



## Eldercare 911 Question and Answer Book

*Susan Beerman*

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## **Eldercare 911 Question and Answer Book** Susan Beerman

Eldercare caregivers and professionals who enjoyed the clear, concise, practical information found in *Eldercare 911: The Caregiver's Complete Handbook for Making Decisions* — which *Publishers Weekly* called an "excellent comprehensive guidebook" — will welcome the authors' follow-up book: *The Eldercare 911 Question and Answer Book*.

Both the content and format of this new essential book show the authors' unique understanding of what caregivers need most and have the hardest time finding: direct, practical, problem-solving answers that teach them to cope and help them regain control. The easy-to-read, relaxing informality of questions and answers — a one-of-a-kind format in eldercare books — simultaneously solves readers' problems and provides them with an often gently humorous, occasionally provocative, and frequently poignant look into the emotions and lives of their fellow caregivers. The authors continuously deliver the message: "You are not alone."

The authors dedicate full chapters to the singular needs of working caregivers, living with dementia, how to avoid burnout, and making the difficult transition to life after caregiving. Moreover, "For Men Only" and "For Women Only" discuss new issues originating from the different perceptions men and women bring to their caregiving jobs. The final chapter, "Words of Hope and Encouragement," is, as one caregiver says, "filled with words of comfort about this maelstrom which has no road maps, no absolutes ... to help me feel less alone and lost."

Complete with helpful interactive worksheets and resource lists, this book's helpful mixture of humor, comforting support, and concrete advice offers invaluable support and practical advice.

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