



A Catholic Guide to Caring for Your Aging Parent

Monica Dodd

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Monica Dodds understands the pressures that millions of middle-aged Americans endure as they become caregivers to aging parents. Her professional work with the elderly has exposed her to the complex medical, financial, and legal problems that entangle older people. Her personal experience helping ailing family members has given her deep insight into the difficulties caregivers face in dealing with these problems. *A Catholic Guide to Caring for Your Aging Parent* is a comprehensive guide for caregivers. Dodds insists that faith is a fundamental part of caregiving, and her approach is deeply rooted in Catholic spirituality. She shows adult children how they can love and serve their aging parents better by deepening their own spiritual lives. "Caregiving", she says, "is a time of many grace-filled moments." Dodds explains how to properly assess the needs of a failing older person, and she writes in detail about the physical, mental, emotional, interpersonal, and spiritual dimensions of care. Three extensive appendices provide checklists for assessing needs, a compilation of resources, and an anthology of prayers.

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