



# **I Am My Father's Keeper: The Ten Steps to Caring For The Elderly**

*Dr. Patricia Hernandez Arnazzi*

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# I Am My Father's Keeper: The Ten Steps to Caring For The Elderly

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## **I Am My Father's Keeper: The Ten Steps to Caring For The Elderly** Dr. Patricia Hernandez Arnazzi

A book that offers help, information, and understanding to families facing a loved one's mental incapacitation by Alzheimer's disease. A personal diary of a daughter with a medical background that chronicles her journey while caring for her father, and gives the reader the gift of both perspectives, that of a loving daughter and the trained professional. A book with step by step guidelines and solutions with information on resources available. The narration of personal experiences and lessons learned that make deep impression on the reader's soul and mind and brings inspiration, motivation and uplifting to anyone who reads it. Whatever the reader's stage in the challenge of caring for an ailing loved one, the message of this book is clearly one of hope, promise and inspiration. The Ten Steps described offer insight and compassion for those who presently travel the road the author herself journeyed before. Dr. Arnazzi's narration will guide and support you. The wisdom she gained through her own trial will ease your burdens as you will feel she walks beside you, understanding your pain and willingly sharing with you, the reader, her strength to help you carry that load. A "labor of love" it demonstrates through vivid stories from her own life the ultimate joy of giving of oneself while honestly acknowledging the difficulty of the task and extending compassion to those presently bearing the crucible.

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