



Caring for Your Aging Parent: A Guide for Catholic Families

Monica Dodds, Bill Dodds

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Are you one of the nearly twenty-two million American families providing physical and emotional assistance to an aging parent or relative? Do you feel sandwiched between the needs of your aging parent and the needs of your spouse and children? Are you feeling guilty because you live far away from your aging parent and can't do as much as you think you should? Do you feel overwhelmed by all the problems associated with caring for an elderly parent? Are you often exhausted and overworked trying to meet the demands of caregiving as well as the demands of home and work? Do you wonder how you can honor your mother and father when you have so many other things to do and so little time? If you're an adult child caring for an aging relative, or if you know someone who is, *Caring for Your Aging Parent* is for you. In short, easy-to-read, and easy-to-use chapters, authors Monica and Bill Dodds offer suggestions for coping with the realities of growing older and caring for aging parents, grandparents, family members, or friends. Covering topics ranging from Anger and Depression to Helping Your Parent Write His or Her Memoirs and Exhaustion: Care for the Caregiver, *Caring for Your Aging Parent* helps both adult children and their aging parents face the new challenges of this stage in their relationship.

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