

Sigrid Tschöpe-Scheffler
I Used to be a Snazzy Bird, But Now I'm a Lame Duck
My Old Mother, Her Eastern European Caregivers and I

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- Taboo topic of caregivers from Eastern Europe
- Unusual and wonderful stories of an open-minded old lady
- Appendix with reflections and evaluations of the individual care forms

More than four million elderly people in need of care live in the German-speaking regions. In most cases, their sons and daughters assume responsibility and decide what kind of care their parents should receive.

Sigrid Tschöpe-Scheffler and her mother have decided on support by around-the-clock caregivers from Eastern Europe, an approach that is very controversial in Germany. This has allowed the mother to live at home for a long time, even when the "Black Monkey" – which is what she called the progressive dementia – later developed.

The smart, open-minded and humorous lady seized the opportunity of living with her caregivers for a personal and cultural exchange. This allowed the creation of strange and wonderful, but also sad, stories that show how even a care situation can be lively and enriching.

About the author

Dr. Sigrid Tschöpe-Scheffler was a professor at the Cologne University of Applied Sciences for Family Studies and Director of the Institute for Childhood, Youth and Family until 2015. She now works freelance as a family and educational consultant, author and speaker in Germany and abroad.



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