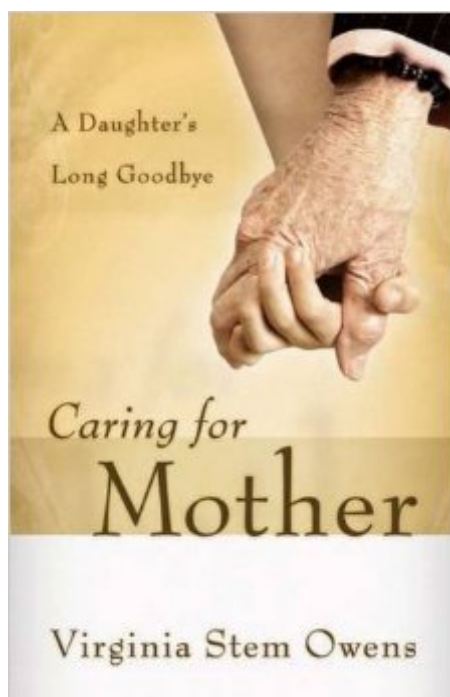


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# Caring For Mother: A Daughter's Long Goodbye



## Synopsis

In *Caring for Mother*, Virginia Stem Owens gives a clear and realistic account of caring for an elderly loved one. Along the way, Owens notes the spiritual challenges she encountered, not the least of which included fear of her own suffering and death. This book will be a helpful companion to those who have recently assumed the role of caregiver, helping them anticipate some of the emotional turbulence they will encounter along the way.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (22 customer reviews)

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## Customer Reviews

Though the title did not sound promising, I try to read every personal account of Alzheimer's I come across, so I bought this book and sat down with it one night in my reading chair--and didn't get up for three hours. The writing was fluid, the characters strong, the dilemmas painful and eternal. "Caring for Mother" turned out to be both subtle and incisive, an essential book on dementia and patient care, perfectly contained in 163 pages. "This is not a cheerful book," Virginia Owens explains in her Opening Note, "but it is truthful." It's truthful, and it's vivid. The book has a story to tell, as it tracks the author's mother through an ever-increasing dementia toward what we know from the start will be a disaster. In the early chapters Virginia Owens helps look after her mother at home. Her mother has little faith in medicine: "She goes to the doctor the way I went to church as a teenager, bitter and under duress. She takes her pills like an apostate receiving communion, with little hope in their efficacy. A dark night for both soul and body." It's worse later, in the nursing home--that place, Owens says, "the name of which strikes terror into every person's heart." When she goes to visit her

mother, most of the other residents ignore her. She doesn't blame them, "They had every right to their withdrawal. Only a handful of residents have visitors who come on even a weekly basis. Most are visited occasionally, some rarely or never. People who've been abandoned develop a thick coat of defensive frost."Owens' indictment of nursing homes is calm, steady, devastating. It's as abiding as the anger she sees in the residents: "You can feel it as soon as you come in the door. Cold Rage.

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