



Fourteen Friends' Guide to Eldercaring: Practical Advice, Inspiration, Shared Experiences, Space for Your Thoughts

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It is estimated that there are 22.5 million caregivers in the United States alone. With medical science constantly extending life expectancy, baby boomers are becoming the first generation to face the large-scale problem of caring for elderly parents. The traditional and conventional methods of care aren't enough to handle this new dimension of aging. **The Fourteen Friends' Guide to Eldercaring** is one of the first practical, people-oriented sourcebooks for adults who find themselves taking care of their parents.

The Fourteen Friends, now doctors, homemakers, and businesswomen, have been friends since high school. Through the years, they've helped each other with marriages, children, divorces, and deaths. Their spirit of caring and cooperation is embodied in this guidebook. In a light and supportive tone, the Fourteen Friends cover topics like understanding, encouragement, sharing, frustration, and caring for the caregiver. They also provide helpful hints and tips, warm photographs, inspirational quotations, and space for the reader's own thoughts.

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