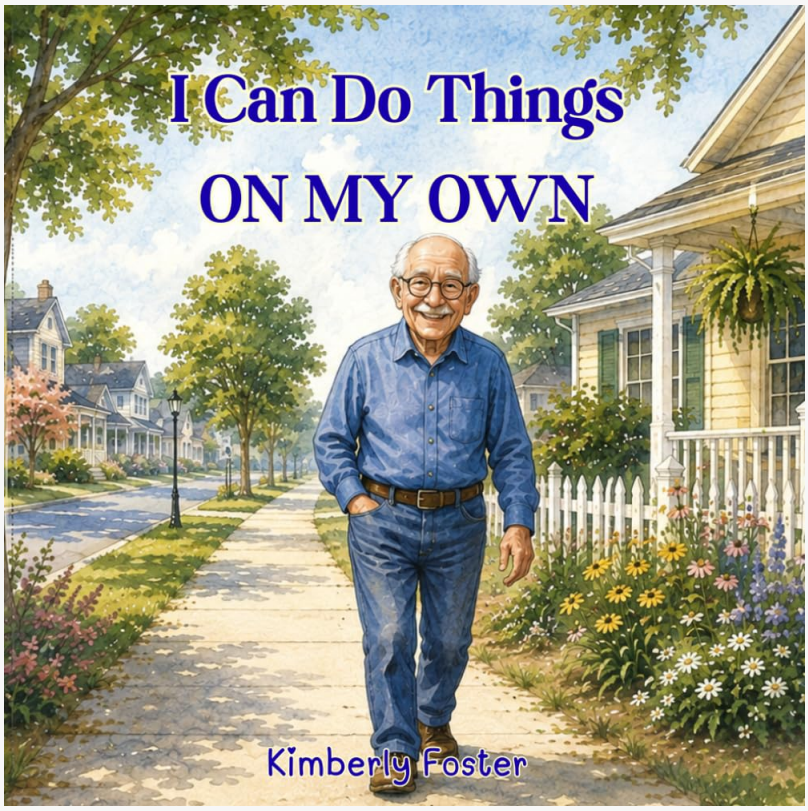
I Can Do Things On My Own Offers Elders A Gentle Path Toward Independence After Loss

Kimberly Foster creates a dignity-focused story helping older adults rediscover comfort, purpose, and everyday joy while navigating major life changes.



I Can Do Things On My Own: A Gentle and Comforting Book for Elders (Winterway Books) by Kimberly Foster

NEW YORK CITY, NY, UNITED STATES, September 11, 2026 / EINPresswire.com/ -- Author Kimberly Foster brings personal caregiving experience to I Can Do Things On My Own: A Gentle and Comforting Book for Elders, an illustrated story created to support older adults facing grief, loneliness, memory loss, or cognitive challenges. Following a character named Pop after the death of his beloved wife, the book gently explores how familiar pleasures, meaningful activities, friendships, and companionship can help someone rediscover purpose. Its message centers on dignity and the reassuring possibility that life can still contain fulfilling moments after profound change.

Through Pop's experiences, I Can Do Things On My Own: A Gentle and Comforting Book for Elders focuses on achievable activities that can foster confidence and connection. Music, reading, pets, friends, and everyday routines become reminders that independence does not have to mean isolation. Foster designed the book with accessible, large-print text and clear illustrations intended for adult readers without making the experience feel childish. The story can also encourage conversation and reminiscence among elders, relatives, caregivers, grandchildren, and memory care professionals.

The inspiration for I Can Do Things On My Own: A Gentle and Comforting Book for Elders grew

directly from Foster's family experience. Her in-laws moved into her family's home while her mother-in-law was living with the final stages of ALS. During that period, Foster's family discovered that her father-in-law was also living with dementia, something his wife had previously helped conceal and manage. After her mother-in-law died, repeated explanations about ALS and her death were difficult for him to retain, creating recurring confusion and anxiety.

Foster responded by creating a personalized illustrated book explaining her in-laws' life together, ALS, and what had happened to his wife in simple, comforting language. Her father-in-law embraced the book and continued reading it aloud, using it to revisit information whenever memory could not provide the reassurance he needed. That experience inspired Foster to create resources for other families. I Can Do Things On My Own: A Gentle and Comforting Book for Elders was further shaped by watching him adjust to life without the constant companionship of his wife after 57 years of marriage. Foster writes with families and caregivers in mind, recognizing that elders experiencing dementia, Alzheimer's disease, or other forms of cognitive decline may depend on others to discover supportive resources. I Can Do Things On My Own: A Gentle and Comforting Book for Elders is especially intended for those helping an older loved one adjust to a new household, cope with the death of a spouse, or find meaningful ways to spend time independently. Through Pop's gentle journey, Foster offers a compassionate reminder that changing circumstances need not erase dignity, enjoyment, connection, or purpose.

The book is available at:
https://a.co/d/0gXnmEMr

For review copies, interview requests, or additional information, please contact:

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