



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

*Eleanor Feldman Barbera PhD*

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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.

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