

Aging Matters

Parent Care – Self Care

By Jack M. Rosenkranz, J. D.

How do we imagine the aging experience? What will it be like for us and how will we know what to do when our aging parent requires our help? Howard Gleckman attempts to answer these questions in his new book, *Caring for our Parents*, published last year (2009) by St. Martin's Press. Gleckman collects stories of aging adults and their families who are navigating their way through the complicated and fragmented long-term care system. Most of the aging adults in Gleckman's text suffer from Alzheimer's; their children find themselves caregiving and searching for care and services that are difficult to organize even when family members have the ability to pay for them. The loved ones of these aging adults do not know where to turn as they are faced with the challenges of choosing appropriate care and of having multiple insurers, providers and funding sources.

As the population ages, more Americans will be faced with taking care of their aging parents and making sure that they themselves will be taken care of in their twilight years. While the book pro-

vides numerous important references for adults taking care of an aging parent, it illustrates that caring for our parents is complicated and often requires an insider's knowledge of the health care system. Gleckman's illustrations are cautionary tales about the importance of getting help when maneuvering through the long-term care system. None of the families in his text seem to know beforehand that the aging process can be tailor-made with the help of individuals experienced in the health care process. The Informed Elder Institute, Inc. provides non-medical education and advocacy about Elder Care choices. You can reach the Informed Elder Institute, Inc. at 813-226-0000.

It is the goal of The Informed Elder Institute, Inc. to provide, through proper education, consumer advocacy tools that can assist elders with getting quality, individualized health care that they deserve. For more information on upcoming seminars, please contact the Informed Elder Institute, Inc. at (813) 226-0000.



Is Your Home Organized?

If not, we can help...

Welcome Home Relocation has been helping clients become organized for over twelve years. Whether it's your kitchen cupboards, bedroom closets or an overflowing garage, our professional organizers can help your home become organized and clutter-free.



WELCOME HOME
relocation



**Call today for a free consultation
(727) 585-7271**

"The Smartest Move You'll Ever Make"
www.WelcomeHomeRelocation.com

Setting the Standard in Senior Healthcare!

Our comprehensive approach allows us to meet the changing needs of seniors as they age in place.



- Physician House Calls**
 This Program offers access to exceptional physicians and nurse practitioners in the privacy and comfort of your own residence.
- Home Health**
 A Medicare-participating provider, we offer comprehensive home healthcare services delivered by highly skilled professionals.

7381 114th Ave. N. Suite #403B
Largo, FL 33773
Phone (727) 489-0175
Visit: www.AllianceCare.com



WORLD TRAVELERS
"Every day is an adventure."

HORIZON BAY RETIREMENT LIVING Resident experiences portrayed by models. Assisted Living Facility #0093

Our resident travelers, Jim and Carol love sharing pictures and their passion for traveling. *How will you spend your evenings?*

With planned social and cultural events, you'll have a great opportunity to explore the next chapter in your life.

Call today! (727) 581-8142

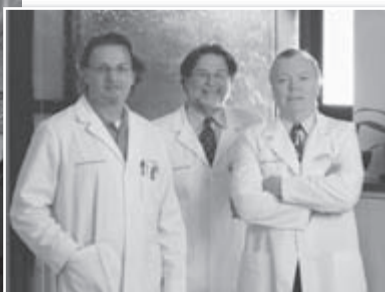
PINECREST PLACE
Retirement Community

1150 8th Ave. S.W.
Largo, FL 33770

www.horizonbay.com

104464_09

Pairing compassion with innovation



Dr. Frank Franzese, Dr. Zucel Solc and Dr. Robert Miller

At WellSpring Oncology, our serene facility paired with our exceptional medical team and the latest technology in cancer treatment - has brought hope and new options to patients.



- New Hypofractional Radiation Therapy Treatment for Skin Cancer – Reducing treatment visits from 40 to 5
- MammoSite® 5-day Targeted Radiation Therapy for Breast Cancer Treatment
- TomoTherapy® – Protects healthy cells while providing more aggressive targeting of unhealthy cells
- CyberKnife® – A precise, painless, and non-surgical approach

6600 Sixty Sixth St. N., Pinellas Park, FL 33781 • P: 727.343.0600 | F: 727.344.6163 www.wellspringoncology.org

ADVERTISEMENT



The JCC Suncoast is the place to Enrich yourself, Explore Jewish culture and Connect with the community.

Come flex your muscles and participate in one of the many senior classes at either of our TWO locations.

CLEARWATER
2075 Sunnysdale Blvd.
Clearwater, FL 33775

ST. PETERSBURG
5023 Central Ave.
St. Petersburg, FL 33701

Call for more information 727.321.6100