

Caregiver Resources:

Title: *Failure-Free Activities for the Alzheimer's Patient: A Guidebook for Caregivers*

Author: Carmel Sheridan

Year of Publication: 1987

Summary: This guidebook provides information and activities working with music, food preparation, gardening, crafts, exercising, family games, reminiscence and solo activities.

Title: *Navigating the Alzheimer's Journey: A Compass for Caregiving*

Author: Carol Bowlby Sifton

Year of Publication: 2004

Summary: *Navigating the Alzheimer's Journey* is your best guide to providing the best care. Filled with reassurances and practical advice, this book gives you the encouragement and tools you need to manage the daily care of someone with dementia in a caring, compassionate, and supportive way.

Title: *The 36-Hour Day*

Author(s): Nancy L. Mace & Peter V. Rabins

Year of Publication: 2012

Summary: This guide is great for caregivers who care for a loved one with Alzheimer's disease, related dementias and other memory loss diseases. This book contains: the basic facts about dementia, how to deal with problems arising in daily care, financial and legal issues you must address and more.

*** Please let us know if you would like your own copy**

(2) Title: *Sometimes Ya Gotta Laugh: caregiving, laughter, stress and Alzheimer's disease*

Author: Karen Stobbe

Year of Publication: 2002

Summary: Sometimes life is hard. Caring for another person is not easy. But everyone I spoke with-no matter what kind of caregiving they do-all agreed you have to find your sense of humor and that sometimes. Ya gotta laugh.

Title: *Hiring Home Caregivers: The Family Guide to In-Home Eldercare*

Author: D. Helen Susik, M.A.

Year of Publication: 1995

Summary: Are you caring for a loved on at home? Do you need help? Hiring Home Caregivers offers answers to these questions and more that are being asked by tens of thousands of Americans who are trying to find dependable, trustworthy, in-home helpers.

Title: *The Caregiver's Manual: A Guide to Helping the Elderly and Infirm*

Authors: Gene B. Williams & Patie Kay

Year of Publication: 1995

Summary: This book includes everything from practical instructions on the problems of dealing with elderly people to heartfelt advice on the importance of honest communication. It will help someone make the decision whether to take on caregiving in the first place, and if so whether to do it in his or her own home.

Title: *And Thou Shalt Honor: The Caregiver's Companion*

Author: Beth Witrogen McLeod

Year of Publication: 2002

Summary: Page after page of useful advice draws on the expertise of the nations top caregiving researchers and advocates, as well as the real-world wisdom of caregivers just like you. Complete with action plans and checklists for key caregiving issues, plus a comprehensive directory of essential caregiving resources.

Title: *Care that Works: A Relationship Approach to Person's with Dementia*

Author: Jitka M. Zgola

Year of Publication: 1999

Summary: Zgola explains that optimal dementia care involves three elements: a good relationship between caregiver and person with dementia, a safe and nurturing environment, and meaningful activities. Topics that receive special attention include communicating with persons who have language deficits and coping with problem behaviors – two critical problems in dementia care.

(2) Title: *The Comfort of Home for Alzheimer's Disease: A Guide for Caregivers*

Authors: Maria M. Meyer, Mary S. Mittelman, Cynthia Epstein, and Paula Derr

Year of Publication: 2008

Summary: This book covers the basics, from understanding how Alzheimer's is different from normal aging, to coping with the behavioral symptoms that come with slowly diminishing reasoning skills.

Title: *Elder Care For the Millennium: A Practical and Compassionate Guide for Caregiving*

Authors: Dr. Lisa Mienville and Dr. Bonnie L. Robeson

Year of Publication: 1999

Summary: "It was becoming apparent that dad was having memory problems. One example was the time he forgot where he was going in the car. As a result, he became disoriented and lost. He later admitted he knocked on a stranger's door to ask where he was."

Title: *Counseling and Helping Caregivers*

Author: J Mitchell Noon

Year of Publication: 1999

Summary: Much is written about the experience of who people who are ill, but relatively little is said about the emotional and material effects of illness on those who care for the patient.

Title: *What if it's not Alzheimer's?: A Caregiver's Guide to Dementia*

Authors: Lisa Radin, Gary Radin

Year of Publication: 2008

Summary: This revised book focuses on recent worldwide collaborations in research and provides the most current medical information available, a better understanding of the different classifications of frontotemporal dementia.

Title: *Help: For Alzheimer's Caregivers, Families, and Friends*

Author: Jean Robinson, RD

Year of Publication: 2006

Summary: Jean Robinson's personal experiences as an Alzheimer's caregiver led her to write this book, particularly to help other caregivers adjust in the early years of their new experience.

(2) Title: *Coping with Caregiving: Daily Reflections for Alzheimer's Caregivers*

Author: Lyn Roche

Year of Publication: 1996

Summary: This book is written for the caregiver who cares for a loved one with Alzheimer's disease or a related disorder. Each page provides an inspiring daily reflection, followed by a related caregiving tip. Designed for daily use, this unique volume serves as a support group, a place where you could feel understood and renewed.

Title: *Caregiver's Survival Training and Journal*

Author: Elaine K. Sanchez

Year of Publication: 2010

Summary: This handbook gives caregivers an insight into what makes a healthy relationship and to best connect with an elder living with Alzheimer's.

Title: *The Caregiver Helpbook: Powerful Tools for Caregiving*

Authors: Vicki Schmall, Ph.D, Marilyn Cleland, R.N., Marilynn Sturdevant

Year of Publication: 2000

Summary: One of the greatest challenges of being a family caregiver is maintaining one's own physical and emotional health. This book is designed to provide caregivers with tools to increase self-care and give them confidence in handling difficult situations.

Title: *Dementia Caregiver Guide*

Author: Teepa Snow

Year of Publication: 2012

Summary: This book shows a positive approach about techniques for caregiving, Alzheimer's and other forms of dementia.

Title: *The Alzheimer's Caregiver: Dealing with the Realities of Dementia*

Author: Harriet Hodgson

Year of Publication: 1998

Summary: Caring for someone with Alzheimer's requires energy and courage. As the person's mental abilities decrease, your responsibilities increase, and the physical and emotional challenges become more difficult than you every imagined. This book offers a place to turn for valuable information and support.

Title: *The Home Care Companion's: Quick Tips for Caregivers*

Author: Marion Karpinski R.N.

Year of Publication: 2000

Summary: This information-packed book provides you with all of the hands-on caregiving advice and instruction you will need every day. The quick tips section will allow you to find the information you want quickly.

Title: *Caregiver's Path to Compassionate Decision Making: Making Choices for Those Who Can't*

Author: Viki Kind, MA

Year of Publication: 2010

Summary: This guide offers tools and techniques that will limit your frustration and fears and help you make informed, respectful decisions.

Title: *Alzheimer's: A to Z Secretes to Successful Caregiving*

Author: Jytte Lokvig

Year of Publication: 2002

Summary: This book is the best guide to date on caregiving for the memory impaired. Alphabetically arranged, this book provides sample dialog with step-by-step directions for effective communication and the fostering of healthy attitudes.

Title: *The Complete Elder Care Planner: Where to Start, Which Questions to Ask and How to Find Help*

Author: Joy Loverde

Year of Publication: 2000

Summary: Many questions are answered in this book about caregiving and providing the best care for your loved one. Topics include: emergency preparedness, caregiving, money, legal matters, insurance, housing, quality of life, transportation, death and dying and more.

Title: *And Thou Shalt Honor: The Caregiver's Companion*

Author: Beth Witrogen McLeod

Year of Publication: 2002

Summary: This book offers page after page of useful advice that draws on expertise of the nation's top caregiving researchers and advocates, as well as the real world wisdom of caregivers.

Title: *The Comfort At Home: An Illustrated Step-By-Step Guide for Caregivers*

Authors: Maria M. Meyer & Paula Derr

Year of Publication: 2002

Summary: This book takes you through the steps of home care, helping you to: learn latest CPR standards, make the home safe and comfortable, avoid caregiver burnout, ensure proper nutrition, and avoid infections and illnesses and more.

Title: *I Have to Leave You Now: A Survival Guide for Caregivers of Loved Ones with Alzheimer's Disease*

Author: Maria V. Ciletti

Year of Publication: 2015

Summary: This memoir is about an Alzheimer's caregiver woven in with a practical self-help guide that deals with the day-to-day processes of caring for someone you love with Alzheimer's disease.

Title: *Caregivers and Personal Assistants*

Author: Alfred H. DeGraff

Year of Publication: 2002

Summary: This reference will help you great a good relationship with family caregivers, agency aides and personally employed PA's that will maximize respect and trust and minimize stress. In this book, you will find step-by-step strategies for recruiting, interviewing, screening, hiring, training and parting ways with your paid help providers.

Title: *Caring For the Alzheimer Patient: A Practical Guide*

Author(s): Raye Lynne Dippel, Ph.D., & J. Thomas Hutton, M.D., Ph.D.

Year of Publication: 1996

Summary: This book offers many chapters that contain up-to-date information on the medical aspects of Alzheimer's, the importance of exercise and proper diet, optimal living environments for patients, selecting the appropriate nursing home, the benefits of support groups and much more.

Title: *Caregiving and Loss: Family Needs, Professional Responses*

Author: Hospice Foundation of America

Year of Publication: 2001

Summary: This three-part book provides information on: Caregiving as an Issue: Policy and Programs, The Caregiving Experience, Implications for Professionals, and Grief, Loss and the End of Life.

Title: *Alzheimer's: Caring for Your Loved One, Caring for Yourself*

Author: Sharon Fish

Year of Publication: 1990

Summary: The author draws on personal experience of caring for a patient with Alzheimer's. She looks at the facts about Alzheimer's and the realities that caregivers face.

(3) Title: *The Alzheimer's Sourcebook for Caregivers: A Practical Guide For Getting Through The Day*

Author: Frena Gray-Davidson

Year of Publication: 1999

Summary: This book is a fact-based, hands-on, caregiving guide written by an in-home Alzheimer's caregiver. This book helps you work through the personal issues surrounding caregiving.

(6) Title: *Caregivers Guide: Information and Resources about Alzheimer's Disease and Related Dementia*

Author: The Alzheimer's Association

Summary: This handbook provides all the useful information patients, caregivers and professionals would need and want to know about Alzheimer's disease. The Alzheimer's Association provides great, factual information about how to provide the best care for someone living with Alzheimer's.

Title: *Finding the Joy in Alzheimer's: Caregivers Share The Joyful Times*

Author: Brenda Avadian

Year of Publication: 2002

Summary: This book will bring comfort and humor to overwhelmed and weary caregivers. Laugh as you read how others live day-to-day, survive the holidays, visit nursing homes, and cope with husbands who forget their wives and more.

(2) Title: *The Caregivers' Journey*

Author: Dr. Geila Bar-David

Summary: This handbook gives insight to what it means to be a caregiver and how each day changes. This book will help you better understand your role and connect with others on the same level.

Title: *The Fearless Caregiver: How to Get the Best Care For your Loved One and Still Have a Life of Your Own*

Author: Gary Barg

Year of Publication: 2001

Summary: This book clearly defines your role in developing your loved one's care plan and becoming a respected advocate to ensure that he or she always receives the best care the system has to offer.

Title: *To Everything There is a Season: A Guide for Caregivers of Farmers and Ranchers with Disabilities*

Author: Ray Boltz

Summary: This handbook gives great insight on how to care for someone who lived on a farm or ranch and is now living with Alzheimer's disease. Using their past hobbies, you can help them manage their stress and emotions.

Title: *When Someone You Know Is Living in a Dementia Care Community: Words to Say and Things To Do*

Author: Rachael Wonderlin

Year of Publication: 2016

Summary: The author of this book explains different kinds of dementia, details the wide range of communities available for those who have dementia and speaks empathetically to the worry and guilt many families experience.

(2) Title: *Therapeutic Caregiving: A Practical Guide for Caregivers of Persons with Alzheimer's and Other Dementia Causing Diseases*

Author: Barbara J. Bridges, R.N.

Year of Publication: 1998

Summary: This book provides professional expertise coupled with practical advice, encompasses compassion for person with dementing illness, practical suggestions for all long term care professionals and more.

(2) Title: *Coach Broyles' Playbook for Alzheimer's Caregivers*

Author: Coach Frank Boyles

Year of Publication: 2006

Summary: This playbook stylebook gives a different approach to learning about Alzheimer's disease and how to be a caregiver for someone living with Alzheimer's.

Title: *A Caregiver's Guide to Alzheimer's Disease: 300 Tips for Making Life Easier*

Author(s): Patricia R. Callone, Connie Kudlacek, Barbara C. Vasiloff, Janaan Manternach, & Roger A. Brumback.

Year of Publication: 2006

Summary: This reader-friendly, accessible guide is filled with tips and techniques that will help families, friends, and caregivers assist individuals with Alzheimer's disease.

Title: *Daughters of the Elderly: Building Partnerships in Caregiving*

Author: Jane Norris

Year of Publication: 1988

Summary: This novel is a collection of stories. A distinguished group of professionals that talks about the important issues raised by the daughters' stories. These experts also offer information on self-care and well-being, advice about decision making in health care and practical suggestions for sorting out the physical, mental and emotional aspects of an aging caregiver.

Title: *The Gifts of Caregiving: Stories of Hardship, Hope and Healing*

Author: Connie Goldman

Year of Publication: 2002

Summary: This storybook gives detailed accounts of caregivers and how they took care of their loved ones. Each piece has extraordinary conversations with family caregivers.

Title: *The Unofficial Guide to Eldercare*

Author: Chris Adamec

Year of Publication: 1999

Summary: This guidebook is designed to give caregivers a foolproof appraisal of what works and what doesn't- the good deals and the bad ones – with unbiased recommendations that are not influenced by any company, product or organization.

Title: *Caring for a Loved One with Dementia*

Author: Marguerite Manteau-Rao

Year of Publication: 2016

Summary: This book offers a compassionate and effective guide for dementia care to help reduce stress, stay balanced and bring ease into the interactions with the person with dementia.

Title: *It Takes More Than Love: A Practical Guide to Taking Care of an Aging Adult*

Author(s): Anita G. Beckerman & Ruth M. Tappen

Year of Publication: 2000

Summary: This vital guidebook thoroughly answers your questions with straightforward explanations and abundant tips and advice. Now you will have the knowledge you seek to assume the challenging and often-changing caregiver's role.

Title: *Love, Honor, & Value*

Author: Suzanne Geffen Mintz

Year of Publication: 2002

Summary: This novel is about family caregivers – those who are just beginning a caregiving journey and those for whom family caregiving is an integral part of their daily lives.

Title: *Alzheimer's Early Stages: First Steps in Caring and Treatment*

Author: Daniel Kuhn, MSW

Year of Publication: 1999

Summary: This informational book is divided into three sections: What is Alzheimer's Disease?, Giving Care, and Caring for Yourself. These three sections are important for caregiving.

Title: *You Say Goodbye and We Say Hello*

Author(s): Tom & Kate Brenner

Year of Publication: 2012

Summary: This is a new book that aims to help dementia caregivers connect with their loved ones – in sometimes surprising ways. This book is the Montessori Method for Positive Dementia Care.

Title: *Discovering Adventure in Special Care*

Author: Rosemary Dunne

Year of Publication: 1998

Summary: This book allows you to join the journey with the hundreds of other dementia caregivers who continue to celebrate the unrepeatable uniqueness of each individual regardless of ability, as told within this thought-provoking and inspiring text.

(4) Title: *Hard Choices for Loving People*

Author: Hank Dunn

Year of Publication: 2001

Summary: This short book provides information on CPR, artificial feeding, comfort care, and the patient with a life-threatening illness.

Title: *The New Nursing Homes*

Authors: Marilyn Rantz, Lori Popejoy, Mary Zwygart-Stauffacher

Year of Publication: 2001

Summary: There are good nursing homes out there. And you can find them using this proven 20-minute walk-through guide. Written by three award-winning experts on long-term care, this book will help you locate nursing homes that look like home, treat you like family, and provide high-quality, personalized care.

A Guide to Alzheimer's Caregiving. Caring for someone with Alzheimer's disease can be rewarding, frustrating and highly demanding, all in the same day. There are about 15.7 million adult caregivers caring for someone with Alzheimer's disease or another form of dementia " so if you're navigating through some of these emotions, you are not alone. In addition to the heavy emotional toll caregivers of loved ones with Alzheimer's face, these caregivers are also likelier to spend more time and money on that responsibility than other elder caregivers. A 2015 Caring.com survey of more than 2,000 famil