



# The Overwhelmed Woman's Guide to...Caring for Aging Parents

*Julie-Allyson Ieron*

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The US Census Bureau tells us that the retired and retiring populations are in the majority. Those born between 1945 and 1964 are now tasked with the care of the previous generation, from choosing housing to selecting final resting place. Julie-Allyson Ieron, through personal experience and extensive interviews and research, has compiled a resource that will inform as well as delight. Yes, delight!

Although this can be an overwhelming time of life, it can be managed and even enjoyed. If you are the pickle in the middle of the sandwich generation, this book is for you! *The Overwhelmed Woman's Guide to Aging Parents* provides practical guidance on such topics as fostering independence in your parent, providing a safe environment, and advocating for your parent in addition to a comprehensive list of resources and Take Action points.

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