



# **Aging Is a Family Affair: How to Prepare for Tomorrow's Difficult Caregiving Conversations—Today**

*Mary Ann Massey EdD*

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Collecting 33 unique family case studies derived directly from patient experiences, formally conducted interviews, and informal encounters and anecdotes, this resource illustrates several inevitable lessons that reinforce the pressing need for families to engage aging loved ones sooner, not later, about long-term elder care, loss, and end of life planning. Each narrative approaches aging from a unique perspective, exposing real families overcoming their own taboos, dysfunctional relationships, unhealed wounds, and other unforeseen challenges. Unique in its focus, extent, and narrative format, each study is complemented by clear, reassuring, and practical advice.

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