Elder Rage: How to Survive Caring for Aging Parents (Hint: Take My Father, Please!)

Caring for aging parents can be a challenging and emotionally draining experience. The demands of caregiving can take a toll on your physical and mental health, and it can be difficult to cope with the changes that your parents are going through. One of the most difficult challenges that caregivers face is elder rage, a form of verbal or physical aggression directed at caregivers.

Elder rage can be caused by a variety of factors, including dementia, Alzheimer's disease, and other cognitive impairments. It can also be caused by physical pain, depression, or anxiety. Regardless of the cause, elder rage can be a very difficult experience for caregivers. It can make you feel angry, frustrated, and even scared. It can also make it difficult to provide care for your parents.

Elder Rage, or Take My Father... Please! How To Survive Caring For Aging Parents by Jacqueline Marcell

★★★★☆ 4.4 out of 5

Language	: English
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Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 368 pages
Lending	: Enabled

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If you are caring for an aging parent who is exhibiting signs of elder rage, there are a few things that you can do to cope:
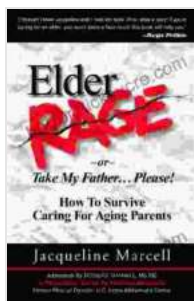
- **Stay calm and patient.** It is important to remember that elder rage is not your fault. Your parent is not trying to hurt you; they are simply reacting to their own pain and frustration. Try to stay calm and patient, even when your parent is being difficult.

- **Try to understand your parent's perspective.** It can be helpful to try to understand what your parent is going through. What are they afraid of? What are they angry about? Once you understand their perspective, you can start to develop strategies to help them cope with their emotions.

- **Set limits.** It is important to set limits with your parent, even if they are being aggressive. Let them know that you will not tolerate verbal or physical abuse. If your parent becomes aggressive, you may need to take a break from caregiving or call for help.

- **Take care of yourself.** Caring for an aging parent can be a stressful experience. It is important to take care of yourself both physically and emotionally. Make sure to get enough sleep, eat healthy foods, and exercise regularly. You may also want to consider joining a support group for caregivers.

If you are struggling to cope with elder rage, it is important to seek professional help. A therapist can help you develop coping mechanisms and strategies for managing your parent's aggression. They can also provide support and guidance during this difficult time.

Caring for an aging parent can be a challenging experience, but it is also a rewarding one. By understanding elder rage and by taking care of yourself, you can provide the best possible care for your parent and help them to live a happy and fulfilling life.

Additional Resources

- The National Institute on Aging: https://www.nia.nih.gov/health/elder-rage

- The Alzheimer's Association: https://www.alz.org/alzheimers-dementia/caregiving/care-options/elder-rage-aggression

- The National Council on Aging: https://www.ncoa.org/article/elder-rage-what-it-is-and-what-to-do-about-it

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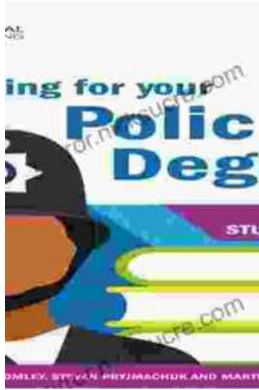
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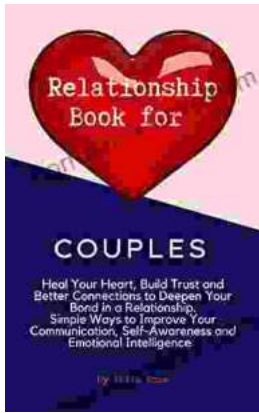
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