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Finding Your Way: A Spiritual GPS for Caregivers

Sandy Lovern

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Finding Your Way: A Spiritual GPS for Caregivers Sandy Lovern
When parent-child roles reverse, nothing can replace wisdom seasoned with love and laughter. Exploring options?to care for aging parents while respecting their independence?can be exhausting emotionally and physically. Lovern, who writes from experience, not only shares sound advice regarding physical mental, residential, financial, legal, relational, and the seemingly endless other issues that arise for parental caregivers. She sheds light on how to lovingly address the emotions of both the cared-for and the caregiver, adding ideas and examples that help the aging person process present changes, and that encourage caregivers to cope through future events.

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