

CAREGIVING RESOURCES

(AVAILABLE IN THE HEIGHTS LIBRARY)

THE CAREGIVER'S SURVIVAL HANDBOOK. 2011. Alexis Abramson, Ph.D

Guide to getting help from family members, dealing with guilt, avoiding conflict, fostering independence, balancing demands on your time and a list of resources.

CREATING MOMENTS OF JOY. 2007. Jolene Brackey

A journal for caregivers. How to accentuate the positive for persons with Alzheimer's and dementia. Tool to create positive outcomes, communication, memory enhanced environments.

HIDING THE STRANGER IN THE MIRROR. 2012. Cameron J. Camp

Caring for those with dementia. Challenges of dementia, using the abilities that remain, creating new habits, optimal stimulation, tweaking the physical and social environment, bribery vs. reinforcement.

TRANSITIONING YOUR AGING PARENTS. 2010. Dale C. Carter

Active listening, decision making, reaching consensus, a plan for transitioning, finding experts and resources.

ELDERCARE IN TEXAS. 2003. Jenny Wilcoxson Davis

Community, legal, financial, Medicare, veteran, family caregiving, and other services available for the elderly.

CARING FOR YOUR PARENTS. 2005, Hugh Delehanty & Elinor Ginzler

Strategies for coping with older parents, quality home care, avoiding scams, dealing with disappearing siblings, resource guides, sensitive topics, worksheets and charts to help with assessing status and evaluating nursing homes.

CARING FOR AGING LOVED ONES. 2001. Henry Holstege & Robert Riekse

Focus on family, a resources guide, long term care, family dynamics, memory loss and dementia, end of life decisions, finding services, understanding changes in aging, avoiding burnout, avoiding abuse, fraud and scams, encouraging faith, making wise decisions on legal issues, finances and insurance.

CAREGIVER'S PATH TO COMPASSIONATE DECISION MAKING. 2010. Viki Kind

Manual for caregivers, decisions, improving communication, medical issues, quality of life, personal values, end of life decisions.

THE COMMON SENSE GUIDE TO DEMENTIA FOR CLINICIANS AND CAREGIVERS. 2013 Anne Lipton & Cindy Marshall

Manual for caregivers of patients with dementia. What is dementia, identifying the different types, finding help, Doctor's visits, caring for the caregiver, medications, alternate therapies, mood and behavior, problem behavior, legal and family matters, selecting level of care, the later stages.

THE COMPLETE ELDERCARE PLANNER. 2009 Joy Loverde

Guide for Caregiving, long term care planning, finding help, financial aspects, sensitive subjects, housing, medications.

THE 36-HOUR DAY. 2011. Nancy Mace & Peter Rabins

Facts about dementia, how to deal with daily care, meals, exercise, personal hygiene, safety, how to cope with false ideas, suspicion, anger, how to get outside help, and addressing financial and legal issues.

MY PARENT, MY TURN. 1995. *Harris Mcilwain*

The caregiver crisis, home care, physical care, long term care, a safe home, exercise and activity, transitioning, financing.

CAREGIVER'S HANDBOOK. 2013. *Janet Mohun & Andrea Bagg*

Guide to providing long/short-term care, maintaining mobility and independence, helping with social and mental well-being issues, the role of the caregiver, changes in the home, nursing care, first aid, end of life thoughts, personal care, and resources.

FROM GRIM TO GREEN PASTURES. 1994. *Richard Morgan*

Meditations for the sick and their caregivers. The inner world of sickness, surviving Job's comforters, lonesome valley, spiritual support, lessons from sickness.

HOW TO CARE FOR AGING PARENTS. 2004. *Virginia Morris*

A practical resource for caring for aging parents: AARP resource for medical, financial, housing, and emotional issues.

CARING FOR AGING LOVED ONES. 2002. *Linda Pipenbrink*

Resource guide on choosing long-term-care, family dynamics, coping with memory loss and dementia, end of life decisions, services, changes in aging, avoiding burnout, avoiding abuse and fraud/scams, etc. Encouraging faith and making decisions on legal, financial and insurance issues.

THE EVERYTHING GUIDE TO CARING FOR AGING PARENTS. 2009. *Kathy Quan*

A resource for deciding and implementing care for your aging loved ones along with considerations for levels of care, communication, home safety, transportation, physicians, insurance paperwork, and legal issues.

COPING IN NEW TERRITORY. 2000. *Susanne Roberts*

Dealing with power struggles, control issues, setting boundaries, sibling conflicts and guilt.

THE HELP AND COPE BOOK FOR PEOPLE WITH AGING PARENTS. 1985.

Problems aging parents face, emotions, where to live, how to maintain independence, Alzheimers.

YOU AND YOUR AGING PARENT. 2008.

Family Guide: feelings, family discord, managing resources, insurance, legal aspects, nursing homes, medications, resources.

HOW TO SAY IT TO SENIORS. 2004. *David Solie*

How aging affects communication, need for control, need to be remembered, communication habits of the elderly, new strategies for communication.

LIVING THE GOOD LONG LIFE. 2013. *Martha Stewart*

Advocates for better care and caregiver support, breaks the stereotypes of aging with suggesting for active and healthy lifestyle. Practical advice on daily activities for healthier and better living. Chapters on health in food, fitness, healthy outlook, and healthy brain a healthy home.

A CAREGIVER'S SURVIVAL GUIDE. 2000. *Kay Marshall Strom*

Finding spiritual support, balanced relationships, living at home, finances, impact on family, personal losses.

ELDERCARE OF DUMMIES. 2003. *Rachelle Zukerman*

Guide for assessing older person's needs, arranging for care, ensuring safety, enhancing quality of life and respecting their dignity.