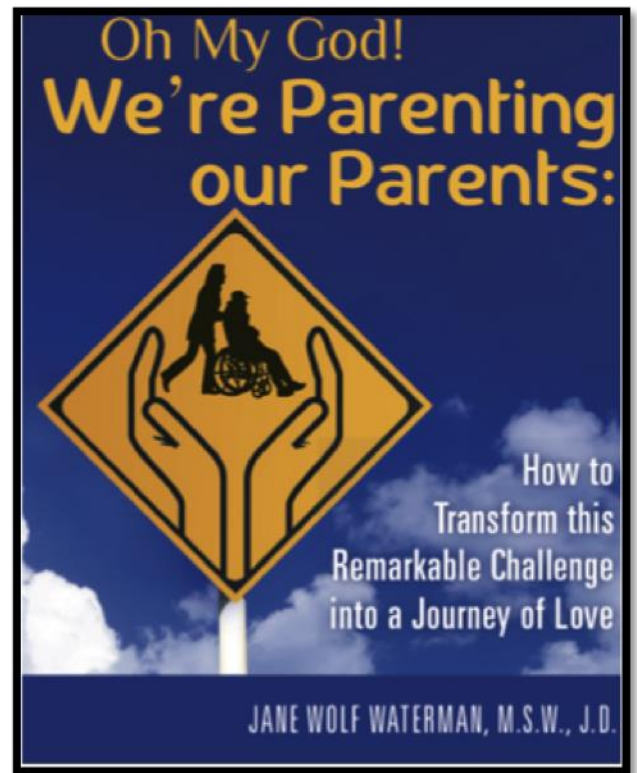


OH MY GOD! WE'RE PARENTING OUR PARENTS

**How To Transform this Remarkable
Challenge into a Journey of Love**

By Jane Wolf Waterman, M.S.W., J.D

"Eventually, everyone will need this book..."
- Dr. Paul Hokemeyer, "The Dr. Oz Show"



LOS ANGELES, Ca.-- January 29, 2014 Jane Wolf Waterman's new book, "OH MY GOD! WE'RE PARENTING OUR PARENTS: How to Transform this Remarkable Challenge Into A Journey of Love" brings us together around an issue that literally tens of millions of Americans struggle with and aim to do better every day. According to a recent study, the percentage of Americans who care for an elderly Mother or Father has tripled during the past 15 years and now represents a quarter of all adult children.

Adult children having to care for aging Moms and Dads is becoming a rapidly increasing issue in the United States. According to various sources:

- 11,000 people turn 65 every day and become eligible for Medicare,
- 2009: over 44 million Americans provided care to one or more family members over the age of 50;
- The number of Americans 65 and older is expected to double to 80 million during the next 30 years;
- The fastest-growing age group is people 85 and older, with more than 6.6 million people expected to be in that bracket by 2020;
- 1 in 4 Americans live in a two-generation home;
- Someone is diagnosed with Alzheimer's dementia once every 68 seconds
- 90 percent of senior Ma's and Pa's said they want to remain in their homes instead of going into an assisted living facility;
- Over 50 million Americans already live in 2 generation adult households
- 1 in 3 aging Mothers and Fathers dies with Alzheimer's or other dementia;
- 2012: 15.4 million caregivers provided unpaid care valued at over \$216B

When one searches for information on parenting children, one is inundated with blogs, news, magazines, even TV shows. However for those with aging parents trying to navigate all the accompanying difficult issues and decisions, there have been no such

resources available until this book and its accompanying website,
www.ParentingOurParents.org.

“OH MY GOD! WE’RE PARENTING OUR PARENTS” is available at booksellers across the country as well as online. For a limited time and at no additional cost, people who join the POPcommunity at www.ParentingOurParents.org will also receive a free audio excerpt of the book read by the author herself.

At ParentingOurParents.org, people involved in POParenting can get their needs responded to, their POP lessons heeded and their long-standing concerns addressed. The government will never be there at 3 AM when people parenting parents need real help but fellow POParents are often awake and they are happy to share what they've learned.

Those caring for their Mothers and Fathers "doing POP" (“Parenting Our Parents”, as the author calls it) know they are in desperate need of help. Jane assists her fellow “POPARENTS,” through understanding and navigating the "POP Cycle" her newly recognized stage of life when people “reverse roles” and parent those who parented them. Ms. Waterman, a psychotherapist and lawyer, assures us that even though the POPcycle has been previously ignored, misunderstood and under appreciated, there ARE now solutions at hand. Her knowledgeable and highly readable book **OMG! WE’RE PARENTING OUR PARENTS** provides a guide to each family's POPcycle; offers specific POPplans to expand family healing during this time; shares ways to develop more patience and practical solutions. Jane shares her own compelling personal story of ten years parenting her own aging parents as well as her decades as a geriatric therapist and coach, where she worked with families so that their POPTIME in life could be filled with peaceful completion and even joy.

People doing POP require answers to a myriad of questions, like:

- When should I get more involved in my parents' bills?
- How do I take away my Mom’s car keys and what should I do to help out when he is housebound?
- Is the clutter in my parents’ hallways dangerous to their health?
- How can I help my parents with medical decisions when they won’t tell me what’s wrong?
- Is it possible for me to bring my disabled Mother and Father to live in my house?
- How do I find the time to take on the responsibility for my aging parents when I have a job and my adult children have come back home too?
- How will my family handle this transformation? How can I make it a journey of love?
- How can I face putting my Mom back in the hospital for the fourth time this month?

Ms. Waterman's book also addresses that in spite of feeling overwhelmed with responsibility and very much isolated, those doing POP are hardly alone. She has

founded an interactive POP social media community and ably demonstrates the value in become in part of the POP community via <http://www.ParentingOurParents.org>. Given it's wide appeal and some say necessity, Ms. Waterman's book and website have, for the first time, brought together the various crazy quilt of POP elements such as long-term care insurance, aging in place, senior living facilities, hospice and much more. She has simplified the government maze, eliminated the psychobabble and vagueness associated with "looking away" and instead provided a loving and communicable approach, which is a win-win for all concerned.

Graduating with honors from Wellesley College, Ms. Waterman earned her J.D. at Boston University School of Law, her M.S.W. from UCLA's School of Social Welfare and her "POPparenting Certification" during the ten years she parented Jack and Lillian Wolf. Ms. Waterman sees patients in her offices in Beverly Hills, California and offers a service of POP Family Coaching where far-flung POP family members can also get coached (via the free video teleconferencing app Skype) through the course of their POPcycles. Jane's coaching program teaches families to solve their POP problems as a team, which also serves to facilitate healing together. She has begun certifying POP Family Coaches to spread this POP help around the nation.

Jane points out: "When you think differently about POP and about what it can offer you and everyone in your family, you'll find your experience of caring for your aging loved ones is being radically transformed. Parenting Our Parents may feel like a huge responsibility, even a burden, with lots of things to figure out, talk about and resolve -- and it is. But watch what happens when you, your siblings and your senior parents apply what this book, website and POP Family Coaching teach you. See what occurs when decisions affecting your parents' lives, money and health are finally made and the wounds that people in your family have carried around for decades begin to dissolve."

A recent article in the New York Times had also focused on the topic of caring for older Moms and Dads and the experiences faced:

<http://newoldage.blogs.nytimes.com/2013/03/22/suddenly-theyre-all-gone/?emc=eta1>

For more information or to schedule an interview with Ms. Waterman, please email Marta@MartyTracy.com or phone her at 310-963-5711.