



# **Downsizing before Transition: How seniors transition with less stress frustration and overwhelm (Volume 1)**

*Mr. Jeff Turner*

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What will you do when your elder parent/ parents or spouse can no longer care for themselves? When Jeff Turner's mother who has breast cancer suddenly has a stroke and is bed ridden his father must step into the role of caretaker. His father Joe Turner's life is changed forever. Not only in the short time that his mother has to live but for the rest of his life. A year later Jeff's father has to make another difficult decision to place his own sister who is up in age and suffering from Alzheimer's disease in a nursing home with 24hr. care. Downsizing before Transition raises the awareness and shares real life stories of the elderly that can no longer take care of themselves and their adult children are effected. It shares how caretakers for parents or spouse lives can dramatically be changed. It gives solutions to one of life's most pressing problems caring for an elder parent or spouse that we all may have to deal with one day.

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