

**Family Caregiving Book Offers New Approach
for Effectively Communicating with Aging Loved Ones**

SOLOMONS, M.D., SEPTEMBER 1, 2023 – Nearly one in five Americans (53 million) are providing unpaid care to an adult with health or functional needs according a 2020 report compiled by the National Alliance for Caregiving (NAC) and AARP. Most are taking care of an older adult, usually a parent or relative.

Although caregiving can be a richly rewarding experience, the role is demanding and the toll on caregivers is high. They are often busy and stressed, having added this role on top of their jobs, children, and other responsibilities. Older family members value their independence and worry about someone else being in charge of their health care, even when it's necessary. Both parties may react by struggling for control, which only increases the tension.

The newly released book, *Creative Caregiving Solutions: A Peaceful Approach to Navigating Your Relationship with Your Aging Loved One*, is designed to help caregivers and their loved ones navigate this challenge more peacefully.

“Even though seniors can be interesting and wise and fun, they also can be a source of tremendous frustration for family members. They often refuse safety and health measures although they are for their own good. They tend to see our advice as interference rather than suggestions made out of love and our desire to protect them,” says author Joan M. Foust, RN. “My approach is based on a list of principles that strengthen the connection between the caregiver and their family member which promotes cooperation.”

The approach offered by the author helps caregivers:

- Enhance a family member's well-being by encouraging independence
- Listen and communicate more effectively for better outcomes
- Speak to loved ones differently in order to gain compliance
- Establish appropriate boundaries so both parties get their needs met
- Use tested problem-solving and de-escalation techniques to reduce friction
- Reduce personal stress and frustration to avoid burnout
- Feel more in control and more positive about their relationship
- Develop greater resilience so they feel more optimistic and hopeful

“Skills like listening, observing, and empathizing may sound elementary, but can be forgotten when caregivers face mounting frustrations associated with caregiving. Joan offers sound advice on polishing these skills and maintaining perspective,” says Barbara Kane, psychotherapist, founder of Aging Network Services and co-author of *Coping With Your Difficult Older Parent*, who wrote the foreword to the book.

Creative Caregiving Solutions is available at Amazon and can be ordered through local bookstores.

Nonfiction/Aging Parent

Paperback

Published By: HomeLife Press on Amazon

Publication Date: September 2023

ISBN-13: 979-8-9879564-0-3 (paperback), 979-8-9879564-0-3 (eBook)

Price: \$16.99 (paperback), \$8.99 (eBook)

Pages: 250

Size: 6" x 9" x .5"

TESTIMONIALS

“Joan writes with the same gentle voice as the caregiving practices she shares. Drawn into the real-life stories, I felt as though I was being accompanied by a wise mentor and encouraging guide. With each chapter, caregivers are equipped with fresh ideas that renew joy, restore hope, and instill confidence in life-giving relationships.

—Reverend Kirstin Tannas

Pastor, Good Samaritan Lutheran Church, Solomons, Maryland

“In the post-Covid era, when quality care for our senior loved ones is ever more scarce, challenging and expensive; Joan offers understanding, encouragement and hope to us who take on the role of caregiver. Every one of the 12 chapters contains Joan’s invaluable insights through real life experience and stories. I pray that my loved ones will have read this book when it’s my time to trust my health and independence to them as caregivers.”

—Dr. Theodore Tsangaris, MD, MBA, FACS

Vice President, Medical Affairs

Chief Medical Officer and Program Director, Cancer Center at CalvertHealth Medical Center, Prince Frederick, Maryland

ABOUT THE AUTHOR

Joan M. Foust, RN, is known as a “people whisperer.” She has five decades of professional geriatric experience in healthcare. Her passion has been providing creative solutions to the unique challenges of senior living, particularly for patients with memory loss.

###

CONTACT:

Joan M. Foust

joan@joanmfoust.com

Website: www.JoanMFoust.com

Facebook: www.facebook.com/JoanMFoust

LinkedIn: <https://www.linkedin.com/in/joan-m-foust-1719aa84/>