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*****FOR IMMEDIATE RELEASE*****

PRESS RELEASE 1 of 2

9 Realities of Caring for an Elderly Parent

A Love Story of a Different Kind

by Stefania Shaffer

(San Carlos, CA) Every day, 45 million Baby Boomers are taking care of their elderly parents. That's a daunting statistic, especially when you consider most are holding down a job, caring for their own children, and completely unprepared for the stark realities of end of life issues. There are handbooks on what to expect when you're expecting, but nobody wants to talk about what to expect when the roles are reversed – when the parent becomes the child – and it can happen so suddenly.

Stefania Shaffer, author of 9 Realities of Caring for an Elderly Parent: A Love Story of a Different Kind (Pressman Books) suddenly found herself a statistic when she received a phone call from her mother. It's important to note that Mom was healthy, alert and buoyant when Shaffer got the phone call to visit. But by the end of that first weekend, it was evident Mom could no longer manage to be in her home by herself. The house was in ruins and so was Mom. It was enough to make Shaffer uproot her own life to fulfill Mom's wish to live

out her years remaining in her own home. Shaffer imagined they would have fun until the end when she would go to sleep with a smile on her face. “Death is very clever,” says Shaffer, “and I should have been more creative in my thinking. It was five years from my arrival, when my mother died at my side.”

Like most sudden caregivers, Shaffer didn't know what she was agreeing to when she took on the job of caring for her elderly parent. If only someone had shared with her the realities this job would entail. In her second book, *9 Realities of Caring for an Elderly Parent: A Love Story of a Different Kind*, Shaffer offers a playbook to prepare the adult child for each of the nine realities essential to managing this journey. The book is divided into nine parts with the first third centering on keeping an elderly parent safe in his/her own home, organizing their financial records, and de-cluttering while preserving memories. The middle part covers warning signs of a decline, pre-designing a funeral, and organizational tips for acting as the executor trustee of the estate. Grief counseling for the adult orphan is the final chapter.

9 Realities of Caring for an Elderly Parent: A Love Story of a Different Kind, shares the touching and often heartwrenching anecdotes and invaluable lessons learned from a daughter caring for her mother as she approaches the end of her life. This surprisingly funny, compassionate, and daunting account of what to expect if you are the adult child coming home to care for your elderly parent is a step-by-step companion for all who find themselves in charge of a parent's well-being.

9 Realities of Caring for an Elderly Parent: A Love Story of a Different Kind is the essential playbook for the millions of baby boomers about to face the toughest challenge of their lives.

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PRESS RELEASE 2 of 2

When the End Is Near: Caring for Your Elderly Parents

Every day 43.5 million American adults provide care for someone—our spouses, our friend, and most of all our parents—who are fifty or older and suffer from a variety of conditions from Alzheimer's to cancer to simple old age, according to the Family Caregiver Alliance. But who is taking care of the caregivers?

“Looking after the health of another human being is an enormous amount of work,” says Stefania Shaffer, author of *9 Realities of Caring for an Elderly Parent*, “an indispensable new guidebook for those who find themselves thrust into this unenviable role. “From administering medications to bathing and feeding to providing emotional support in very difficult times, it’s a 24/7 position— one that is unpaid and often very thankless.”

Although the health of the person requiring care is always at the forefront, the well-being of the caregiver often goes ignored, and that includes not only physical wellness but psychological and financial health. According to the Caregiver Action Network:

*47% of working caregivers give up most or all of their own savings on caregiving expenses.

*Women caregivers are 2.5 times more likely to live in poverty

*The services caregivers provide are valued at \$375 billion per year—though none of them see a penny of it.

*Caregivers reports unusually high rates of depression, poor eating and exercise habits, and overall fair to poor health.

“On the other hand,” notes Ms. Shaffer, “there can be positive changes in the caregiver’s life as well. Helping my mother to navigate her last years made me a more effective and proactive advocate for her and for myself. Most of all it gave me priceless time with my mom, leading to a closeness we might not otherwise have experienced.”

In “9 Realities of Caring for an Elderly Parent,” Ms. Shaffer shares the touching and often heart-wrenching anecdotes and invaluable lessons learned from caring for her eighty-five year old mother as she approached the end of her life. The book is also a step-by-step companion for all who find themselves in charge of a parent’s well-being and covers topics from keeping Mom and Dad safe in their own home and organizing their financial records to making funeral arrangements, executing the estate, and effectively communicating with siblings and attorneys.

Stefania Shaffer currently resides in Northern California. This is her second book. Her first, *Heroes Don’t Always Wear Capes*, was a novel about extraordinary teachers who become heroes for a student. Both are available at [amazon.com/kindle](https://www.amazon.com/kindle).

(“9 Realities of Caring for an Elderly Parent: A Love Story of a Different Kind” by Stefania Shaffer; ISBN: 978-0-9772325-2-9;\$19.95; softcover; 5 1/2 x 8 1/2”; 500 pages)