



Birgit Lambers
When Parents Suddenly Become Old

[Wenn die Eltern plötzlich alt sind]

How we can help them without becoming overwhelmed

Kösel Sach-/Fachbuch

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Birgit Lambers is a social pedagogue and coach trained in gestalt and family therapy. Since 1997 she has been an independent management coach and trainer. She has been offering lectures and seminars on the topic of ageing parents and their burdened children since 2010.

www.lambers-training.de

One day it happens: the parents can no longer manage their lives, and their children suddenly have this responsibility. At first, being a support for ageing parents is obvious. Yet with time the parents often become a physical and emotional burden.

Birgit Lambers provides answers, first by pointing out that this situation is not uncommon. She names the classical points of friction, including the bad conscience, the search for late recognition, difficult parent-child relationships, and sibling rivalries. By way of numerous examples she makes clear how parents feel in such a situation and by understanding that it is possible to find solutions.

Her helpful advice book shows very real paths out of this problem so that we can each answer for ourselves the questions 'How much do I want to give and how much can I give?'.

- For all those who have reached their limits in caring for ageing parents
- Relief, help in decision making, and practical tips