**Books for Caregivers**  
*Compiled by Washington County Family Caregiver Support Program*  
503-846-3089

**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 Marilynn 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

by Denise Brown (Visiting Nurse Association of America) 1998

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

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 a 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

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

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 Bagnull
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 Hooymann 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