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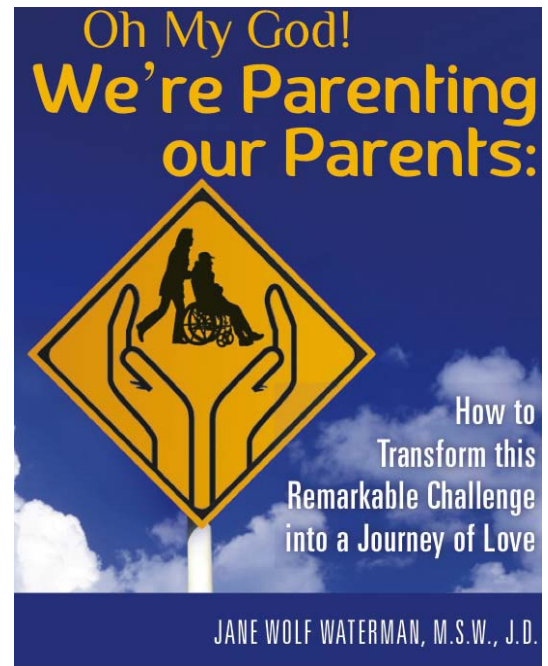
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OH MY GOD! WE'RE PARENTING OUR PARENTS

**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, March 1, 2013 – The issue of adult children caring for their aging parents is affecting more people than ever before. According to a recent study, the percentage of Americans who care for an elderly parent has tripled during the past 15 years and now represents a quarter of all adult children.

In her new book, **“OH MY GOD! WE'RE PARENTING OUR PARENTS: How to Transform this Remarkable Challenge into a Journey of Love” (ISBN: 978-1479104888; on sale March 15, 2013; softcover, \$19.95; digital, \$14.95)**, Jane Wolf Waterman cuts to the chase with insight and practical advice for the millions of adults caring for their aging parents.

“OH MY GOD! WE'RE PARENTING OUR PARENTS” addresses topics including emotional issues, financial and legal problems, disagreements between siblings, resistance among parents to accept care from their children, long-distance logistical challenges, common obstacles faced by adult children and elderly parents, planning in advance to take care of one's parents, maintaining normal life balance while tending to aging parents, the impact and role of grandchildren and many other areas that are critical to dealing with elderly parents.

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Among many other things, the book will teach readers how to:

- Identify the initial signs elderly parents need help,
- Decide if they are the right person for the job,
- Maintain family and career while taking care of elderly parents.
- Redefine relationships with parents and siblings,
- Assess the needs of senior parents and find the right services and help,
- Heal old family wounds that will interfere with taking care of one's parents,
- Evaluate an aging parent's ability to live alone, and
- Compassionately talk with an elderly parent about their need for help or changes that need to be made.

“OH MY GOD! WE'RE PARENTING OUR PARENTS” is available at booksellers across the country as well as online. More information is available at www.ParentingOurParents.org.

Adult children having to care for aging parents 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,
- In 2009, more than 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, and
- 90 percent of senior citizens said they want to remain in their homes instead of going into an assisted living facility.

About The Author

Jane Wolf Waterman is one of the country's foremost experts in the area of "Parenting Our Parents," the generational trend of adult children taking care of their aging parents. A licensed psychotherapist (LCSW #18984) for nearly 20 years and before that a practicing attorney, Waterman's combined expertise results in her providing insightful counsel and direction to people on all aspects of taking care of one's parents. Waterman's specialty is working with adult children faced with caring for their senior parents as well as elderly parents struggling with the challenges of having to rely on their children. Waterman graduated with honors from Wellesley College and went on to receive a Juris Doctor law degree from Boston University and her Master's Degree in Social Work from UCLA.

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