

YOUR *Aging Parents*

Are you worried about your parents as they grow older?

Are you concerned about doing the right thing
as you take on new roles as their caregiver?

Here is a book that provides practical solutions and
helpful Canadian resources.

Read to -

Understand Aging

Avoid ageism; promote adaptive aging

Build Relationships

Work with your family & the healthcare team

Plan Ahead

Prevent the crisis and have peace of mind

Manage Health Concerns

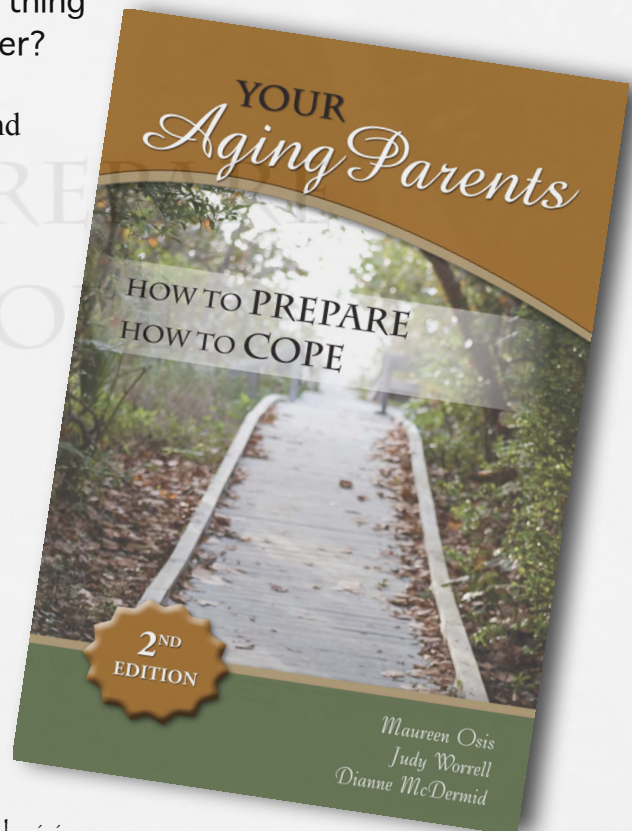
Promote productive lives & respond to
common health concerns

New in the second edition

More checklists to help your family to make informed decisions

Up-to-date Canadian resources

New content on communicating with a family member with dementia



HOW TO ORDER

Available from Self Connection Bookstore

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Maureen Osis, Judy Worrell, & Dianne McDermid

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A Canadian guide for busy adults with competing demands of families, careers, and concerns about their aging parents.



Maureen Osis is a registered nurse and marriage & family therapist and the co-founder of ElderWise® Inc. a company devoted to helping Canadian families find help and hope through the difficult stage of caring for aging parents. She has a career-long passion for the care of seniors, a passion that started when she was fifteen and helped a beloved neighbor who had a stroke. She helps families find their own path to healthier relationships. Maureen brings her compassion, humour, and keen insight to each client, speaking engagement, and word she writes.

Judy Worrell is a registered nurse who has worked in acute care, community health, home care, and continuing care, and most recently as a lecturer with the Faculty of Nursing, University of Alberta. For most of her career, she has worked in education and consultation roles in continuing care. She has had considerable experience working with front line staff, managers, and nursing students to build leadership and to promote excellence in care of the older adult. The opportunity to co-author this book is another way to build essential knowledge to enhance family care of older adults.



Dianne McDermid, a registered nurse, has worked in a variety of areas of healthcare. In 1981, as an educator in a continuing care facility, she valued the “caring” side of the health care professional. She has continued her career as an educator of those who work with and for older adults. Dianne is an avid hiker, skier, and cyclist, and frequently finds herself with older adults who defy society’s common view of seniors as uninvolved and unhealthy. She is particularly fond of reinforcing the notion of pursuing health at every stage of life.

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Knowing helps

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