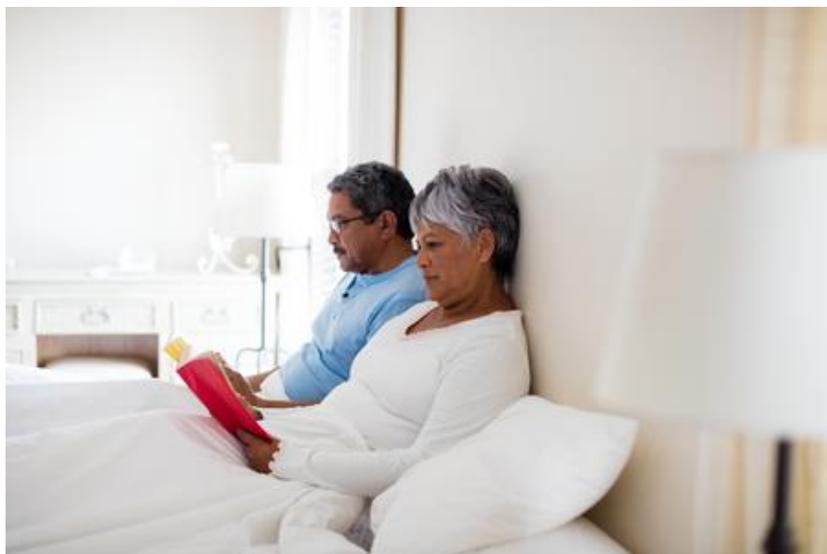




Our Favorite Books About Caring for Aging Parents

As your parents or loved ones age, you can find yourself in the midst of challenging situations. Perhaps you are noticing some cognitive decline or are watching them live with a type of dementia. Perhaps you are involved with doctor appointments to manage a chronic medical condition. In any case, you will likely run into situations where you are grappling with new medical terminology, coordinating new schedules, or coping with new emotions.



You can certainly jump online if you have questions about specifics or about how to cope, but you may end up reading information that isn't the most reliable or easy to read. In these cases, our team at [Visiting Angels Denver](#) and [Boulder](#) often suggest to family members to hunker down with some books. Download them to listen to the audio version on your commute to work or head to the library to check out a few of our favorite titles.

[Still Alice, by Lisa Genova](#)

Long before this fiction book hit the movie screen to critical acclaim, it was an excellent read. While the main character in this book has early onset Alzheimer's Disease, a relatively rare diagnosis, readers are treated to a glimpse into what it feels like to be confused and living with memory loss. Tender and scary, this book gives the reader an extra dose of empathy – you will be a better caregiver, loved one, and person to have walked a bit in Alice's shoes.

[The Best Friend's Approach to Alzheimer's Care, by David Troxel](#)

We love this book simply because it challenges readers to find the positive moments when working with seniors who have memory loss. Used as a training guide or model for most memory care professionals, this book is written with the family member in mind as well. You'll love learning about how to have positive interactions and meaningful moments with your loved one by adding empathy to your time together.

[Walking on Eggshells, by Jane Isay](#)

Attempting to transition from a "daughter" role to a "caregiver" or coordinator role in your family can be tricky. How can you make your concerns known to your aging parent without seeming

disrespectful? How can you still find time to be a daughter when your aging loved one's health is failing? This book, full of interviews with people on both sides of the issue, aims to give readers a starting point for providing excellent care without alienating the senior.

[Can't We Talk About Something More Pleasant?, by Roz Chast](#)

Sometimes the best thing to do in a caregiver situation is just to laugh. Picking up this memoir, told as a series of cartoon strips, readers will easily find themselves in most of the situations that the author presents. You'll groan and laugh along with Roz's journey and feel a bit lighter when you close the book.

Our team has decades of experience serving seniors and their families, and walking beside them throughout their aging journey. We would be honored to come alongside you and your loved one as well. [Give us a call](#) to set up a consultation so that we can learn more about your situation.

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