The Care and Maintenance of Caregivers; Chapter 36. Who's Taking the Trazodone?; What I Wish I'd Known. How to Get a Good Night's Rest-Naturally; Chapter 37. The Art of Caregiving Chapter 38. Living to One Hundred

Sommario/riassunto

In the next few years, 66 million Americans will be caring for an aging parent. The desire to help our elders navigate health issues is clear and universal-how to assure proper care and a good ending is not. This book brings the reader into the all-too-familiar scenarios facing our aging parents, and provides the tools needed to help them spend the last years of their life with dignity. Houle and Eckstrom offer answers to the questions we may not otherwise know to ask until it's too late.
