



# Eldercare 101: A Practical Guide to Later Life Planning, Care, and Wellbeing

*Mary Jo Saavedra*

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The Silver Tsunami is upon us as elder care and crisis management reaches a tipping point with the graying of America. By 2020, 54 million people in the U.S. will be over the age of 65; by 2030, that number will top 80 million. Feeling the squeeze of multi-generational home demands, children of aging parents are struggling to learn innovative eldercare management strategies and often find themselves overwhelmed by the many facets of caregiving. *Eldercare 101* is the answer to making order from chaos. As a guide covering all aspects of aging and end-of-life in one place, caregivers will no longer spend endless nights trying to decode the Internet trail--confused, uncertain, and fearful of what they're missing. Whether they are proactively planning ahead or need to have fast answers, this comprehensive, technology-rich resource presents steppingstones for the Sandwich Generation as they navigate caring for aging parents, grandparents, friends, and other family members.

*Eldercare 101* is a well-researched, organized, easy-to-understand guide for families desperately in need of help as they care for their aging loved ones. The book is organized into "6 pillars of aging wellbeing": legal, financial, living environment, social, medical, and spiritual. Each pillar is explored by an expert and offers best practices and tips for evaluating choices, making decisions, and living well wherever the road might lead.

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