



Caring for Aging Loved Ones

In 1997, Linda Piepenbrink, Editor from **Tyndale House Publishing**, requested that George contribute to this book as he was currently dealing with caring for his ailing grandmother. What an opportunity and privilege to provide some real life illustrations from his experiences.

Whether you're preparing for the responsibility or are in the midst of caring for an elderly loved one, this complete guide from **Focus on the Family** provides the practical information you need—and a spiritual and emotional lifeline. Topics include burnout; physical, emotional, and mental changes in aging; medical, financial, and legal help; elder abuse; choosing a care facility; and end-of-life decisions. Caregivers will also learn what the Bible says about care giving and the keys to effectively fulfilling that role. True stories throughout the guide share common concerns and a sense of support from those who have been there.

Because Americans are living longer, one of the fastest-growing family categories in the U.S. Census is caregivers for the elderly, according to this authoritative guide, which was produced under the auspices of the Focus on the Family Physicians Resource Council. Despite the proliferation of nursing homes, the majority of the elderly are cared for by their families, with all the attendant issues of physical burnout and time and money constraints. This guide, written from a decidedly spiritual perspective, deals with every aspect of aging--physical, emotional, mental, relational, and spiritual. It discusses the how-to's of successful aging (the importance of staying active and the significance of spirituality to the length and quality of life) and caregiving (cultivating a patient attitude and joining support groups). Although the book focuses on caring for the elderly at home, it also offers advice on when and how to deal with the decision to place loved ones in a nursing home. Finally, the guide helps the caregiver cope with death and grief. A sensitive, comprehensive resource.

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