



# Living Well in a Nursing Home: Everything You and Your Folks Need to Know

*Lynn Dickinson, Xenia Vosen*

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While life in a nursing home is rarely considered a first choice, at times it's the best choice. Still, the decision to put a loved one in a home is incredibly difficult. This book concentrates on the positive aspects of nursing homes and offers strategies for identifying the best facilities. Among the topics covered are how to recognize signs that a family member needs extra support, determining whether in-home care is a viable option, the different types of long-term care, working and communicating with the staff and preparing for the end of life.

The book includes exercises for working through emotional reactions to the nursing home decision and how to maintain and improve family relationships in these circumstances.

Uplifting stories of people and staff in nursing homes illustrate the concepts in the book, which is clearly written and filled with practical and positive advice.

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