



**Oh My God!
We're Parenting
Our Parents**

LOS ANGELES, Ca. – Since we don't know how much time we will have with our aging mother, at least we can discover how to make it a better time for her and for us. Thanks to medical and technological advances, today's mothers are living healthier, happier, and longer than ever before. But at least one in four American families are presented with a new and daunting paradox: although our mother may now live into their 80s, 90s or longer, science has not yet found a way to provide them with healthy minds and bodies into these later years.

The new book by Jane Wolf Waterman, M. S.W., J.D. "OH MY GOD: WE'RE PARENTING OUR PARENTS" shares how to take this challenging experience and turn it into a journey of love. The author tells a very personal and compelling tale of the ten years she parented her own mother and father. The book also gives insightful advice garnered from the decades Ms. Waterman has worked as a geriatric therapist, family coach and practicing attorney. Millions are on this same path with increasingly dependent mother feeling overwhelmed, frightened, and alone...This book provides answers and guidance, shedding light where it is so needed.

Parenting Our Mother May Be The Hardest Job In The World

People who are caring for their elderly mother (and/or other elderly relative), which the author calls "Parenting Our Parents" (aka: "POP") know they are in desperate need of help. Bookstores, newspapers, magazines and the Internet are full of information on parenting children, but it's nearly impossible to find information about how to be a good parent to your mother.

As Jane stated in a recent interview: "There are hundreds of resources when it comes to "baby-proofing" your home for your children, but who's talking about "POProofing" their homes for your mother – putting grab-bars in their bath tubs and clearing clutter and throw rugs so they won't fall? And that is just the beginning."

"Part of why POP may be the hardest job in the world is because there are no accurate norms or statistical measurements of how things "should" be. In the case of raising kids, we're very clear how tall our three year old should be and how much he should weigh but no one knows for sure how to treat our 83 year old mother or how much she should be hearing or remembering." It may also be the longest job in the world as mothers may need your help in their 60's and live another 30 years – far longer than parenting our "kids".

"People come to me and they say, 'We don't know what to do. We need someone to help us

figure this out.”

Finally, There's A New Website Offering Solutions To The Most Pressing Questions People Have, Helping All Generations Care For Each Other

Ms. Waterman has founded a new interactive global community, the POP community. Located at www.ParentingOurParents.org, it brings together the crazy quilt elements needed by POParents – support from a community-based blog, information about the "POP" stages, updated resources, help making critical "POP" decisions, and advice from Jane.

One such example of Jane's advice is this: "POP may feel like a huge responsibility, even a burden, with lots of things to figure out, talk about and resolve – and it is. But watch what happens when you, your siblings and your mother apply what the book and thoughts shared from the community can teach you. Finally getting this information will help you get the courage to face what's really going on and to make wise family decisions that positively impact your mother's lives, money and health. Wounds that people have carried around for decades can begin to dissolve."

The book is available at booksellers and libraries across the country as well as online at Amazon.com, where it has received numerous 5-star reviews.

About the Author:

Jane Wolf Waterman, M.S.W., J.D., earned her M.S.W. from UCLA's School of Social Welfare, her J.D. at Boston University School of Law and her "POPparenting Certification" during the ten years she parented Jack and Lillian Wolf. Jane Wolf Waterman is available for interviews on this and a wide variety of related topics by contacting Press@ParentingOurParents.org.

<p>Nearly 25%</p> <p>Number of adults who provide personal care or financial assistance to an elderly parent. Tripled since 1994.</p> <p>Source: (MetLife Ins Study)</p>	<p>43 Million</p> <p>Number of Americans who provided care to a family member over the age of 50 in 2012.</p> <p>Source: (Caregiver.org)</p>	<p>80 Million</p> <p>In the next 30 years, the number of Americans 65 and older is expected to double to 80 million.</p> <p>Source: (U.S. Census Bureau)</p>	<p>Over 90%</p> <p>Number of seniors who prefer to remain in their homes instead of an assisted living facility.</p> <p>Source: (AARP)</p>
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For more information or to schedule an interview with Jane Wolf Waterman, M.S.W., J.D., please email: press@parentingourmother.org