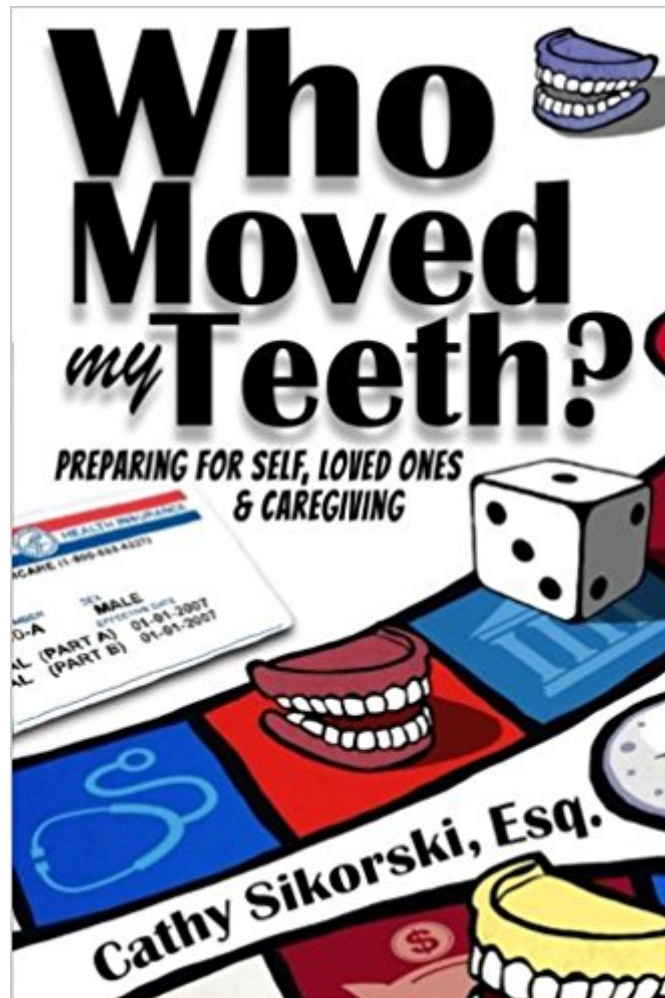




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# Who Moved My Teeth?: Preparing For Self, Loved Ones And Caregiving



## Synopsis

In *Who Moved My Teeth?* Cathy Sikorski, Esq. has combined her 25-plus years of legal and practical experience to bring you important information, tips and questions to ask when preparing yourself or your loved ones for the complicated future of healthcare and caregiving. This book is more than a quick guide book. *Who Moved My Teeth?* talks about everything from obtaining a power of attorney to preparing a living will. A must read for anyone who expects to age--which is all of us!

## Book Information

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## Customer Reviews

Cathy Sikorski has more than 25 years as an attorney who limits her practice to Elder Law issues. She has also been a significant caregiver for the last 25 years for seven different family members and friends. Her first book, *Showering with Nana: Confessions of a Serial Caregiver* (HumorOutcasts Press, 2015) allowed Sikorski to showcase her humor while addressing the complex issue of caregiving. Her combined legal and humor expertise has made her a sought-after speaker and a frequent guest on radio programs and podcasts. Along with her blog entitled "You just Have to Laugh" where Caregiving is Comedy • at [www.cathysikorski.com](http://www.cathysikorski.com), Sikorski writes for The Huffington Post and is a contributing author for HumorOutcasts.com. She can be seen on the West Chester Story Slam YouTube channel. Known as a "Thought Leader," her work can be found in the *Happiness Recipe Anthology: The Best of Year One*, published in 2015. Contact Cathy Sikorski at [cathy.sikorski@gmail.com](mailto:cathy.sikorski@gmail.com) and follow her on Twitter at [@cathy\\_sikorski](https://twitter.com/cathy_sikorski).

This book is necessary reading for anyone with aging parents or grandparents, anyone currently

getting older or planing to get older, as well as your children and grandkids. Did I miss anyone?My wife and I have both been down the caregiver highway and wish this book had been written sooner. It gives all the practical information needed to navigate this confusing world of rules and regulations with health care providers, insurance companies, financial institutions, and our government. It can be used now for planning for the future, or kept for reference later. Equally important, it helps you to deal with the stress of being a caregiver and to be more sympathetic to that caregiver you know.

good book on preparing your self or love ones for what people do not look into more. care giving for yourself as well as other family members. what to do and what to look out for. i can go on, but this info is very good. the writer is very clear in her writing and speaks to a level that anyone can understand. also talks about you yourself being a care giver for someone else. i suggested this book to my friends, family and people at work. i'm sure Cathy may not be able to answer all your question. but the info Cathy gives you. is very darn good, and so helpful.

Just in time book for all baby boomers and their children to read! Clear, concise descriptions of how to avoid legal and other caregiver pitfalls from an experienced elder care lawyer! Brilliant!

Humorous, enlightening, practical! I wish I knew all of this before, but now is better than later. I have some serious thinking to do about my will. Thank you, Cathy, for writing this book.

Wonderful wit and humor to leaven great information about must know topics. This gal can write a book!!!

This is a ridiculously useful book for anyone who is either a caregiver or approaching Medicare age and who needs some guidance through the labyrinth. Sikorski is both an Elder Care Lawyer and a caretaker. She knows what she's talking about and she gives you the information you need in as clear and readable (and occasionally even funny) a way as you could possibly hope for. Reading this book is like kibitzing with a best pal who is an experienced Elder Care Lawyer who knows all the answers and wants to share them with you.

Practical and important information. Such a helpful guide during a crazy, stressful time.

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