



# **Taking Care of Parents Who Didn't Take Care of You: Making Peace with Aging Parents**

*Eleanor Cade*

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Caring for aging parents is difficult-it's exhausting, expensive, time-consuming, and under appreciated. And that's under the best of circumstances, when the caregiver loves and respects his or her aging parent. What happens when adult children are asked to care for elderly parents who were abusive, neglectful, or absent?

Here is a compassionate and practical guide to facing the psychological and emotional issues that arise when caring for aging parents. Eleanor Cade offers sound as well as personal accounts from individuals who have made the choice to care for difficult parents. The result is a powerful guide to moving beyond feelings of anger, regret, and grief in order to build healthy new family dynamics based on decency and mercy.

Target audience For individuals who are caring for aging, dysfunctional parents, as well as counselors and therapists who work with families

Features an authoritative resource for baby boomers caring for aging parents defines differences between "normal" and "dysfunctional" families personal stories validate the experiences and feelings of readers

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