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 one 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 nation’s 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 Caring
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 Secrets 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 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.
Caregiver duties are wide-ranging. One moment a caregiver may be shopping for meals or cleaning the carpet and the next they could be discussing medication dosage with the pharmacist, or arranging transportation for a specialist appointment. The caregiver, whether a professional or a family member, is responsible for ensuring continuity of care to the senior loved one, whatever that entails. Since the role can be challenging, it is often best addressed through several helping hands—both paid and unpaid. Caregivers can be a parent, spouse, son, grandchild, neighbor or hired help. From this, a basic time and money budget can be devised to set proper expectations for 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 family members caring for someone with Alzheimer’s disease can be incredibly challenging and requires long-term care. Like with other forms of dementia and chronic memory loss, there may be days that are simply a recurrence of days and weeks before, but as the disease progresses, different issues become apparent and new behavioral patterns may begin to emerge. While this is frustrating for caregivers, try and remember it as frustrating for the patient, as well as scary. As they become less able to do things they’ve always been able to, they will become more reliant on the people around them. If you're respons...