



Life With Pop: Lessons on Caring for an Aging Parent

by Janice Abrahms Spring



This is an easy-to-read yet emotionally charged accounting of the author's efforts to transition her dad from independent living to assisted living and home care nursing, acute care and then hospice. I can relate to this journey as I support my 95-year-old self-determined mother's decision to continue to reside independently in her own condo.

Her writings are a kind of parallel process that cover her personal reflections and those of a therapist whose clients are going through a similar process. The book is filled with ethnic humor, tenderness and emotional, legal and moral choices. I was moved to tears. ~ **Diane Light-Spiro**



This book is a beautiful read and I highly recommend it. It appeals to people living with aging parents and those who are not. The emotions are real and captivating.

~ **Susan McVey**



This book is Abrahms Spring's personal journal, chronicling the demanding needs of a caregiver for her ailing father, who is diagnosed with Parkinson's disease.

She shares, through humor, love and fear, the many twists and turns of being in the "sandwich generation." It is an easy read and a real-life account of what it truly means to be a caregiver. It's a definite must-read for anyone who is caring for a loved one. ~ **Suzanne Vizethann**



I found the book to be full of emotions, realistic and easy to read. I appreciated the author's honesty when sharing her feelings and unspoken truths of the challenges and rewards involved when caring for an aging parent.

With respectful humor, she gives caregivers a chance to identify with and the freedom to perhaps voice these thoughts.
~ **Nancy Arocho-Mercado**



Once again, the author uses her own life to reveal the human side of life's journey. She wrote "After the Affair" prior to this book, which was also personally revealing.

She writes from the heart and is comfortable revealing her true experience. She shares how she is angry at herself at times and "ecstatic to be relieved of my responsibilities of him, to be rid of him for two full days." Anyone who has been a caregiver can easily relate to the mere exhaustion of the role. She says things frankly, honestly. I like the book.

~**Dr. Michele Winchester-Vega**