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## **ELDERCARE 101**

*A Practical Guide to Later Life Planning, Care,  
and Wellbeing, Updated Edition*

By Mary Jo Saavedra

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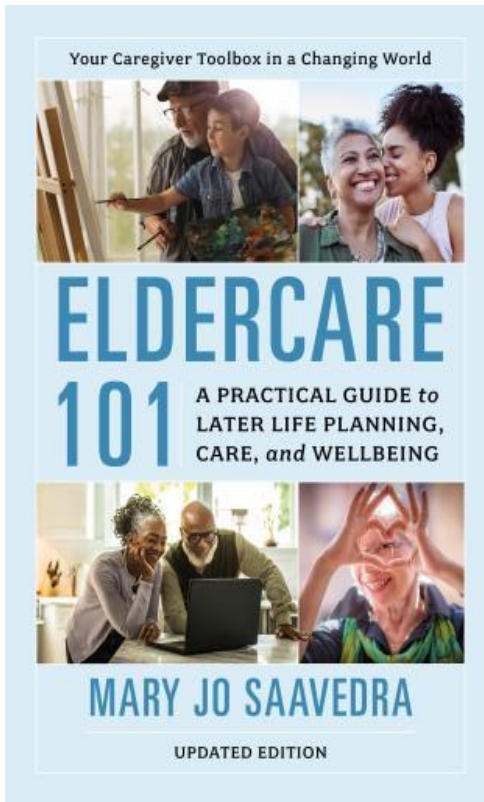
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### **About the Book**

The care and wellbeing of our seniors is paramount as we move out of the worst phase of COVID-19 and back to a more stable landscape, that is still subject to the vagaries of aging, illness, and capabilities. This Updated edition of *Eldercare 101* has been expanded to include pandemic lessons, climate change impact on senior housing and relocation, new medical and technological advancements, new housing trends, multigenerational living, Zoom memorials, brain health, legal needs when you have no children or family, isolation and more. Using her Six Pillars of Aging Wellbeing™ framework, Mary Jo Saavedra and a variety of expert contributors explore the needs, desires, realistic circumstances, opportunities for healthy and safe aging, and end of life care.

### **About the Author**

**Mary Jo Saavedra**, MAIS, CMC, CAPS, CSA, is a nationally recognized speaker, trainer, and coach on life planning and care management. With a passion for integrated life design and elder care coaching, Mary Jo is dedicated to elevating systems that support the whole person and create resilience through purpose, connection, and meaning. Using her Home Life Design™ process with her Six Pillars of Aging Wellbeing™ framework, she helps elders choose how they will live with the opportunities and challenges in the second half of life. Mary Jo has thirty years of professional experience across multiple industries including high-tech, finance, nonprofit, healthcare, and wellbeing. More information can be found here:  
<http://www.eldercare101book.com>.

### **Praise for the Book**

“This updated version of *Eldercare 101* is a fantastic soup-to-nuts guide to later life, with practical advice on personal finances, housing, estate planning, physical and mental health, Medicare, social connections and spirituality. The handy resources alone are worth the price of the book.”—**Richard Eisenberg**, personal finance writer, editor, podcaster, and **The View from Unretirement** columnist at **MarketWatch**

“*Eldercare 101* Updated is a must have resource of proven best practices for life planning and caregiving. The six pillars -- which includes place! -- provides a practical framework to make sense of the maze that is planning for later stages of life. This is an indispensable resource for elders and caregivers alike.”—**Ryan Frederick**, CEO of **Here** and author of **Right Place, Right Time: The Ultimate Guide to Choosing a Home for the**

“Whether you're the giver or receiver of care, this gem of a book will be your trusted companion to the very end. Empathetic, eye-opening, and resource rich.”—**Kate Kaufmann**, author of **Do You Have Kids? Life When the Answer is No**

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