



Role Reversal: How to Take Care of Yourself and Your Aging Parents

Iris Waichler

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Designed to help caregivers understand how to cope with and overcome the overwhelming challenges that arise while caregiving for a loved one?especially an aging parent?*Role Reversal* is a comprehensive guide to navigating the enormous daily challenges faced by caregivers. In these pages, Waichler blends her personal experience caring for her beloved father with her forty years of expertise as a patient advocate and clinical social worker. The result is a book offering invaluable information on topics ranging from estate planning to grief and anger to building a support network and finding the right level of care for your elderly parent.



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