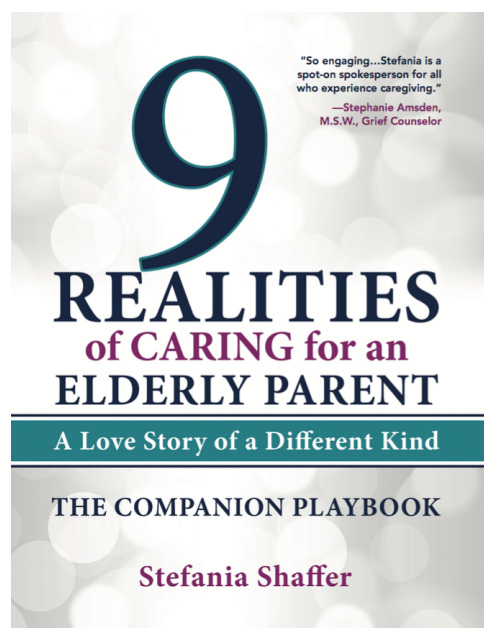
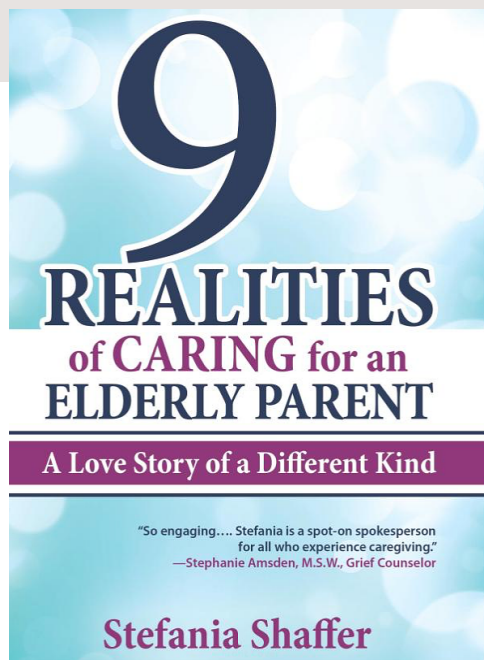


9 Realities of Caring for an Elderly Parent

A Love Story of a Different Kind

www.StefaniaShaffer.com



Published by: Pressman Books
Memoir Publication date: 7/27/13
Workbook Publication date: 6/17/16
Memoir ISBN-13: 978-0977232529
Workbook ISBN-13: 978-0997678109
Available on Amazon.com

About the books

Are you worried about what will happen when Mom and Dad can no longer care for themselves? If the whole job of caregiving falls to you, this will be your **essential playbook** for managing their end-of-life period.

The Memoir, *9 Realities of Caring for an Elderly Parent: A Love Story of a Different Kind*, covers topics from keeping your parent safe in their own home, organizing their financial records, and de-cluttering while preserving memories to the aftermath including pre-designed funerals, acting as the executor trustee of the estate, and effectively communicating with siblings and attorneys. Grief counseling for the adult orphan is the final chapter.

Funny and compassionate, this is the **insider's view** of what to expect from your daunting role if you are the adult child coming home to care for your elderly parent until the very end.

The Companion Playbook is the **accompanying workbook** that has been streamlined from the Memoir for the busy caregiver who does not have time for the backstory but needs to get started on the urgent To-do list today.

Love is in the details. Preparation prevents regret.

Praise for 9 Realities of Caring for an Elderly Parent

"How to navigate every stage of senior care... So heartfelt and palpable."

- Suzanne Pertsch, M.D., Internal Medicine

"Shaffer movingly and transparently draws the reader into this well-written, compelling book."

- Robert L. Hendren, D.O., Professor and Vice Chair, Department of Psychiatry, University of California, San Francisco

"[T]he A to Zs of elder care...until the end."

- Dody Lapworth, Hospice and Palliative Care Nurse

"A job well done.... [Shaffer's] playbook for funeral design and estate management is indispensable."

- Catherine Raye-Wong, Estate Law, Aaron, Reichert, Carpol & Riffle APC

"Managing finances is a critical aspect of elder care that Ms. Shaffer covers in-depth."

- Leonard A. Watson, Financial Advisor

About Stefania Shaffer

Stefania Shaffer traded a successful career in corporate America for the middle school classroom as an English Language Arts teacher. In her memoir, *9 Realities of Caring for and Elderly Parent: A Love Story of a Different Kind*, she unveils the gritty realities Boomers will face in this funny, and compassionate account of their daunting role if they are the adult child coming home to care for an elderly parent until the very end.

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