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**YOUR TURN NOW- TAKING CARE OF MOM & DAD
DEVELOPMENTAL PRINCIPLES OF ELDER CARE**

OVERVIEW: The focus of this workshop is on understanding the emotional and psychological challenges of elder care on all members of the family: the elder, the biological adult child, the daughter or son-in-law, and the kids; and on the family dynamics. Developmental and life cycle theory is made real, understandable, and applicable to life as a three-generation family.

1. DEVELOPMENT REVERSED AND TURNED UPSIDE DOWN

General Developmental Theory Applied to Families Facing Elder Care
Life Cycle Theory and the Families of Origin and the Nuclear Family
Adult Child Family Life Cycle stages; Work/Career Cycle stages
Tasks and Challenges Developmentally for the Family with Elder Care

2. LOSS AFTER LOSS- PHYSICAL AND COGNITIVE ISSUES FOR ELDERS

Loss of Physical Mobility; Loss and Decreases in Sensory Acuity; Sex?...Sexy? Old Ain't Sexy; Getting Sick, Staying Sick, Living Sick
Changes in Memory- Alzheimers, Dementia, and Senility
Difficulty in Dx of Depression, Illness, Substance Abuse

3. EMOTIONAL AND PSYCHOLOGICAL ISSUES FOR ELDERS

"Real Tired" or Retired? The Impact of Retirement on Elders Self-Image
"Now What?" Preventing Depression with the Loss of Purpose
Losing Spouses, Losing Friends, Losing the Familiar Community
Facing Imminent Mortality- Coming to Terms with Death

4. EMOTIONAL AND PSYCHOLOGICAL ISSUES FOR ADULT CHILDREN PARENTING THEIR PARENTS

Historical and Cultural Traditions for Elder Care in Modern Reality
Unfinished Business Intrudes- Ghosts From Childhood
Obligation, Shame, Guilt, Anger, Helplessness, and Responsibility
"I Knew How to be the Kid, I Saw How to be the Parent...But How does the Grown Up Kid (me!) Parent the Grown Old Parent!?" And Still be a Couple?

5. EMOTIONAL AND PSYCHOLOGICAL ISSUES FOR CHILDREN WHEN GRANDMA OR GRANDPA LIVE IN THE HOME

"I Wanna Play! Why do I have to watch Poppi?"
When Parents and Grandparents Both Parent the Kids
Consistency and Inconsistency- Rules for Kids/Rules for Granny
Anger, Guilt, and Shame for Kids about Nana - Teen Egocentrism & Elder conflict

6. STRESS ON THE FAMILY SYSTEM

"Is this working for ANYONE!?"
Balance, Respite, & Lessons From the Serenity Prayer