

Books for Caregivers

***Compiled by Washington County Family Caregiver Support Program
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The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's, Related Dementing Illnesses and Memory Loss in Later Life

by Nancy Mace and Peter Rabins 2001

The Aging Parent Handbook: The Baby Boomer Dilemma, How to Take Care of Your Loved Ones

by Virginia Schomp 1997

Always on Call: When Illness Turns Families into Caregivers

by Carol Levine (Ed.) 2000

Alzheimer's: The Complete Guide for Families and Loved Ones

by Howard Gruetzner 1997

The Alzheimer's Sourcebook for Caregivers" A Practical Guide for Getting Through the Day

by Frena Gray Davidson 1999

American College of Physicians Home Care Guide for Cancer: For Family and Friends Giving Care at Home

by Peter Houts 1994

And Thou Shalt Honor: The Caregiver's Companion

by Rosalynn Carter (foreword) and Beth Witrogen McLeod, Ed. 2003

Another Country: Navigating the Emotional Terrain of Our Elders

by Mary Pipher 1999

Written by a therapist, this book illustrates the benefits of communicating between generations.

Baby Boomer's Guide to caring for Aging Parents

by Brent Astor 1998

Because You Care: What To Do When You Don't Know What To Do

by Kathryn Kilpatrick and Joanna Chernauskas 2004

The Carebook: A Workbook for Caregiver Peace of Mind

by Joyce Beedle and Louise Dunn (Eds.) 1991

The Caregiver Helpbook: Powerful Tools for Caregiving
by Vicki Schmall, Marilyn Cleland and Marilyn Sturdevant 2000

The Caregiver's Compass: How to Navigate with Balance & Effectiveness Using Mindful Caregiving
by Holly Whittelsey Whiteside 2010

A Caregiver's Guide to Giving Medicines
by Carol Hereema 1999

Caregiver's Handbook: A Complete Guide to Home Health Care
by Denise Brown (Visiting Nurse Association of America) 1998

The Caregiver's Manual
by Gene B. Williams and Patie Kay 1995

Caregiver's Reprieve: A Guide to Emotional Survival When You're Caring For Someone You Love
by Arverne L. Brandt 1997

The Caregiver's Support Kit
by The National Caregivers Foundation
Available through NCF by calling 1-800-930-1357.

Caregiving: Hospice-proven Techniques for Healing Body and Soul
by Douglas C. Smith 1997

Caregiving: The Spiritual Journey of Love, Loss, and Renewal
by Beth Witrogen McLeod 2000
A comforting book that helps the caregiver see the value of providing care.

Caregiving A Step-By-Step Resource for Caring for the Person with Cancer at Home
by Peters S. Houts, Ph.D. and Julia A. Bucher, RN, Ph.D. 2000
A guide for caring for a loved one with cancer.

Caregiving Tips A-Z
by Starr and Bob Calo-oy

Caregiving without Regrets: Three Steps to Avoid Burnout and Manage Disappointment, Guilt, and Anger
by Dr. Vicker Rackner 2009

Caring and Coping When Your Loved One is Seriously Ill

by Earl A. Grollman

Caring for the Patient with Cancer at Home: A Guide for Patients and Families

by American Cancer Society 1998

Caring for Those Who Can't

by Carol Dettoni 1993

Caring for Your Aging Parents: A Planning and Action Guide

by Donna Cohen and Carl Eisdorfer 1995

Caring for Your Parents: The Complete Family Guide – Practical Advice You Can Trust From the Experts at AARP

by Hugh Delehanty & Elinor Ginzler, foreword by Mary Pipher 2008

A guide to caring for aging parents.

Caring for Yourself While Caring for Others: A Caregiver's Survival and Renewal Guide

by Lawrence Brammer and Marian Bingea 1999

Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive

by Claire Berman 1996, 2001

Addresses emotional needs and stresses of caregivers.

Chicken Soup for the Caregiver's Soul

by Jack Canfield, Mark Victor Hansen, and LeAnn Thieman, L.P.N. 2004

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

by Maria M. Meyer with Paula Derr, RN 1998

Useful and practical how to advice with large print.

The Complete Bedside Companion: A No-Nonsense Guide to Caring for the Seriously Ill

by Rodger McFarlane and Philip Bashe 1999

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

by Joy Loverde 1997

The Complete Guide to Alzheimer's Proofing Your Home

by Mark L. Warner 2000

Useful for more than dementia conditions.

The Complete Idiot's Guide to Caring for Aging Parents

by Linda Colvin Rhodes, Ed.D. 2001

Simple up to date information and wonderful tips.

Coping With Caring: Daily Reflections For Alzheimer Caregivers

by Lyn Roche 1996

Coping with Dementia: What Every Caregiver Needs to Know

by Rosemary De Cuir 2007

Coping with Your Difficult Older Parent: A Guide for Stressed Out Children

by Grace Lebow and Barbara Kane 1998

Daily Comforts for Caregivers

by Pat Samples, M.A.

Dying at Home: A Family Guide for Caregiving

by Andrea Sankar

Elder Care For The Millennium, A Practical and Compassionate Guide For Caregiving

by Dr. Lisa Mienville and Dr. Bonnie L. Robeson

Elder Law Handbook for Caregivers & Seniors: A Legal & Financial Survival Guide for Caregivers & Seniors

by Peter J. Strauss 1996

Elder Rage or Take My Father...Please! – How to Survive Caring For Aging Parents

by Jacqueline Marcell

Eldercare 911: The Caregiver's Complete Handbook for Making Decisions

by Susan Beerman and Judith Rappaport-Munson 2002

Family Caregiver Guide: A Comprehensive Handbook for Caring for Your Loved One at Home

by Shelly Schonhoff and Joanna Speaker 1998

A Family Caregivers Guide to Planning and Decision-Making for the Elderly

by James A. Wilkinson 1999

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

by Gary Barg, Ed. 2001

Readable information from experts and accounts from caregivers.

From Caregiver to Caregiver: How to Cope

by James A. Unger 1995

God Knows Caregiving Can Pull You Apart – 12 Ways to Keep It All Together

by Gretchen Thompson

Good Night, God Bless

by Linda Burhans 2009

A caregiver's account of caring for a loved one at the end of their life.

Guide to Caregiving in the Final Months of Life

by Betsy Murphy, R.N. 2007

Helping Yourself Help Others: A Book for Caregivers

by Rosalynn Carter with Susan K. Golant 1994

Older but still valuable work.

How to Care for Aging Parents (A Complete Guide)

by Virginia Morris and Robert Butler 1996

A comprehensive resource guide.

How to Care For Your Aging Parents...and Still Have a Love of Your Own!

by J. Michael Dolan 1992

How to Say It to Seniors

by David Solie 2004

A book designed to help improve relationships between generations.

Hugs for Caregivers

by Pauline J. Sheehan

I'll Take Care of You: A Practical Guide for Family Caregivers

by Joseph Ilardo and Carole Rothman 1999

Keeping Them Healthy, Keeping Them Home: How to Care for Your Loved Ones at Home

by Ellen Caruso 1998

Living with Life-Threatening Illness: A Guide for Patients, Their Families, and Caregivers

by Kenneth Doka 1998

Living With Stroke: A Guide for Families – Help and Hope for All Those Troubled by Stroke

by Richard C. Senellick, M.D., Peter W. Rossi, M.D., and Karla Dougherty 1999
For stroke survivors and their families.

Long Distance Caregiving: A Survival Guide for Far Away Caregivers

by Angela Heath 1991

Love, Honor and Value: A Family Caregiver Speaks Out About the Choices and Challenges of Caregiving

by Suzanne Geffen Mintz 2002

Mainstay: For the Well Spouse of the Chronically Ill

by Maggie Strong 1997

Making the Moment Count: Leisure Activities for Caregiving Relationships

by Joanne Ardolf Decker 1997

Ideas for recreation in short periods of time.

Mothering Mother: A Daughter's Humorous and Heartbreaking Memoir

by Carol O'Dell 2007

A guide to caregiving and much more.

My Turn: Caring for Aging Parents & Other Elderly Loved Ones, A daughter's Perspective

by Sandra W. Haymon, PhD

My Turn to Care, Encouragement for Caregivers of Aging Parents

by Marlene Bagnall

The Needs of the Dying: A Guide for Bringing Hope, Comfort and Love to Life's Final Chapter

by David Kessler 1997, 2000

Quick Tips for Caregivers

by Marion Karpinski, RN

The Resourceful Caregiver: Helping Family Caregivers Help Themselves

by National Family Caregivers Association 1996

Respecting Your Limits When Caring for Parents

by Vivian Grennberg 1998

Self-Care for Caregivers, a Twelve Step Approach

by Pat Samples, M.A.

The Selfish Pig's Guide to Caring

by Hugh Marriott

Share The Care: How to Organize a Group to Care for Someone Who is Seriously Ill

by Cappy Capossela and Sheila Warnock 1995, 2004

Staying Afloat in a Sea of Forgetfulness

by Gary Joseph 2010

A book on dementia & Alzheimer's care by a caregiver, based on his personal experience.

Strength for Caring: Education and Support for Family Cancer Caregivers

by Ortho Biotech 1998

Stress Reduction for Caregivers

by Jodi Olshevski, Anne Katz and Bob Knight 1999

Surviving Your Spouse's Chronic Illness: A Compassionate Guide

by Chris McGonigle 1999

Taking Care of Aging Family Members: A Practical guide

by Wendy Lustbader and Nancy Hooyman 1994

Therapeutic Caregiving: A Practical Guide for Caregivers of Persons With Alzheimer's and Other Dementia Causing Diseases

by Barbara J. bridges, RN

The Ultimate Cooking Companion for At-Home Caregivers

by Mary Ellen Capron, MS, Rd and Elana Zucker, RN, MSN 2004

What If It Is Not Alzheimer's? A Caregiver's Guide to Dementia

by Lisa and Gary Radin 2003

What To Do When Someone You Love Is Depressed: A Practical, Compassionate, and Helpful Guide for Caregivers

by Mitch and Susan Golant 1998

When Aging Parents Can't Live Alone: A Practical Family Guide

by Ellen Rubenstein, M.S.W. 2000

From independent living to hospice.

When Parents Age: What Children Can Do

by Tom Adams and Kathryn Armstrong 1993

Sources

Johnson & Johnson's site www.strengthforcaring.com

Area Agency on Aging or Pasco – Pinellas site www.agingcarefl.org

Empowering Caregivers site www.care-givers.com

Net of Care site www.netofcare.org

Central Ohio Area Agency on Aging site www.coaaa.org

The National Family Caregivers Association's Reading List