

Carol-Ann Hamilton of Coping with Un-cope-able Parents to be Featured on Close Up Radio

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No matter who you are, no matter what your relationship is with your parents, if you find yourself as a caregiver at the end of their lives, it can be really challenging to say the least. Caregivers of aging parents have a 63 percent higher death rate than their peers who do not carry such responsibilities. It is among the most burdensome chapters of life.

Is dealing with your elderly parents driving you crazy?

Carol-Ann Hamilton is a coach, speaker, and the author of *Coping with Un-cope-able Parents: LOVING ACTION for Eldercare*, for the type of adult child caregiver who does not find this stage of life easy.



"It's all about coping with parents who are impossible to a magnified power," says Hamilton. "I'm there for the person that does this resentfully and finds it difficult. There were days I wondered whether I was going to go first. It's about taking people from desperation to inspiration to hope."

There is nothing like the decline of a parent to bring back memories, not all of which are pleasant. Multiple emotions will be surfaced. How do we cope when we are forced to put our needs aside? Hamilton says there is a great buried opportunity for transformation here.

"We think we know what's best for our parents and we probably do, but they will have none of it," says Hamilton. "The tantrums of an elderly person are not much different from the terrible

twos. We try to impose what we think is right for them. Yet, they have their own ideas. It involves setting aside your opinions and listening to what they need to somehow find a balance. That is what I help people with: the huge underlying emotional issues in all of this."

Through her painful personal experiences, Hamilton has discovered and tested 12 innovative keys to success.

"I'm proud that I was able to see both of my parents through their transitions," says Hamilton. "It was helpful, not just for them, but also for my own healing. I have the benefit now of better understanding their life histories. I am at peace for having seen them through this passage."

Close Up Radio will feature Carol-Ann Hamilton in an interview with Jim Masters on October 15th at 12pm EST

Listen to the show on [BlogTalkRadio](#)

If you have any questions for our guest, please call (347) 996-3389

For more information, visit www.copingwithuncopeableparents.com

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