



Facing the Finish: A Road Map for Aging Parents and Adult Children

By Sheri L. Samotin

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Sheri Samotin has written a unique and understandable book that speaks honestly to both aging parents and to their adult children through rich stories about a variety of people and the strategies that worked as they faced a number of different challenges.

Summarizing Ms. Samotin's purpose -- even passion -- in writing this book, she states, "Advancing age is often frustrating for both generations as you face the new limitations age imposes on a person's body and mind; turning over control of even little things to others might make any Older Adult feel insecure. A loss of control is always frightening, but acknowledging that your own (or your parent's) situation is changing is not about a *loss of control*—it is actually about *taking control* of how things will go from now on."

It is never too early or too late to plan, plan, and plan some more! For those aging adults, and especially for their adult children who pick up the book when they have the resources of time to plan, this book will literally guide you step-by-step through the questions, conversations, checklists, and resources included in the book. For families who are confronting an aging crisis, this book, along with an experienced professional, will help you jump in and plan at that point.

As an adult child of an aging parents, I highly recommend this book be placed on the nightstand of every adult - whether you are facing caregiving for an aging parent or seeking support for yourself as you age.

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