

**Cheryl A. Kuba
Aging Parent Solutions, LLC**

**4250 N. Marine Dr. #2136
Chicago, IL 60613
www.agingparentsolutions.com
Cheryl@agingparentsolutions.com**

**w: 773-327-2988
After 6pm h: 773-327-9331
c: 773-793-7317**

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CONTACT: Cheryl A. Kuba
773-327-2988

Your Mother-in-law Doesn't Want to Move in With You!

CHICAGO - *Navigating the Journey of Aging Parents: What Care Receivers Want*, by author Cheryl A. Kuba, is the first book of its kind to tell the story of caregiving from the perspective of the dependent elderly individual. Care receivers in this book voiced strong opinions about moving in with their children, personal care issues, and long-term care. Examples:

- Only 20 percent of aging parents would choose to move in with children.
- Elderly individuals view assisted living and skilled nursing facilities as a place of confinement and a place to die.
- Individuals in the early stages of Alzheimer's disease don't want to be pushed to the sidelines regarding decisions or tasks.
- Elderly drivers want to be part of the decision-making process about whether to give up driving.
- Even as their independence dwindles as a result of physical and mental frailties, the elderly display an innate ability to expose survival tactics.
- It is a myth that Americans abandon their elderly. The American family is the number one caretaker of its older adults.

Caregiving statistics in the United States are staggering. There are 22.4 million elderly individuals receiving care - meaning one person in every four households provides care for an older adult. People over 85 years of age are the fastest growing segment of the population. These statistics, however, are no comfort for the adult son who is trying to figure out why his 82 year-old father with Alzheimer's disease wants to walk downtown naked at midnight!

This book sets the record straight from the aging parent's point of view, about critical issues such as giving up driving, Alzheimer's disease, personal care, spiritual connectedness later in life, and death.

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It draws on numerous interviews with aging people, and discusses common caregiver mistakes and misinterpretations about what a caregiver should expect when an aging parent moves in, conflict among siblings, and how to care from afar. The care receivers even provide insight on why their aging bodies are not cooperating.

“I have listened and I have learned from the Masters - the dependent elderly themselves,” said Kuba. “The dependent elderly are a wealth of information and many possess a trouble-shooting genius that could be a salvation to their care, if only they are asked for input.”

The book provides a fact-filled collection of first person accounts and research about what it means to be frail and dependent--on a loved one, a friend, or a stranger. It tells adult children what their elderly parents really want, - *and* what to do about it.

Navigating the Journey includes helpful resources in the form of Action Steps for those providing care in a variety of situations. Kuba explains such phenomena as guilt, role reversal, changing family dynamics, financial stress, and caring for oneself while caring for another.

Although Kuba’s professional expertise includes working in the elder care industry for more than 15 years including the Illinois Hospital Association and Brookdale Living Communities, nothing prepared her for the emotional journey as care manager for her own parents during their last seven years of life.

Ms. Kuba holds a masters degree in Gerontology, and is president of Aging Parent Solutions, LLC. She is a member of the National Association of Women Business Owners. She was named the 2005 Humanitarian of the Year by the National Speakers Association- Illinois chapter. She serves on the Horizon Hospice ethics committee, and the Church & Ministry Committee for the Chicago Metropolitan Association. Prior to working in health care, she was the Midwest editor for Back Stage magazine and associate editor for ADWEEK Midwest. Kuba and her husband reside in Chicago.

The 176-page book has been released to major bookstores and can be ordered through www.Amazon.com, www.Routledge-NewYork.com, or barnesandnoble.com, or call toll-free 1-800-634-7064. Signed copies from author Ms. Kuba, are available at Cheryl@agingparentsolutions.com, or 773-327-2988. The cost of the book is \$19.95.