

STAGES OF SENIOR CARE:
Your Step-by-Step Guide to Making the Best Decisions

Comprehensive Resource Book Provides The Tools Needed To Help Readers Make Informed Senior Care Decisions For Themselves And Their Aging Parents

October 16, 2009 – With more than 78 million baby boomers on the verge of retirement, America is facing monumental social and economic challenges in the ways in which we care for our seniors. With healthcare concerns at the forefront, and with time and money management a major factor for American families in the 21st century, how adult children and seniors can best prepare and plan for their futures have evolved into a complex process that often involves misinformation and injects unwanted stress into our most important relationships.

To ease this tension and give much needed guidance to seniors and their adult children alike, Paul and Lori Hogan, founders of Home Instead Senior Care, the world's largest provider of non-medical in-home care for seniors, share their experiences as both family caregivers and senior care professionals in the book [*Stages of Senior Care: Your Step-by-Step Guide to Making the Best Decisions*. (November 2009/McGraw-Hill/\$18.95).

Stages of Senior Care serves as a comprehensive guide for the ever-expanding world of senior care, breaking down the process by addressing the shared concerns of seniors and their family members. Featuring more than 30 sources from universities, healthcare organizations and nonprofit associations, the Hogans thoroughly explain each and every aspect of senior care, including the array of available care choices, being a caregiver, planning for your own future, aging in place, family and professional care options, how to choose an option and what to look for, financing care, insurance, legal matters, dealing with stress, communication and family relations. Specific chapters are dedicated to informing families about the many **senior care options** available including senior centers and adult care centers, non-medical care at home, medical care at home, retirement and independent living communities, assisted living, skilled nursing homes, and hospice care.

"Senior care options have expanded almost beyond recognition in the last 20 years, yet most Americans are still only familiar with nursing homes or family care at home," said Paul Hogan. "In *Stages of Senior Care*, we present, fully and fairly, the multitude of options now available while at the same time helping people hold together their family and preserve their own well-being."

Stages of Senior Care is a comprehensive resource that will help families to provide the best and most appropriate care for their loved ones.

Mehmet Oz, M.D., host of the "Dr. Oz Show" and previously a featured health expert for "The Oprah Winfrey Show," said *Stages of Senior Care* is "informative, complete and practical. This book will guide family caregivers through the surprisingly complex world of senior care."

All of the authors' profits from the sale of this book will be donated to the Home Instead Senior Care Foundation.

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