



# When My Mother No Longer Knew My Name: A Son's

*Stephen L. Goldstein*

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When My Mother No Longer Knew My Name: A Son's 'Course' in 'Rational' Caregiving should be the first book families read to prepare themselves for caring for aging relatives. It's a one-man support group, written like a friend who's been-there-done-that, talking anecdotally, but authoritatively, to a friend who needs help. It is raw and gritty, as well as funny and inspiring--offering hope that one can overcome a mountain of seemingly insurmountable challenges, for which they likely feel devastatingly unprepared. Each brief, compelling, highly readable chapter tells how a son learned on-the-job to deal with different situations all caregivers face as his caregiving role evolved from nominal to 24/7. The book is packed with down-to-earth practical advice and tips to make caregiving manageable-even joyful. There's even a unique self-assessment guide so caregivers and potential caregivers can benchmark and enhance their ability to manage the often lonely, challenging, unpredictable, and overwhelming roles they may assume.

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