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Daly's "The caregiving season: Finding grace to honor your aging parents" (book review)

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Book Review



Daly, J. (2016). *The caregiving season: Finding grace to honor your aging parents*. Carol Stream, IL: Tyndale House Publishers. 192 pp. \$14.99. ISBN 9781589978690

Jane Daly, daughter-in-law of Jim Daly (president, Focus on the Family), has written a frank yet sensitive book on the season of caregiving of aging parents. Daly begins the book with her relationship with her father then recounts the time she began to realize her beloved father's health was declining. She was open about the emotional issues that ensued for not only her parents but for herself during the season of decline and relates how she and her husband dealt with the changes in their routines and lives. She deals with issues such as "becoming the parent" while continuing to respect her parents' feelings and independence, the guilt she felt when she had to gradually take away their independence and ultimately become the authority in their lives, at times putting her foot down and making decisions that were not popular but were necessary. Daly is very open about her journey as she learned to accept the changes that occurred in her parents, and in her lifestyle as she dealt with the seemingly constant cognitive, emotional, and physical concerns she had to navigate through. Upon her father's death her mother continued to need daily care but wanted to remain in her home. Daly and her husband lived close enough to mom to be able to take dinner to her and eat with her daily as well as run her to appointments and errands. While Daly was very open about the lifestyle struggles they went through, she was also open about the Spiritual struggles and connects Scripture that sustained her. Daly also admits that she tried to handle most of the issues herself but learned later about agencies and groups that would be helpful to her. She included information about those groups including links to access further information. This very personal account could be very helpful to those who are entering the season of caregiving or are in the midst of the journey. Those who have completed that season in their lives could also benefit by realizing they were not alone in their struggles and in their reactions.

Reviewer

Anita Gray