



# Caring for Your Elderly Parents: The Help, Hope, and Cope Book

*Patricia H. Rushford*

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## **Caring for Your Elderly Parents: The Help, Hope, and Cope Book** Patricia H. Rushford

A resourceful guide for helping you help your aging parents

In Caring For Your Elderly Parents, you'll find detailed information and practical help for dealing with the many problems that you elderly parents experience. Patricia Rushford dispels the myths and fears about aging and equips you for the task of caring for your elderly parents by addressing these and other subjects:

- living arrangements
- finances, insurance, wills, and legal concerns
- skills necessary for home care
- illnesses that commonly affect the elderly
- when and where to seek medical help

In addition, the author includes an updated resource chapter of articles, books, periodicals, and organizations that provides further information on various aspects of aging. You'll find comfort and peace of mind as you learn to give the best possible physical , emotional, and social care to an aging family member.

Patricia H. Rushford, a registered nurse, is the author of What Kids Need Most In A Mom and the co-author of Emotional Phases of a Woman's Life.

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