

From: AgingCare Newsletter <newsletter@agingcare.com>
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Subject: 20 questions to ask your parents; Stuffing your feelings

Connecting Caregivers to Answers and Support

News And Articles

4 Red Flags to Look for During Holiday Visits With Parents

Seniors may be able to downplay changes in their health and abilities between visits, but holiday gatherings allow you to see firsthand how they're actually faring. Know the subtle signs of age-related decline and what steps you can take to handle them. [Read More »](#)

Conversation Starters: 20 Questions to Ask Your Parents

How well do you really know your parents? These questions will help you gain a new appreciation for them as people and preserve a bit of family history in the process. [Read More »](#)

Stuffing Your Feelings: An Unhealthy Caregiver Coping Mechanism

Life has its ups and downs, but how we handle the latter can really affect our physical and mental health. Instead of bottling up your feelings, try these creative ways to let off steam and wipe your emotional slate clean. [Read More »](#)

Caregiving Tips for Traveling With Seniors

You don't have to cancel the annual family vacation just because a loved one is now older. Transportation options, activities and accommodations may need to be adapted a bit, but with a little planning, taking a trip with a senior can be a wonderful experience. [Read More »](#)

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Questions and Discussions From Caregivers

Q: Advice? My boyfriend of 5 years is having his mother move in.

His mom has extreme paranoia labeled as schizophrenia and no one else will take care of her. We also have 3 kids, and I really don't know what to expect.

D: What's for dinner?

Join the discussion! What favorite dishes will be at your Thanksgiving dinner?

Q: As POA, what steps are needed to separate Mom's joint bank account from her boyfriend?

She has advanced Alzheimer's, and I have realized that her boyfriend of 20+ years is mishandling her funds.

Q: What are her options if she can't get Medicare for 5 years?

She is elderly and moved to Vermont from Canada.

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