

JANE WOLF WATERMAN

Biography



Jane Wolf Waterman is one of the country's foremost experts in the area of "Parenting Our Parents," the generational trend of adult children taking care of their aging parents. A licensed psychotherapist* for nearly 20 years and before that a practicing attorney, Waterman's combined expertise enables her to provide counsel and direction to individuals and families on all aspects of taking care of one's parents. Her first book, "Oh My God! We're Parenting Our Parents: How To Transform This Remarkable Challenge Into A Journey Of Love," is due out in early 2013.

The issue of adult children caring for their aging parents is affecting more people than ever before. According to a recent study, the percentage of Americans who care for an aging parent has tripled during the past 15 years and now represents a quarter of all adult children.

Waterman's practice is almost exclusively limited to working with adult children faced with having to take care of their aging parents or aging parents struggling with the challenges of having to rely on their children for care. She is currently developing a national training and certification program to qualify others to provide assistance to families faced with the many issues that arise when children become caregivers to their parents.

Often called upon by the media to provide insight into the many aspects of adult children caring for their aging parents, Waterman can discuss topics including: emotional issues, financial and legal problems, disagreements between siblings, resistance among parents to accept care from their children, long-distance logistical challenges, common obstacles faced by adult children and aging parents, planning in advance to take care of your parents, maintaining normal life balance while tending to aging parents, the impact and role of grandchildren and many other topics.

Born and raised in New York City, Waterman graduated with honors from Wellesley College, and went on to receive a Juris Doctor law degree from Boston University and her Master's Degree in Social Work at UCLA. She currently resides in Los Angeles with her husband. More information is available at www.ParentingOurParents.org.

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