

RECOMMENDED READING:

STAGES of SENIOR CARE

Your Step-by-Step Guide to Making the Best Decisions

The emotion-charged process of providing care for your aging parents has (gratefully) become more complex over the past 20 years. What used to be a binary decision – choosing between family care at home and a nursing home – is now a maze of bewildering options and alternatives for the uninformed.

Stages of Senior Care will guide readers through this process by providing a clear and practical presentation of:

- The options
- The pros and cons of each
- The relative costs
- What to look for
- What to avoid
- The pitfalls
- How to know which option is right when
- How to pay for services and
- How to deal with complications (family conflict, and caregiver stress) that are almost certain to occur.

Stages includes checklists and diagnostics designed to help families make good, life-affecting decisions while confidently planning the best care for those they love most.

Based on research, up-to-date information and the experience of 15 years in the senior care industry, the Hogans have provided a book that will take the trauma out of decision making, eliminate guilt, and build the confidence for those thrust into the position of making care decisions.

All of the authors' profits from the sale of this book will be donated to [the Home Instead Senior Care Foundation](#).

Paul and Lori Hogan, co-authors of *Stages of Senior Care*, discuss why this book is necessary. They describe care options, their costs and when to use each. *Stages* is an information-rich resource to help adult children make informed care decisions for their senior parents.

Paul explains the recent rapid expansion in senior care options, which has created both great opportunity and confusion for families. But *Stages* will guide readers through every "stage" of the care process so that they can be confident in their decisions and assured that their senior loved one is getting the right care.

Lori introduces the concepts presented in *Stages*, including what to expect — from practical, emotional and financial perspectives — when caring for an aging loved one. More than just information, though, the true stories in *Stages* will touch your heart. And its step-by-step instructions will give you increased confidence for your care journey.

Reviews:

“Informative. Complete. And practical. This book will guide family caregivers through the surprisingly complex world of senior care.”

Mehmet Oz, M.D., New York Times bestselling coauthor of YOU: The Owner's Manual

“This is not just another book about caring for aging parents. It’s a great reference you’ll use again and again. *Stages* doesn’t shy away from the hard questions. Rather, it shows you how to confront them.”

*Suzanne Mintz, President/CEO,
National Family Caregivers Association*