



# A Bittersweet Season: Caring for Our Aging Parents--and Ourselves

*Jane Gross*

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When Jane Gross found herself suddenly thrust into a caretaker role for her eighty-five year-old mother, she was forced to face challenges that she had never imagined. As she and her younger brother struggled to move her mother into an assisted living facility, deal with seemingly never-ending costs, and adapt to the demands on her time and psyche, she learned valuable and important lessons. Here, the longtime *New York Times* expert on the subject of elderly care and the founder of the *New Old Age* blog shares her frustrating, heartbreaking, enlightening, and ultimately redemptive journey, providing us along the way with valuable information that she wishes she had known earlier. We learn why finding a general practitioner with a specialty in geriatrics should be your first move when relocating a parent; how to deal with Medicaid and Medicare; how to understand and provide for your own needs as a caretaker; and much more. Wise, smart, and ever-helpful, *A Bittersweet Season* is an essential guide to caring for aging parents.

Includes chapters on the following subjects:

Finding Our Better Selves

The Myth of Assisted Living

The Vestiges of Family Medicine

The Best Doctors Money Can Buy

The Biology, Sociology, and Psychology of Aging

Therapeutic Fibs

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