

# Parenting your Parents™



**P**arenting Your Parents, is a weekly radio talk show on 630 KHOW-AM Denver hosted by Pamela D. Wilson, The Care Navigator, weekly on Sunday from 10-11 a.m.

**T**he program focuses on the conversation of caring, giving adult children permission to talk about aging and feelings about becoming caregivers for their parents. These are conversations that usually do not happen until families are in crises. When the discussions do occur, many adult children and their parents have no idea what action to take; many feel they are making difficult decisions under pressure and time constraints.

**D**uring the past ten years Pamela D. Wilson, The Care Navigator has helped adult children and older adults work through issues of caregiving, health care and aging to arrive at positive solutions. This is not always an easy task because of family dynamics. Many parents resist their own children providing direction or making suggestions. This represents a significant change in the parent-child relationship that is emotionally upsetting for the child and the parent because of feelings of loss experienced when parents begin to fail physically and mentally.

**V**isit the Parenting Your Parents website at <http://www.parentingyourparentsradio.com> and you'll find free weekly checklists, downloads, the ability to e-mail questions, access blog and Twitter postings, review program sponsor information and a library complete with archived programs and articles. Also the weekly feature, Too Hot To Handle, discusses timely and controversial issues about health care and aging, offering listeners the ability to give their opinions and participate in the discussion.

For more information about the program or about becoming a sponsor call Pamela D. Wilson at (303) 205-7877.

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