

Recommended Resource List: Caregiving

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- *Public Library staff* should use the OCLC Interlibrary Loan system for audiobook and book requests and the [Public Library Visual Materials/Kit Request](#) form for videos and DVDs.
- *Members of the general public* should contact their local public library for interlibrary loan service.

Books

Berman, Claire. **Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive.** 3rd ed. New York: Henry Holt, 2006. Call number: [306.8740846 Berm](#)

Buck, Jari Holland. **Hospital Stay Handbook: a Guide to Becoming a Patient Advocate for Your Loved Ones.** Woodbury, MN: Llewellyn Publications, 2007. Call number: [610 Buck](#)

A Caregiver's Guide to Alzheimer's Disease: 300 Tips for Making Life Easier. New York: Demos Medical Pub., 2006. Call number: [618.976831 Care](#)

Carlson, Eric M. **The Baby Boomer's Guide to Nursing Home Care.** Lanham, MD: Taylor Trade Pub., 2006. Call number: [362.16 Carl](#)

Dickinson, Lynn. **Living Well in a Nursing Home: Everything You and Your Folks Need to Know.** Alameda CA: Hunter House Publishers, 2006. Call number: [362.16 Dick](#)

Gleckman, Howard. **Caring for Our Parents: Inspiring Stories of Families Seeking New Solutions to America's Most Urgent Health Crisis.** New York: St. Martin's Press, 2009. Call number: [362.6 Glec](#)

Glenner, Joy A. **When Your Loved One Has Dementia: A Simple Guide for Caregivers.** Baltimore, MD: Johns Hopkins University Press, 2005. Call number: [362.19897683 When](#)

Grumman, Jessie C. **Aftershock: What to Do When the Doctor Gives You, or Someone You Love, a Devastating Diagnosis.** New York: Walker & Co., 2007. Call number: [616.044 Grump](#)

Henry, Stella Mora. **The Eldercare Handbook: Difficult Choices, Compassionate Solutions.** New York: Collins, 2006. Call number: [362.6108540973 Henr](#)

Horgan, David. **When Your Parent Moves In: Every Adult Child's Guide to Living with an Aging Parent.** Avon, MA: Adams Media, 2009. Call number: [306.8740846 Horg](#)

Jacobs, Barry J. **The Emotional Survival Guide for Caregivers: Looking after Yourself and Your Family While Helping an Aging Parent.** New York: Guilford Press, 2006. Call number: [649.80846 Jaco](#)

Kiernan, Stephen P. **Last Rights: Rescuing the End of Life from the Medical System.** New York: St. Martin's Press, 2006. Call number: [179.7 Kier](#)

Langshur, Eric. **We Carry Each Other: Getting Through Life's Toughest Times.** San Francisco: Conari Press, 2007. Call number: [610 Lang](#)

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.** 4th ed. Baltimore, MD: Johns Hopkins University Press, 2006. Call number: [362.196831 Mace](#)

Matthews, Joseph. **Long Term Care: How to Plan and Pay for It.** 6th ed. Berkeley: Nolo, 2006. Call number: [362.160973 Matt](#)

McCurry, Susan. **When a Family Member Has Dementia: Steps to Becoming a Resilient Caregiver.** Westport, CT: Praeger, 2006. Call number: [616.83 McCu](#)

McLay, Evelyn. **Mom's OK, She Just Forgets: the Alzheimer's Journey from Denial to Acceptance.** Amherst, NY: Prometheus Books, 2007. Call number: [616.831 McLa](#)

Pratt, Marcia. **When It's Time: a Practical Nursing Home Handbook for Families.** [Bangor, ME]: Booklocker.com, 2005. Call number: [362.16 Prat](#)

Reed, Donna M. **An Insider's Guide to Better Nursing Home Care: 75 Tips You Should Know.** Amherst, NY: Prometheus Books, 2009. Call number: [362.16 Reed](#)

Rhodes, Linda. **Should Mom Be Left Alone? Should Dad Be Driving? Your Q & A Companion for Caregiving.** New York: New American Library, 2005. Call number: [306.8740846 Rhod](#)

Somers, Marion. **Elder Care Made Easier: Doctor Marion's 10 Steps to Help You Care for an Aging Loved One.** Omaha, NE: Addicus Books, 2006. Call number: [649.80846 Some](#)

Videos

& Thou Shalt Honor. 123 min. Aquarius Health Care Videos, 2002. 2 Videos. Call number: [VC 362.14 And](#)

Caregiving, Important Information and Advice. 29 min. Aquarius Health Care Videos, 2002. Video. Call number: [VC 649.80846 Care](#)

Fall Prevention 101. 9 min. Apple a Day Films, 2005. DVD. Call number: [VC DV 613.0438 Fall](#)

Protecting the Caregiver: Non-violent Responses to Physical Assaults. 26 min. Aquarius Healthcare, 2005. DVD. Call number: [VC DV 610.7304 Prot](#)

When Your Parent Needs You. 35 min. Paraclete, 2001. Video. Call number: [VC 362.63 When](#)

Websites

<http://www.nfcacares.org/>

National Family Caregivers Association (NFCA) is a grass roots organization created to educate, support, empower and speak up for the millions of Americans who care for chronically ill, aged or disabled loved ones. Last accessed on December 3, 2009.

<http://www.caregiving.org/>

National Alliance for Caregiving is dedicated to providing support to family caregivers and the professionals who help them and to increasing public awareness of issues facing family caregivers. Last accessed on December 3, 2009.