

## *What professionals in the field are saying ...*

*“Maria Tadd has written an excellent resource guide for both senior adults and their families. As a geriatric care manager I find that I address almost every topic covered in this book with seniors and their families. Ms. Tadd’s book covers a wide range of issues that, sooner or later, are a part of every family’s discussions. When addressing these issues, “sooner” is always better than “later”. Her material is a cogent guide to each topic. If seniors or family members take time to read only one book to guide their thoughts and actions, this is the book!”*

**— J. William Crittenden, Geriatric Care Manager, Senior Care Management Associates, LLC, Chapel Hill, NC**

*“Reading this book is like having a long conversation with a friend over coffee. You will learn in detail about the experience of long-distance caregiving including lessons learned, opinions offered, and suggestions made. This thought-provoking book will prepare you to help an elder maintain a positive lifestyle in her home. The book is very comprehensive and covers most anything you might need to know. Be sure to look through the Appendix section, where the questionnaires will help you navigate and choose correctly the assistance your elder needs.”*

**— Jeanne Martin, MSW, MTS, Ed.D., Geriatric Social Worker and Consultant, Boston, MA**

*“Ms. Tadd has adroitly deflected indignation suffered through her mother’s final days, transforming the energy eloquently to inform others facing similar challenges in caring for an aging parent. She offers vital, timely, and life-affirming suggestions, while alerting caregivers to avoid the pitfalls she experienced. With its holistic perspective, weaving tai chi and state-of-the-art technology, this will prove to be an indispensable guide for adult children of aging parents and for professional care providers as well.”*

**— Paula Craige, PT, Geriatric Care Manager, Chapel Hill, NC**

*“What a valuable book for anyone facing or currently providing care for a loved one! I can't imagine a more complete compendium of resources and of pitfalls to avoid. Filled with checklists and other guides, this book provides practical help with the important decisions that must be made. Readers will benefit from the lessons personally learned by the author and from her extensive research throughout, and after, her caregiving experiences.*

*If you want to be prepared for, or need help with, caring for your aging parent, spouse, or other loved one, this is the book to read and use.”*

**— Anna Niemtiz, Ph.D., Chapel Hill, NC**