

Caregiver Survival Skills

RESOURCE LIST



BOOKS ABOUT CAREGIVING

Cancer Caregiving A to Z: An At-home Guide for Patients and Families..... 616.994003 CANCER

The complete Guide to Medicaid and Nursing Home Costs: How to Keep Your Family Assets Protected: Up to Date Medicaid Secrets You Need to Know
368.4200973 COMPLETE

Voices of Caregiving: The Healing Companion: Stories for Courage, Comfort and Strength 649.8 VOICES

American Bar Association
You and Your Aging Parents: The American Bar Association Guide to Legal, Financial, and Health Care Issues646.79 YOU;AND

Berman, Raeann
Caring for Your Aging Parents: An Emotional Guide to Nurturing Your Loved Ones while Taking Care of Yourself 2009..... 649.8084/6

Beerman, Susan
Eldercare 911: the Caregiver's Complete Handbook for Making Decisions..... 646.79 BEERMAN

Bonner, Dede
The 10 Best Questions for Living with Alzheimer's: The Script You Need to Take Control of Your Health.....616.831 BONNER

Bornstein, Robert F.
When Someone You Love Needs Nursing Home, Assisted Living, or In-home Care: The Complete Guide..... 362.16 BORNSTEIN

Brackey, Jolene
Creating moments of joy for the person with Alzheimer's or dementia..... 362.196831 BRACKEY

Calo-oy, Starr
Caregiving Tips A-Z: Alzheimer's and Other Dementias..... 649.8 CALO-OY

Calo-oy, Starr
Caregiving Tips A-Z: Everything You Need to Know to Care for Your Loved One at Home! 649.8 CALO-OY

Delehanty, Hugh
Caring for Your Parents: The Complete AARP Guide..... 306.874 DELEHANTY

Dickinson, Lynn
Living Well in a Nursing Home: Everything You and Your Folks Need to KnowA362.16 DICKINSON

Digregorio, Charlotte
Everything You Need to Know about Nursing Homes: The Family's Comprehensive Guide to Either Working with the Institution or Finding Care Alternatives362.16 DIGREGORIO

Doraiswamy, P. Murali
The Alzheimer's Action Plan: The Experts' Guide to the Best Diagnosis and Treatment for Memory Problems 616.831 DORAISWAMY

Federico, Meg
Welcome to the Departure Lounge: Adventures in Mothering Mother..... 306.8740846 FEDERICO

Gibbons, Leeza.
Take Your Oxygen First: protecting your health and happiness while caring for a loved one with memory loss 362.1968310092 GIBBONS

Halpern, Sue
Can't Remember What I Forgot: The Good News from the Front Lines of Memory Research 616.8483 HALPERN

Hoffman, John
The Alzheimer's Project: Momentum in Science 616.831 HOFFMAN

Horgan, David
When Your Parent Moves In: Every Adult Child's Guide to Living with an Aging Parent 306.874 HORGAN

Jacobs, Barry J.
The Emotional Survival Guide for Caregivers: Looking after Yourself and your Family while Helping an Aging Parent 649.80846 JACOBS

James, Vaughn E.
The Alzheimer's Advisor: A Caregiver's Guide to Dealing with the Tough Legal and Practical Issues 344.730436831 JAMES

Kessler, Lauren
Finding Life in the Land of Alzheimer's: One Daughter's Hopeful Story 362.196831 KESSLER

Kind, Viki
The Caregiver's Path to Compassionate Decision Making: Making Choices for Those Who Can't 649.8 KIND

Lockhart, Sybil
Mother in the Middle: A Biologist's Story of Caring for Parent and Child 570.92 LOCKHART

Loverde, Joy
Complete Eldercare Planner: Where to Start, Which Questions to Ask, and How to Find Help 362.6 LOVERDE

Lynn, Dorree
When the Man you Love Is Ill: Doing Your Best for Your Partner without Losing Yourself 610 LYNN

Mace, Nancy L.
The 36-hour Day: A Family Guide to Caring for People with Alzheimer Disease, Other Dementias, and Memory Loss in Later Life 362.196831 MACE

McCullough, Dennis M.
My Mother, Your Mother: Embracing "Slow Medicine"-the Compassionate Approach to Caring for Your Aging Loved Ones 362.6 MCCULLOUGH

Mintz, Suzanne
A Family Caregiver Speaks Up: "It Doesn't Have To Be This Hard" 649.8 MINTZ

Murphey, Cecil B
When Someone You Love Has Cancer: Comfort and Encouragement for Caregivers and Loved Ones 362.196994 MURPHEY

Nicol, Colleen
Senior Days: Insightful Tales and No-Nonsense Help from the Frontlines of Eldercare 362.6 NICOL

Pearce, Nancy D.
Inside Alzheimer's: How to Hear and Honor Connections with a Person Who Has Dementia 618.976831 PEARCE

Rantz, Marilyn
How to Find the Best Eldercare 362.610973 RANTZ

Reed, Donna M.
An Insider's Guide to Better Nursing Home Care: 75 Tips You Should Know 362.160683 REED

Rosofsky, Ira
Nasty, Brutish, and Long: Adventures in Old Age and the World of Eldercare 362.16 ROSOFSKY

Schor, Joshua D.
The Nursing Home Guide: A Doctor Reveals What You Need to Know about Long-Term Care ... 362.16 SCHOR

Span, Paula
When the Time Comes: Families with Aging Parents Share Their Struggles and Solutions 362.61 SPAN

Spring, Janis Abrahms
Life with Pop: Lessons on Caring for an Aging Parent 362.6092 SPRING

Winakur, Jerald
Memory Lessons: A Doctor's Story 362.6 WINAKUR

Zeisel, John
I'm Still Here: A Breakthrough Approach to Understanding Someone Living with Alzheimer's 616.831 ZEISEL

AUDIOVISUAL MATERIALS

Alzheimer's and Dementia: Caring for the Caregiver
 Princeton, N.J.: Films for the Humanities & Sciences, 2003
 DVD 616.831 ALZHEIMERS

The Alzheimer's Project
 United States: Home Box Office, 2009
 DVD 616.831 ALZHEIMERS

Caring for Your Parents
 Boston, MA : WGBH Boston Video, 2008
 DVD 649.80846 CARING:FOR

The Educated Caregiver
 Nashville, TN: LifeView Resources, 2004 (3 volumes)
 DVD 649.8 EDUCATED

The Family Guide to Long-Term Care
 Nashville, TN: LifeView Resources, 2005 (6 volumes)
 DVD 306.874 FAMILY

Plain Talk about Alzheimer's Disease: Alzheimer's Related Dementia and Wandering
 Agoura Hills, CA: Truro Group, 2008
 DVD 616.831 PLAIN:TALK

The Savvy Caregiver: A Memory Loss Training Program
 Minneapolis, Minn.: HealthCare Interactive, 2007
 DVD 616.831 SAVVY CAREGIVER

WEB SITES

AARP – a variety of online resources on caregiving.
aarp.org/family/caregiving

Alzheimers' Association
alz.org

Eldercare Locator – a public service of the U.S.
Administration on Aging for finding local agencies
eldercare.gov

Family Caregiver Alliance –
a one-stop shopping center for caregivers
caregiver.org

Lotsa Helping Hands - private, web-based caregiving
coordination service
nfca.lotsahelpinghands.com

NFCA helps transform family caregivers' lives by removing
barriers to health and well being
thefamilycaregiver.org

A Place for Mom – a free referral service helping families
with senior care
aplaceformom.com

Today's Caregiver – national magazine dedicated to
caregivers
caregiver.com

Suggested subject headings on the JCPL web site
jeffcolibrary.org

Aging Parents Care	Nursing Home Care
Alzheimers Disease	Nursing Homes
Caregivers	Older People Care
Home Nursing	Palliative Treatment
Hospice Care	Terminal Care

Mountain Caregivers Resource Group

Elk Run Assisted Living Community

303-679-8777
31383 Frost Way
Evergreen CO, 80439

Mt. Evans Hospice and Home Health Care

303-674-6400
3081 Bergen Peak Drive
Evergreen CO, 80439

Life Care Center of Evergreen

303-674-4500
2987 Bergen Peak Drive
Evergreen CO, 80439

Seniors' Resource Center – Evergreen

303-674-2843
5120 Hwy. 73
Evergreen CO, 80439



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