



Contents

Foreword	7
Chapter 1: Be Careful What You Wish For	11
Chapter 2: The Family Portrait	15
Chapter 3: Life is What Happens While You're busy Making Other Plans	19
Chapter 4: "We Are Family"—Not the Staff	27
Chapter 5: A Primer of Health Care Agencies: The Good, the Not-so-good and the Helpful	37
Chapter 6: "Money: The Root of All": Saving for the Future	45
Chapter 7: Money—The Future is <i>Now</i>	51
Chapter 8: Handy Dandy Forms and Other Important Papers—A Checklist	59
Chapter 9: The Heart of the Matter	71
Chapter 10: Condo Capers	83
Chapter 11: Equipment and Aids for Home Health Care—More Stories	91
Chapter 12: The Last Word—Care for the Caregiver— a Most Important Ingredient	103
Templates for the Golden Daze	109
Afterword	115
Glossary	122