

# A Family Caregiver's Reading List – General Information

Developed by The National Family Caregivers Association

- **Caregiver Survival Series.** Sherman, James R. Pathway Books, P.O. Box 27790, Golden Valley, MN 55427-0790; 1-800-958-3375; Web Site: [www.caregiver911.com](http://www.caregiver911.com). All titles \$9.95. Titles include:
  - **Preventing Caregiver Burnout** (1997) Strategies for retaining vitality.
  - **Creative Caregiving** (1997) How to work smarter, not harder.
  - **Coping With Caregiving Worries** (1997) Techniques for conquering common destructive emotions such as fear.
- **Caregiver's Handbook: A Complete Guide to Home Health Care.** Visiting Nurse Associations of America, DK Publishing, 1998, \$14.95, 192 pages. Chapters include "Being a Caregiver," "Communication," "Adapting the Home," "Home Hygiene," "Healthy Eating & Drinking," "Bed Comfort."
- **Caregiver's Manual, The.** Williams, Gene B. and Kay, Patie. Citadel Press, 1995, \$14.95, 366 pages. Chapters on aging, taking on elder care, financial and legal matters, family dynamics, home care, communication, how to say good-bye.
- **Caregiving: The Spiritual Journey of Love, Loss, and Renewal.** McLeod, Beth Writogen. John Wiley and Sons, Inc., 1999, \$22.95, 259 pages. Beth McLeod's narration of her own experience of caring for her parents and how that led her to writing this book will touch your heart.
- **Comfort of Home, The: An Illustrated Step-by-Step Guide for Caregivers.** Meyer, Maria M. with Derr, Paula. CareTrust Publications, 1999, \$23.00, 364 pages. This is a practical, easy-to-follow resource designed to help untrained caregivers understand what help is needed and learn where to find it or how to provide it yourself.
- **Complete Bedside Companion, The.** McFarlane, Rodger, and Bashe, Philip. Simon & Schuster, 1998, \$27, 544 pages. Chapters explain the health care team, dealing with doctors, essential nursing skills, caring for the caregiver.
- **Counting on Kindness: The Dilemmas of Dependency.** Lustbader, Wendy. The Free Press, 1994, \$15.95, 206 pages. True stories and quotations explore issues of power and dependency, handling regret, reviving self-esteem.
- **Dying at Home: A Family Guide to Caregiving.** Sankar, Andrea. New York: Johns Hopkins University Press, 1991, \$22.95, 257 pages. Making the decision, financial and legal matters, professional caregivers, caregiver well-being.

- **Helping Yourself Help Others: A Book for Caregivers.** Carter, Rosalynn. Random House, 1994, \$20, 278 pages. Many personal stories explain emotions, medical and family issues. Resource listings and bibliography.
- **Hiring Home Caregivers: The Family Guide to In-Home Eldercare.** Susik, D. Helen. Impact Publishers/American Source Books, 1995, \$11.95, 200 pages. Practical guide to hiring competent, reliable, affordable help at home.
- **Hospice Handbook, The.** Beresford, Larry. Little, Brown and Co., 1993, \$12.95, 165 pages. How to find the right hospice, how to determine eligibility, the right questions to ask, how to get the best care for your money.
- **Kind Words for Caring People: Daily Affirmations for Caregivers.** Pitzele, Sefra Kobrin. Health Communications, 1992, \$7.95, 365 pages. Messages of hope to begin each day.
- **Long Distance Caregiving.** Heath, Angela. American Source Books, 1991, \$9.95, 123 pages. Defines caregiving issues, tips for traveling, finding help in the aging network, legal and financial paperwork, care plans, relocation.
- **Share the Care.** Caposella, Cappy, and Warnock, Sheila. Fireside Books/Simon & Schuster, 1995, \$13, 287 pages. Practical and inspirational guide to setting up support groups.
- **Taking Charge: Overcoming the Challenges of Long-Term Illness.** Pollin, Irene, with Golant, Susan K. Times Books, 1994, \$22, 255 pages. Sensitively and graphically describes strategies to help patients and families cope.
- **Taking Time for Me: How Caregivers Can Effectively Deal With Stress.** Karr, Katherine L. Prometheus Books, 1992, \$17.95, 179 pages. Personal accounts demonstrate how to renew strength without jeopardizing care.
- **Today's Caregiver Magazine.** Published 6 times a year/\$18. P.O. Box 21646, Ft. Lauderdale, FL 33335; 1-800-829-2734. Web site: [www.caregiver.com](http://www.caregiver.com). Helpful information for family and professional caregivers.

## Caring for Aging Parents and Other Elderly Relatives

- **Aging Parents Handbook, The.** Schomp, Virginia. Harper Paperbacks, 1997, \$12, 427 pages. Chapters include first steps, staying at home, housing, financial and legal matters, healthy aging, death, caring for caregivers, and resources.
- **Baby Boomer's Guide to Caring for Aging Parents.** Astor, Brent. Macmillan/ Spectrum, 1998, \$15.95, 282 pages. How to talk to parents about sensitive matters, long-term caregiving, facing the inevitable.
- **Caring for Your Aging Parents: A Planning and Action Guide.** Cohen, Donna, and Eisdorfer, Carl. Tarcher/Putnam, 1995, \$10.95, 272 pages. Prioritizing problems, overcoming denial, managing emotions, taking control in a crisis, letting go and moving on; checklists, resources.
- **Caring for Yourself While Caring for Your Aging Parents.** Berman, Claire. Henry Holt and Company Inc., 1996, \$22.50, 254 pages. Looks at different situations such as long distance, only child, finances); list of resources.
- **Complete Elder Care Planner, The: Where to Start, Questions to Ask and How to Find Help.** Loverde, Joy. Hyperion, 1997, \$14.95, 274 pages. Practical guide on common issues, with checklists and action planning guides.
- **Elder Care: What to Look for, What to Look Out for!** Cassidy, Thomas M. New Horizon Press, 1997, \$13.95, 212 pages. Legal perspective on caregiving, including home care, assisted living, nursing homes, hospice.
- **How to Care for Aging Parents.** Morris, Virginia. Workman Publishing, New York, 1996, \$15.95, 460 pages. Talking to your parents, new roles, caring for the caregiver, getting help, nursing homes, sharing care, dementia, and resources.
- **Taking Care of Aging Family Members: A Practical Guide.** Lustbader, Wendy, and Hooyman, Nancy R. Simon & Schuster, 1994, \$24.95, 353 pages. Psychological, practical, social issues; ready-to-use charts and checklists.
- **When Parents Age: What Children Can Do.** Adams, Tom, and Armstrong, Kathryn. Berkeley Publishing Group, 1993, \$7.95, 192 pages. Personal stories, checklists, guides on home care, health care, enriching the final years.

## Caring for Spouses or Loved Ones With Specific Illnesses

- **36-Hour Day, The: A Family Guide to Caring for Persons with Alzheimer's Disease and Related Dementing Illnesses, and Memory Loss in Later Life.** Mace, Nancy, and Rabins, Peter. Johns Hopkins University Press, 1991, \$12.95, 329 pages. The "Bible" on caring for a loved one with Alzheimer's disease (AD).
- **After the Stroke: Coping With America's Third Leading Cause of Death.** Shirk, Evelyn. Prometheus Books, 1991, \$16.95, 114 pages. Report on the 15 years between husband's first stroke to the end; emphasis on caregiving.
- **Cerebral Palsy: A Complete Guide for Caregiving.** Miller, Freeman, and Bachrach, Steven J. Johns Hopkins University Press, 1995, \$35.95, 465 pages. Comprehensive guide for parents, caregivers, adolescents and adults with cerebral palsy (CP).
- **Complete Guide to Alzheimer's-Proofing Your Home, The.** Warner, Mark. Purdue University Press, 1998, \$19.95, 368 pages. Home guide, reference, and catalog.
- **Helping Someone With Mental Illness: A Compassionate Guide for Family, Friends, and Caregivers.** Carter, Rosalynn. Times Books, 1998, \$24, 348 pages. Latest treatments and research, being an effective caregiver and advocate.
- **Living Well With Parkinson's.** Atwood, Glenna W. John Wiley & Sons, 1991, \$15.95, 208 pages. Personal prescriptions for living well with Parkinson's disease (PD), special resources and guidance.
- **Living Well With Multiple Sclerosis.** Carroll, David. HarperCollins, 1993, \$10.40, 259 pages. Comprehensive book that gives comfort and practical information for the MS patient, family, and caregivers.
- **Mainstay: For the Well Spouse of the Chronically Ill.** Strong, Maggie. Bradford Books, 1997, \$15, 394 pages. Updated; how to handle getting the news, changed dependencies, acts of rescue, family conflicts.

## Caring for Children With Special Needs

- **Children with Disabilities.** Batshaw, Mark L., ed. Paul H. Brookes, 1997, \$53, 960 pages. Universal resource book dealing with medical and societal issues; charts, case studies, graphs, glossary.
- **Exceptional Parent Magazine.** Published 12 times a year/\$32. P.O. Box 3000, Dept. EP, Denville, NJ 07834-9919; 1-800-EPARENT. Web site: [www.eparent.com](http://www.eparent.com). Annual resource guide, products.
- **From the Heart: On Being the Mother of a Child with Special Needs.** Bowman, Patricia, and others. Woodbine House, 1995, \$14.95, 149 pages. Narratives on autism, multiple disabilities, Tourette's syndrome, Attention-Deficit Disorder.
- **Nobody's Perfect: Living and Growing With Children Who Have Special Needs.** Miller, Nancy. Paul H. Brookes, 1994, \$21, 307 pages. Tools for handling illness and crisis, loss, unexpected changes.
- **Special Children, Challenged Parents.** Naseef, Robert. Carol Publishing Group, 1997, \$21.95. Father's account of severely disabled child; handbook and guide for parents on how to understand emotional turmoil, challenges.
- **Special Parent, Special Child: Parents of Children With Disabilities Share Their Trials, Triumphs, and Hard-Won Wisdom.** Sullivan, Tom. Putnam, 1996, \$13.95. Inspiring and informational guide.