Respecting Your Limits When Caring for Aging Parents

Vivian E. Greenberg

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In this book, Vivian Greenberg explains how to understand and accept the limits of what we can do for our parents. With insight and skill, she offers valuable information on how to recognize unrealistic expectations, how to get our siblings to share responsibilities, and how to cope with difficult parents. This updated and revised edition of Respecting Your Limits When Caring for Aging Parents also includes advice on what role reversal really means as our parents grow older; why our own family should come first and what to do about loyalty conflicts; and how to deal with the sadness and pain that accompanies the decision to place a parent in a nursing home.



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