



Presbyterian Homes

# Senior Care Answer Team Resources

A Publication of Presbyterian Homes

One in a Series

## Making Decisions for Parents

Making decisions for aging parents isn't easy. When we were younger, we wanted to be the ones with the authority. Now that mom or dad is older and perhaps becoming frail, adult children find their roles reversed. They find themselves wanting or having to set limits for their own parents in a way that preserves dignity for both parties. A number of books exist that deal with talking to seniors about dramatic changes in their lifestyles. We suggest the following:

### **Designated Daughter: The Bonus Years with Mom**

D.G. Fulford

### **If I Were an Only Child**

R. MacKinnon & K. Wright

### **Caring for Your Parents: The Complete AARP Guide**

H. Delehanty & E. Ginzler

### **Eldercare for Dummies**

Rachelle Zukerman

### **Moving Mom & Dad**

D. Robbins & S. Morse

### **Coming of Age with Aging Parents: The Bungles, Battles, and Blessings**

Gail Goeller

### **Coping with Your Difficult Older Parent**

G. Lebow & K. Kane

### **The Complete Eldercare Planner, Updated and Revised**

Joy Loverde

### **The Secret Mission of Aging Parents: Control and Legacy (audio CD)**

David Solie

### **How to Say It to Seniors: Closing the Communication Gap with Our Elders**

David Solie

### **The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life**

Nancy L. Mace and Peter V. Rabins

