



Nursing Homes: The Family's Journey

Peter S. Silin

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Being the family member of someone in a nursing home is part of a difficult and painful process that begins long before a loved one enters the home. Focusing on the psychological, emotional, and social aspects of that process, *Nursing Homes: The Family's Journey* gives family members important practical advice and emotional support, and it explains the intricacies of care and nursing homes.

Peter S. Silin approaches his subject with compassion and sensitivity, guiding readers through the entire process. Section one helps caregivers cope with difficult decisions and deal with the emotional issues that arise. Section two describes nursing homes and how they work, and it outlines how to choose a home. Section three explains how to prepare for the day a relative moves into a nursing home and suggests ways to help the resident settle in. The fourth section focuses on the family member's role in solving problems, obtaining quality care, and visiting, and it offers advice about how to deal with death and dying. After each chapter are real-life vignettes written by caregivers which help validate and support the reader.

In assisting their loved ones through the transition to life in a nursing home, one of the greatest obstacles families face is a dearth of practical information and sympathetic experience. This book will help fill the gap for family members and their infirm relatives, as well as for social workers and family therapists. It will also be a valuable tool for nursing home administrators and care staff.

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