

SUGGESTED BOOKS FOR FOR YOUR JOURNEY AS A CAREGIVER

Read up on caregiving and Alzheimer's disease

A library can be a great resource for finding information on caregiving and Alzheimer's disease. Take this list of books with you next time you visit your local library.

▪ **The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss**

Caregivers are responsible for a lot. This guide contains detailed advice to make caring for people with Alzheimer's disease a little easier. It also includes condition information, management tips, and advice concerning out-of-home care.

The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss. Mace, N. and Rabins, P. Johns Hopkins University Press, 2017. ISBN: 978-1421422237

▪ **Caregiver Survival Series**

Caregivers work long, hard hours under constant emotional pressure. And that pressure can make it hard to stay motivated and committed to caregiving. This series contains caregiving tips and techniques for managing the day-to-day responsibilities of caregiving.

Caregiver Survival Series. Sherman, J. Pathway Books.

- Preventing Caregiver Burnout (1996) ISBN: 978-0935538168
- Creative Caregiving (1996) ISBN: 978-0935538175
- Coping With Caregiver Worries (1998) ISBN: 978-0935538205

▪ **Caregiver's Handbook: A Complete Guide to Home Health Care**

Experienced caregivers, volunteers, and staff from the Visiting Nurses Associations of America wrote this illustrated handbook for caregivers like you. It provides practical tips on nutrition, personal hygiene, communicating, and adapting the home to meet your loved one's needs.

Caregiver's Handbook: A Complete Guide to Home Health Care. Visiting Nurses Associations of America. DK Publishing, 1998. ISBN: 978-0789419699

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

This manual provides step-by-step advice for caregivers who are taking care of elderly or critically ill people, as well as guidance on coping with the emotional toll that caring for another can take.

The Caregiver's Manual: A Guide to Helping the Elderly and Infirm. Williams, G. and Kay, P. Citadel Press, 1995. ISBN: 978-0806515977

▪ **Caregiving: The Spiritual Journey of Love, Loss, and Renewal**

In this book, the author shares her journey as a caregiver and provides advice from leaders in the fields of aging, medicine, finance, and spirituality. Issues such as depression, stress, housing, home care, and end-of-life concerns are also touched upon in this book. A list of additional resources is provided in the back of the book.

Caregiving: The Spiritual Journey of Love, Loss, and Renewal. McLeod, B. John Wiley and Sons, Inc., 2000. ISBN: 978-0471392170

▪ **Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers**

This book is an illustrated guide that can help caregivers do their job, both now and as new healthcare needs arise. This guide walks caregivers through various obstacles and tasks, such as providing a safe and comfortable environment for their loved one. It can also help with managing day-to-day needs, such as hygiene. This guide also addresses end-of-life healthcare documents and tips for avoiding caregiver burnout.

Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers. Meyer, M. and Derr, P. CareTrust Publications, 2002. ISBN: 978-0966476736

▪ **Counting on Kindness: The Dilemmas of Dependency**

This book depicts what life is like for the loved one who is now dependent on a caregiver. It tells of the emotional struggles, including self-esteem and loss of identity as a condition progresses.

Counting on Kindness: The Dilemmas of Dependency. Lustbader, W. The Free Press, 1993. ISBN: 978-0029195161

- **Helping Yourself Help Others: A Book for Caregivers**

In this book, the author talks about the social issues surrounding caregiving. She also offers solutions to the problems caregivers often experience, such as loneliness, burnout, anger, and feelings of helplessness.

Helping Yourself Help Others: A Book for Caregivers. Carter, R. and Golant, K. PublicAffairs, 2013. ISBN: 978-1610393522

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

In-home eldercare, a difficult subject for caregivers, is explored through both an emotional and practical lens in this guide. This book offers a breakdown of a caregiver job description, describes the hiring process, and instructs how to do background checks. It also includes a suggested employment agreement and tax, legal, and insurance information. Samples of checklists and worksheets are included.

Hiring Home Caregivers: The Family Guide to In-Home Eldercare. Susik, D. Impact Publishers/American Source Books, 1995. ISBN: 978-0915166916

- **The Hospice Handbook: A Complete Guide**

Hospice care can be an incredibly difficult topic for caregivers to discuss. This handbook can help caregivers review options and offers advice regarding quality of life for the terminally ill. Topics include in-home care, palliative care, and pain management.

The Hospice Handbook: A Complete Guide. Beresford, L. Little, Brown and Co., 1993. ISBN: 978-0316091381

- **Kind Words for Caring People: Daily Affirmations for Caregivers**

Keeping a positive attitude is very important when you are caring for an aging or disabled family member. In this book, the author has put together a series of daily affirmations with the intention of inspiring positivity for caregivers.

Kind Words for Caring People: Daily Affirmations for Caregivers. Pitzele, S. Health Communications, 1992. ISBN: 978-1558742109

- **Share the Care: How to Organize a Group to Care for Someone Who Is Seriously Ill**

When caring for a loved one with a serious illness, the tasks and responsibilities involved can be overwhelming. This book offers guidelines, suggestions, and an easy-to-use workbook section to help you create your own support circle.

Share the Care: How to Organize a Group to Care for Someone Who Is Seriously Ill. Capossela, C. and Warnock, S. Fireside Books/Simon & Schuster, 2004. ISBN: 978-0743262682

- **Taking Charge: Overcoming the Challenges of Long-Term Illness**

Long-term illnesses such as Alzheimer's disease can often take a toll on the whole family. This step-by-step book can help caregivers and their families navigate and overcome new challenges.

Taking Charge: Overcoming the Challenges of Long-Term Illness. Pollin, I. and Golant, S. Harmony Books, 1994. ISBN: 978-0812922585

- **Taking Time for Me: How Caregivers Can Effectively Deal with Stress**

More often than not, caregivers put themselves last. In this book, the author encourages caregivers to develop a healthier balance between their own well-being and that of those who depend on them.

Taking Time for Me: How Caregivers Can Effectively Deal with Stress. Karr, K. Golden Age Books, 1992. ISBN: 978-0879757960

- **Today's Caregiver Magazine**

This magazine delivers up-to-date information for caregivers, such as advice, news, recipes, and celebrity caregiver interviews.

Today's Caregiver Magazine. 3920 Riverland Road, Fort Lauderdale, FL 33312; 1-800-829-2734, or www.caregiver.com.