

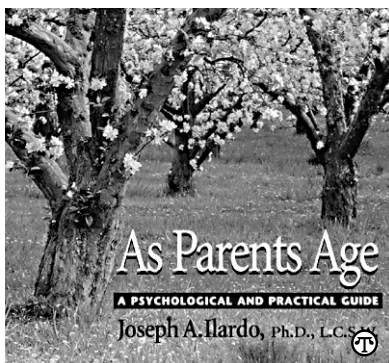


# Books Worth Reading

## As Parents Age

(NAPSA)—When parents show signs of aging, we may feel sandwiched between their new circumstances and needs and the other demands on us as adults and parents of our own children. Fortunately, an award-winning book may serve as a helpful road map through this unfamiliar territory.

*As Parents Age: A Psychological and Practical Guide* (VanderWyk & Burnham, \$19.95), by Joseph A.



Ilardo, gives advice on all the questions you may have to cope with—and helping parents resolve issues that confront them—from safety-proofing a home to hiring in-home care to assisted living. The book even has checklists, psychological self-tests and a comprehensive national resource guide.

Ilardo stresses that when a parent is no longer able to fulfill certain responsibilities, such as taking out the trash, it can be useful to make the task easier for the parent, or to make special arrangements so that it's taken care of.

The one thing you don't want to do, he says, is start handling things yourself. "Don't rob the parent of a sense of self-sufficiency."

*As Parents Age* is available in bookstores, by calling 1-800-789-7916 or [www.VandB.com](http://www.VandB.com).