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2016 NATIONAL CHRISTOPHER AWARD WINNER
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the gift of caring

*Saving Our Parents—and Ourselves—from
the Perils of Modern Healthcare*

REVISED EDITION



Marcy Cottrell Houle, MS, and
Elizabeth Eckstrom, MD, MPH, MACP

Foreword by Jennie Chia Hansen,
former CEO of American Geriatrics Society, past president of AARP

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Synopsis:=====

In a powerful blending of memoir and practical strategies from a medical doctor's perspective, *The Gift of Caring: Saving Our Parents - and ourselves - from the Perils of Modern Healthcare* reveals the hidden side of modern healthcare practices for aging Americans. This ground-breaking book, co-written by award-winning author Marcy Houle and nationally-recognized geriatrician and public health advocate, Elizabeth Eckstrom MD MPH, sheds new light on aging by showing it from twin perspectives: the story of a daughter desperately seeking help for the parents she loves, and a geriatrician who offers life-changing strategies that can protect our loved ones and ourselves. Today, for many older adults, the medical delivery system is confusing, fragmented, and ill-equipped to provide comprehensive, person-centered care. Under our current healthcare model, thousands of aging persons face unnecessary suffering, hospitalizations and nursing home

stays, and even preventable death. Seniors and

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