

(Download pdf) Stuck in the Middle: Shared Stories And Tips For Caregiving Your Elderly Parents

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Barbara McVicker, Darby McVicker Puglielli
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Barbara McVicker, Darby McVicker Puglielli : Stuck in the Middle: Shared Stories And Tips For Caregiving Your Elderly Parents before purchasing it in order to gage whether or not it would be worth my time, and all praised Stuck in the Middle: Shared Stories And Tips For Caregiving Your Elderly Parents:

1 of 1 people found the following review helpful. poorly written, self publishedBy Rebecca James HeckingI was very

disappointed with this book. Based on all the glowing 5-star reviews (friends, perhaps?), I expected something far better than what I got. As a caregiver in the thick of things, it told me nothing I didn't already know, and the information was presented in a random, haphazard way. At one place, the author seemed to be confused about even the basics of Medicare and Medicaid, a critical error in discussing elder issues. The stories themselves were very poorly written, and could use the services of a good editor at the very least. I was so distracted by the bad writing that I thought to myself, "how in the world did this get published?? It must be a self-published book." Sure enough, it was. This is the first time I've ever written a review for , because it's the first time I've ever felt the need to warn others away from purchasing a book! Don't waste your money. Instead, buy Jane Gross' memoir "A Bittersweet Season." It offers far more usable, helpful information than this shoddy, unprofessional attempt. 0 of 0 people found the following review helpful. Five Stars By Thomas C. Oakes Barbara writes a great book...having heard her speak, I thought the book was a great follow up 0 of 0 people found the following review helpful. A Wake-Up Call for Adult Children By Gwendolyn H. Gregory McVicker has compiled nine real life stories, including her own, depicting the gratifying and sometimes horrifying experiences of adult children caring for their elderly parents. Although sometimes downright depressing, the stories reveal the realities of our aging society and provide a wake-up call for those who have not planned for the inevitable. An easy read full of practical advice, this book brings light to a subject that is often ignored until too late.

For more than 75 million people in the United States providing care for an aging parent, Barbara McVicker has released *Stuck in the Middle*. In her book, McVicker provides real-life short stories by caregivers and a practical guide with tip lists. Like many adult children, McVicker felt "stuck in the middle" of the needs of her children, her aging parents, and her career. As the responsibilities became too overwhelming, she quit her job as a development director for a non-profit agency, eventually devoting 10 years to caregiving her parents. During those years, Barbara searched for a primer on caregiving elderly parents to help guide her through the maze of emotion and information. Because every aspect of taking care of her parents involved reacting to crisis after crisis, she longed for both a support group and information crucial to her role as a caregiver. McVicker has now written that primer. Having interviewed hundreds of caregivers and healthcare professionals, McVicker has compiled information that is essential for all caregivers. Her work also serves as a "support group in a book", so adult children caregivers do not feel so alone and isolated. The book contains chapters on the Rewards of Caregiving, Grief, Must Have Documents, Effective Ways to Communicate, Universal Conflicts when Caregiving, and much more. *Stuck in the Middle* has been recognized by the media, the National Hospice Foundation, Habitat for Humanity, medical school researchers, and seminary professors. For more information, please visit www.BarbaraMcVicker.com

About the Author A professional speaker, consultant and author, Barbara McVicker was a caregiver to her parents for 10 years while raising two children and struggling to maintain her career as a high-level development director. Overwhelmed and feeling isolated, she eventually quit her job to care for her parents full-time. To help her cope, Barbara started interviewing other caregivers and was moved by their joy and pain. These were ordinary people suddenly thrown into extraordinary situations. She interviewed hundreds of caregivers and healthcare professionals, gathering their stories and compiling information and common themes essential for all caregivers. This data, including numerous poignant stories, became the basis for her keynote presentations, as well as her book. The book is McVicker's opportunity to provide a lifeline for caregivers through highly emotional times - a lifeline Barbara wishes she would have had while she was a caregiver. "The Sandwich Generation" is *Stuck in the Middle* of their children, aging parents, and careers. This group is estimated at close to 75 million individuals. Prior to her career as a professional speaker, Barbara was a medical researcher and grant writer for an acclaimed medical school, founder of a partnership for Habitat for Humanity, and a consultant in hospital management. McVicker was employed as a development director managing million-dollar fundraising campaigns when she resigned from her job to care for her parents full-time. Her vast experience in the healthcare and non-profit arenas, combined with her own individual experiences as a caregiver, provide Barbara with a unique view from both the professional and personal perspectives. For more information, please visit www.BarbaraMcVicker.com.