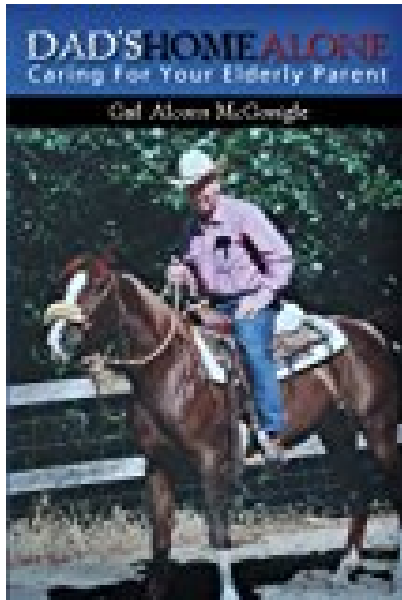


Dads Home Alone Caring For Your Elderly Parent



BOOK DETAILS

- Author : Gail Alcorn McGonigle
- Pages : 210 Pages
- Publisher : BookSurge Publishing
- Language : English
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BOOK SYNOPSIS

It has been estimated that more than 42 million Americans find themselves sandwiched between the needs of their own children and the needs of their aging parents. A common term in today's world, the Sandwich Generation, refers to those people in their middle years who find themselves attempting to balance their lives (and sanity) between caring for their children and aging parents, while keeping a job, stabilizing their marriage, and having little time to manage the hot flashes of life. In *Sandwiched!*, author Dr. Carol L. Russell openly shares her family's journey as part of the Sandwich Generation and provides unique solutions and arrangements. This guide shares a plethora of information about the blended family roles. It discusses how to address: Communication Attitude Finances Organization Teaming and collaboration Asking for help Assistive techniques and technology Advocating Respite care of the caregiver Filled with photos, *Sandwiched!* shares experiences, tips, and tools regarding what has worked and what has not worked, demonstrates how the family learned from mistakes, and offers strategies to keep life balanced. A positive attitude, commitment, and communication are key components to balancing life in the Sandwich Generation.

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