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## Time to Help Your Parents

By Jacky Hyams

Paperback. Book Condition: New. Not Signed; We're all living longer than ever. But there is, inevitably, a point when most of us have to face the fact that Mum or Dad - or both - really do need more help. For many, the responsibility of supporting their parents and aiding them to make the right decisions at the right time can be challenging. This book covers the key issues surrounding caring for ageing parents: \* What are the main health issues you need to be aware of? \* What is really involved in moving into sheltered or residential care? \* What happens if it's clear a parent can't cope at home but wants to stay there? This book enables you to tackle the small, practical, problems that crop up daily such as shopping, nutrition, cleaning and reduced mobility, as well at the bigger, more complex issues such as independence, health, changing roles, accommodation and financial issues. The invaluable insights contained in TIME TO HELP YOUR PARENTS will enable you to understand your parents' perspectives and enjoy your relationships with them as they grow older. book.



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