

AD • VO • CATE

FOR MOM AND DAD

FAQs

1. My sister and I are mom's caregivers and it is putting a strain on our relationship. Can you help us?

Absolutely. I do consulting with adult children of aging parents, helping them to navigate the minefield of caregiving. Caregiving is stressful for everyone and changes all your relationships. Sometimes a non-family member can see things more clearly, mediate disagreements and help find resources that both family members can agree on.

2. I'm new to caregiving and don't even know where to start. What do you suggest?

First, I'm going to point you to my website www.advocateformomanddad.com. All the information and resources on the website are free and the material is specifically for family caregivers of aging parents. If you have specific questions, you are welcome to schedule a free half hour consultation using this link: <https://calendly.com/hallisd/where-do-i-start-free-30-minute-consulting-call>

3. I understand you wrote a book, can you tell me more about it?

I would love to! "Your Caregiver Relationship Contract" is based on my experiences as a caregiver to my dad and now my mom. As you know, I believe caregiving changes relationships and if you want to get out of this alive, you need to be able to set boundaries, ask for and say yes to help, deal with the emotional rollercoaster and create a support system for you and your elder. Every chapter ends with a worksheet or questions that help you practice these skills. If you would like to know more about the book: <https://author.advocateformomanddad.com/>