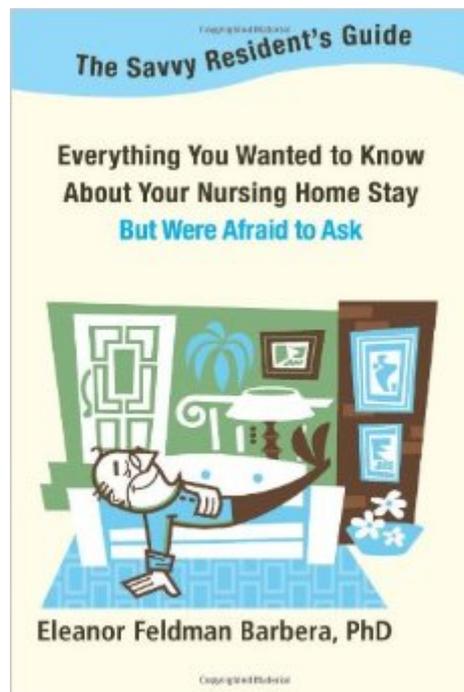


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# The Savvy Resident's Guide: Everything You Wanted To Know About Your Nursing Home Stay But Were Afraid To Ask



## Synopsis

In *The Savvy Resident's Guide*, psychologist Dr. Eleanor Feldman Barbera explains how nursing homes work and how people can make the most of their stays. Finalist in the 2014 SeniorHomes.com Best Books on Aging and Caregiving contest, this large-print guide is the only book available that is directed specifically toward residents. Its calm, pragmatic approach will reassure readers and give them practical tools for handling a nursing home stay. Families will find answers to many of their own questions about nursing homes in *The Savvy Resident's Guide*. Reading the stories of the resident narrators will help family members understand what Mom or Dad worries about after they've left for the day. Join Dr. El and her group of resident narrators in learning how residents can thrive in a nursing home. Visit [MyBetterNursingHome.com](http://MyBetterNursingHome.com) to find resources to create long-term care where EVERYBODY thrives.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #1,239,314 in Books (See Top 100 in Books) #180 in [Books > Health, Fitness & Dieting > Aging > Medical Conditions & Diseases](#)

## Customer Reviews

Whether you have been newly admitted to a nursing home (for short term rehabilitation or a long term stay) or have been in one for sometime, Dr. Eleanor Feldman Barbera gives useful, straightforward suggestions to make life less stressful in a nursing home. I particularly enjoy her sense of humor and use of vignettes to illustrate her points. The "Savvy Resident's Guide" provides vital information into the workings and understanding of how things are done in a nursing home. The book is not only an excellent resource for the resident, but for the family or anyone who needs to gain insight into life in a nursing home. ...And, it is in large print!

Very Comprehensive and easy enough for a healthy person to read, but I doubt seriously that the

average nursing home resident or their family member is going to be interested in so MUCH data being presented all at once. We're taking it more as a reference guide.

I just downloaded this book, started reading and couldn't put it down. It's such a fun read that's witty and informative. I highly recommend it to residents, their families and anyone working in the healthcare industry.

Dr. El offers good advice and really useful information on a topic most of us want to avoid. She delivers it with a dose of hope and lots of humor. Her book makes the journey see less daunting.

This is a great resource for nursing home residents and their loved ones. It covers a lot of issues and is written in easy to understand language. The information empowers residents and their loved ones, giving them good questions to ask and topics to consider. I highly recommend this book for anyone considering assisted living or nursing homes as well as those already living on a residence.

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