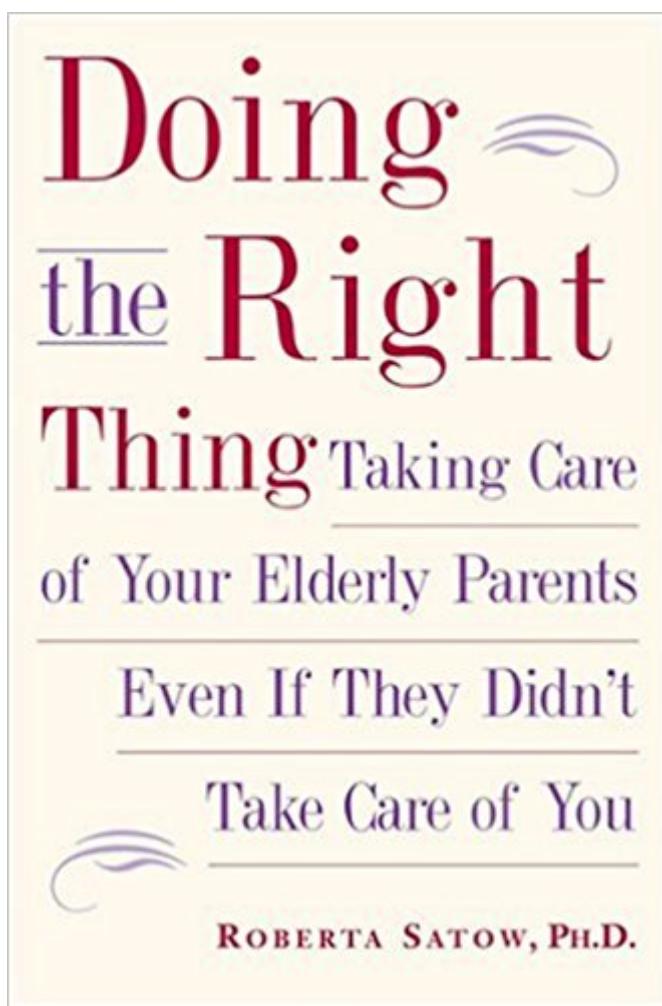


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# Doing The Right Thing: Taking Care Of Your Elderly Parents, Even If They Didn't Take Care Of You



## Synopsis

Doing the Right Thing illustrates how early parent-child and sibling relationships color-sometimes painfully-the caregiving experience in midlife. There exist many resources about aging that offer practical help for caregivers, but this book takes a new approach: it focuses on caregiving as a developmental stage that provides us with an opportunity to work out some of the unresolved issues still lurking from childhood, and to enrich the relationship between the generations. Based on the author's personal and clinical experience, Doing the Right Thing explores important issues such as: - how to set limits to your caregiving and cope with your guilt - how to forgive yourself when you feel angry with the parent for whom you are caring - how taking care of an elderly parent can bring siblings closer or split them apart forever - how taking care of an elderly parent can strengthen your marriage or destroy it - how gender affects caring for elderly parents.

## Book Information

Hardcover: 288 pages

Publisher: Tarcher; 1st edition (March 17, 2005)

Language: English

ISBN-10: 1585423920

ISBN-13: 978-1585423927

Product Dimensions: 5.8 x 0.9 x 8.5 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 23 customer reviews

Best Sellers Rank: #2,098,229 in Books (See Top 100 in Books) #27 in Books > Parenting & Relationships > Family Relationships > Abuse > Elder Abuse #897 in Books > Parenting & Relationships > Family Relationships > Parent & Adult Child #983 in Books > Parenting & Relationships > Aging Parents

## Customer Reviews

Satow's insightful manual asserts that with proper preparation, middle-aged baby boomers charged with sick or elderly parents, even estranged ones, can find caring for them a rewarding, or at least tolerable, situation, one that need not erode anyone's integrity or sanity. Psychoanalyst and Brooklyn College sociology professor Satow's personal experience with her own difficult mother suggests that such care may actually mend long-conflicted relationships. She intercuts her clearly written advice with brief illustrative stories taken from interviews with 50 caregivers. As Satow airs and analyzes the complex array of feelings that can be brought on by the massive responsibilities of

caring for an aged parent, duties made worse by previous or current selfish or manipulative behavior, she suggests coping strategies for becoming "more conscious about what [we experience] in the process of care giving." Satow's sympathy and useful advice will offer conflicted caregivers straightforward help in dealing with their ambivalent feelings toward parents who are in a terminal phase of life. Her belief that "it is normal and okay to feel ambivalent at times" about one's role is indeed reassuring. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Roberta Satow, Ph.D., is chairperson of the Department of Sociology at Brooklyn College and is a practicing psychoanalyst in New York City. In addition to authoring *Gender and Social Life*, she has written numerous articles on sociological and psychoanalytic subjects.

given to my brother to help us deal with issues with an aging mom.

Interesting title and very helpful book. Eases the embarrassment of the topic, recommend

The interviews in this book were very enlightening, giving me some new insights into the situations that I, and apparently many others, are going through with aging parents. I did sympathise with many of the adults, and I guess the only shortcoming of the book was that I expected it to provide me with solutions. I realize that may be impossible to receive from a book, but I do think I gained a lot by the empathy I felt to others who deal with the same insolvable and sometimes intolerable situations. I would recommend this book to those just beginning to feel the pull to help their parents so that some strategies may be of help in the earliest stages before patterns are set.

This is a wonderful book!

This is it folks! Probably one of the most important books I have ever read. It took me, as the reader, full circle from my childhood all the way through to my current relationship with my aging parents, in a matter of hours. I could not and would not put this book down. It wouldn't let me. Never have I read anything on the issue of children dealing with their aging parents that has so thoroughly covered every human emotion. It is gut-wrenching and inspiring at the same time. Kudos to Roberta Satow for having the desire and the ability to write about a topic that is so controversial and so very necessary. This book pushed all of my buttons and made me rethink every aspect of my

relationship with my parents and my own children. This subject cannot be talked about or written about enough. I took on every role while engrossed in this book. I was child, sibling, parent and aging parent all at the same time. I was hit emotionally from every angle. When the book was finished I was literally angry that there weren't more pages. I can't stop thinking about or talking about this book. Now that is the sign of a great book! Please tell me there will be more where this came from!

Exactly what I needed; so that's what was going on in my head. Dr. Satow explains that it's normal to have feelings of both love & hate for a parent that did not take care of you as a child, and what is so traumatizing about these feelings is the fear that the hate will take over. What a relief to find strategies for coping with your elderly parents, and why you feel the way you do, eg like a child all over again. I agree with one other reviewer- read this now, for your own children's sake! I had to call my daughter up and apologize for some of the things I've put her through because of my own childhood traumas. A real eye-opener for me, I am so glad I bought this book. I think I can now be a better caregiver to my parent, who had her own set of childhood traumas, and a better parent to my grown children.

This book was very insightful. It goes through what the author has personally dealt with and has others' stories, as well. More importantly, it relieves some of the guilt one may feel when old and new resentments peck at one's memory. It offers the choice of working on the relationship to overcome its negatives and replace them with empathy and understanding.

With many of us having aging parents it is a very helpful lesson in understanding their behavior and ours. THanks

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