



Circles of Care: How to Set Up Quality Care for Our Elders in the Comfort of Their Own Homes

Ann Cason

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My parent needs help, but refuses to consider a nursing home That's the dilemma facing millions of baby boomers today. How can we ensure responsible, compassionate, even uplifting care for our aging parents at home? Mindfulness is key, Ann Cason writes. Good care begins with watching and listening, with entering the elder's world and accepting it. Drawing on decades of experience in caring for the elderly, Cason helps us understand how old age feels and how we can help. Then, through exercises, care studies, and numerous examples and suggestions, Circles of Care shows how to: Work out a plan of care Assemble and foster a caregiving team Create an uplifting daily routine-and vary it creatively Plan nutrition, medical needs, finances, and outings Improve the elder's personal care and physical environment Ease conflicts between elders and their caregivers or families Avoid caregiver burnout Work with mood swings, confusion, and memory loss

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