

# Western Counties Regional Libraries

## Resources about Caregiving:

**Passages in caregiving : Turning chaos into confidence / Gail Sheehy.** [New York] : William Morrow, c2010.

No one really expects it, but at some time or another, just about everyone has been--or will be--responsible for giving care, for a sustained period, to someone close to them. Throughout her career, celebrity author Sheehy (*Passages*) has helped fellow boomers figure out how to live their lives. Now she gives them some advice about how to die and how to help loved ones in this final passage. One-third autobiography, one-third narrative about how families cope, and one-third suggested resources, her work describes the 17 years that she and her husband, journalist Clay Felker, dealt with cancer and the disabilities and discomforts caused by its treatment.

**The Caregiver's Handbook : Help for unpaid caregivers in Nova Scotia / Caregivers Nova Scotia.** [Halifax, N.S.] : Caregivers Nova Scotia, [2014].

**\*Hard copy and electronic resource.**

**The caregiver's companion : caring for your loved one medically, financially and emotionally while caring for yourself / by Carolyn A. Brent.** Don Mills, Ontario, Canada : Harlequin, 2015.

This compact manual from Brent, founder of Caregiver Story and Grandpa's Dream, two nonprofit organizations geared toward providing comprehensive support for caregivers, walks readers through the crucial issues of moving their aging loved ones into an assisted-living facility as well as discussing emotional, medical, legal, and financial issues with them. Checklists are provided for gathering important information. A particularly helpful chapter delves into the frequent dilemma of dealing with the loved one's resistance to even talking about these issues.

**Caregiver's guide for Canadians / Rick Lauber.** North Vancouver, B.C. : Self-Counsel Press, c2010.

The Caregiver's Guide will provide readers with valuable tips and advice to help them to provide the best eldercare possible while balancing the demands on their time. This is not a mental "self-help" book. While it does provide encouragement and support for caregivers, it also provides practical advice on how to care for elders in need. This comprehensive guide answers all a caregiver's common questions, such as:

- Should my parent stay at home or move to assisted living?
- How do I balance caregiving responsibilities with my personal life?
- When to apply for guardianship and/or

trusteeship• How to hire a professional caregiver should the need arise.

## **Alzheimer's & dementia for dummies.** Hoboken, NJ : John Wiley & Sons, [2016]

Find out what to expect from Alzheimer's and dementia. Discover what to keep in mind while caring for someone with Alzheimer's or dementia. Uncover symptoms, causes, and risk factors of Alzheimer's and dementia. Learn the critical information needed to help manage these illnesses. Whether you're new to caring for a person affected by Alzheimer's or dementia or just looking for some answers and relief on your journey, this is the trusted resource you'll turn to again and again.

## **Autism adulthood : strategies and insights for a fulfilling life / Susan Senator.** New York, NY : Skyhorse Publishing, [2016].

Straightforward and to the point, Senator's book addresses many parents' worst fears and inspires them to step up and create a situation and a community that can -support their child in their absence. This is a must-read for any parent with a child on the autism spectrum as well as caregivers, siblings, and extended family.

## **When someone you know has depression : words to say and things to do / Susan J. Noonan, MD, MPH ; foreword by Timothy J. Petersen, PhD, Jonathan E. Alpert, MD, PhD, and Andrew A. Nierenberg, MD.** Baltimore : Johns Hopkins University Press, [2016].

A concise and practical guide for caregivers of persons with depression or bipolar disorder. She centers the book on how to help these key partners learn what to say or do in order to better cope with their loved one's impaired thinking and fluctuating moods. The author reminds readers that these mental illnesses can be genetic and can negatively impact family and friends. The practical chapters provide an overview of major depression and bipolar disorder, typical signs of depression, essential support skills and communication strategies, valuable approaches in daily interactions with someone with depression, finding and working with professionals, anticipating long-term recovery and resilience, and handy dos and don'ts. There is also a crucial discussion of how caregivers can maintain their own emotional and physical health while serving in the assistant role. Beneficial online and print resources are provided as well.

## **Eldercare 101 : a practical guide to later life planning, care, and wellbeing / Mary Jo Saavedra, in collaboration with Susan Cain McCarty, Theresa Giddings, Rev. Lawrence Hansen, Dr. Benjamin B. Hellickson, Joyce Sjoberg, Sara K. Yen, and Ruth**

**Matinko-Wald.** Lanham : Rowman & Littlefield, [2016]

This guide to caring for parents and other family members is divided into six useful sections: Legal Ease, Money Matters, Living Environment Options, Social Considerations, Navigating the Medical Maze, and Spirituality and the End of Life. Making ample use of boldface type and shaded boxes, terms as power of attorney (a legal document that gives someone the authority to sign documents and conduct transactions on another person's behalf) and intestacy (dying without a will) are defined in each chapter and also in a glossary at the end. Some of the advice seems obvious, some of it can be found on the web, but this just-the-facts service guide gathers a large amount of good information in one place.

**The long hello : memory, my mother, and me / Cathie Borrie.**

Toronto : Simon & Schuster Canada, 2015.

"A stirring memoir of a daughter caring for a mother with dementia. Explores the emotional rewards and challenges that Cathie Borrie experienced in caring for her mother, who was living with Alzheimer's disease.

**Pilgrim souls [electronic resource (eBook)] : caring for a loved one with dementia / Jim Lotz.** Halifax, NS : Formac Publishing Company Limited, [2015].

This is the story of caring for a loved one with memory loss. For the six years before his wife's death, author Jim Lotz was his wife's primary caregiver as she succumbed to Alzheimer's. Jim tells the story of his marriage to his beloved wife, and recounts the experiences that followed his decision to care for her as dementia slowly set in during the last four years of her life. His experiences offer insight, understanding, and hope for others facing the same situation.

\*EBook format

**Caring for someone at home [electronic resource] / Prepared by: Infection Control Department; Nursing staff of Palliative Care.**

Halifax, NS : Capital Health, 2015.

This pamphlet provides guidelines to follow when caring for someone at home. Following these guidelines will help to protect the sick person as well as the caregiver. The pamphlet includes information about hand washing, when to use gloves, protecting the caregiver's clothing, disposal of garbage, needles and syringes, cleaning the thermometer, doing laundry, and cleaning the bathroom, kitchen and other household surfaces.

\*Electronic Resource

**Epilepsy [electronic resource] : information for persons with**

**epilepsy, their families and caregivers / prepared by Deirdre Floyd, Epilepsy Program Volunteer and the staff of the Epilepsy Program, QEII Health Sciences Centre ; special acknowledgement is given to the Ottawa General Hospital Epilepsy Clinic.** Halifax, NS : Capital Health, 2015.

This pamphlet provides information about epilepsy for persons with epilepsy, their families and caregivers. It explains what epilepsy is, what a seizure is, how epilepsy is diagnosed, what can be done to help improve your memory, and how epilepsy affects daily activities. The pamphlet also provides information on how epilepsy is treated, including how antiepileptic medication works, how you can help your doctor control your seizures, epilepsy surgery, Vagal Nerve Stimulation therapy, and First Aid for seizures. Information about Purple Day for epilepsy is also included.

\*[Electronic Resource](#)

**What to expect in the last days of life [electronic resource] : a guide for caregivers / Prepared by Temmy Latner Centre for Palliative Care.** Halifax, NS : Capital Health, 2015.

This guide will help you care for yourself and your loved one during your last days and hours together at home. This information will also be useful if you are caring for someone in a hospital, hospice or another institution, like a long-term care home. Topics include physical changes, eating and drinking, pain, restlessness, mouth, nose and eye care, weakness, changes in breathing patterns, looking after yourself, what to expect very near the time of death as well as when your loved one dies.

\*[Electronic Resource](#)

**They left us everything : a memoir / Plum Johnson.** Toronto, Ontario : Penguin, c2014.

After almost twenty years of caring for elderly parents - first for their senile father, and then for their cantankerous ninety-three-year-old mother - author Plum Johnson and her three younger brothers experience conflicted feelings of grief and relief when their mother, the surviving parent, dies. Now they must empty and sell the beloved family home, which hasn't been de-cluttered in more than half a century. Twenty-three rooms bulge with history, antiques, and oxygen tanks. Plum remembers her loving but difficult parents who could not have been more different: the British father, a handsome, disciplined patriarch who nonetheless could not control his opinionated, extroverted Southern-belle wife who loved tennis and gin gimlets. The task consumes her, becoming more rewarding than she ever imagined. Items from childhood trigger memories of her eccentric family growing up in a small town on the shores of Lake Ontario in the 1950s and 60s. But unearthing new facts about her parents helps her reconcile those relationships with a more accepting perspective about who they were and what they valued.

## **How to help your friend with cancer / by Colleen Dolan Fullbright.** Atlanta, Georgia : American Cancer Society/Health Promotion, [2014]

Have you wondered how to support someone with cancer? You may be afraid that you will say or do the wrong thing. *How to Help Your Friend with Cancer* will provide the guidance you need to be the best friend you can be, every step along the way. This award-winning book offers more than 100 practical tips and suggestions anyone can use to help a friend get through the cancer experience. From diagnosis, through treatment, and after treatment ends, this book provides tips for expressing concern and helping in practical ways throughout a friend's cancer experience.

## **What if it's not Alzheimer's? : a caregiver's guide to dementia / edited by Gary Radin and Lisa Radin ; foreword by Murray Grossman, MD EdD.** Amherst, New York : Prometheus Books, 2014.

The coauthors, son and wife of a frontotemporal degeneration FTD sufferer, cared for their loved one until he died at 58. This third edition of their book ably gathers the significant medical developments of the last seven years into an excellent guide for caregivers. Sections written by experts and experienced caregivers cover the medical and genetic aspects of FTD, working with health professionals, medical therapy options, rehabilitation interventions, the stages of the disease, and practical aspects of daily care. This guide presents a wealth of medical information, written in terms the interested layperson can understand, as well as practical advice. One of the few books to discuss FTD specifically, this is an invaluable resource for patients, family, and friends, as well as health-care providers.

## **The autism discussion page on anxiety, behavior, school, and parenting strategies : a toolbox for helping children with autism feel safe, accepted, and competent / Bill Nason.** London ; Jessica Kingsley Publishers, 2014.

The book covers anxiety and stress, challenging behaviors, stretching comfort zones, discipline, and school issues. It also provides more general teaching and mentoring strategies for coaching children on the autism spectrum in basic daily living strategies to improve their day-to-day lives.

Based on posts on the popular online community page and organised by subject for ease of reference, this book offers an excellent understanding of how children with autism process and experience the world and effective strategies for coping with the challenges.

## **Living with cancer [videorecording (DVD)] : caring for the**

**caregivers.** United States : Libra Verde, c2014.

**Chicken soup for the soul. Living with Alzheimer's & other dementias : 101 stories of caregiving, coping, and compassion / [compiled by] Amy Newmark and Angela Timashenka Geiger.**  
Cos Cob, CT : Chicken Soup for the Soul Publishing, LLC, [2014]

Caring for a loved one with Alzheimer's or another form of dementia? You are not alone. With 101 encouraging and inspiring stories by others like you, this book is a source of support and encouragement throughout your caregiving journey.

**Arthritis and you : a comprehensive digest for patients and caregivers / Naheed Ali.** Lanham, MD : Rowman & Littlefield Publishers, c2013.

The various types of arthritis from juvenile to rheumatoid and beyond and the various medical practitioners involved in its diagnosis and treatment are examined. Building on the current medical treatments available, Ali offers information about alternative and natural approaches, as well as lifestyle adjustments helpful in mitigating the symptoms. Whole family approaches that include caregivers and what they can do for their loved ones suffering from arthritis are also discussed.

**Depression and your child : a guide for parents and caregivers / Deborah Serani.** Lanham : Rowman & Littlefield Publishers, Inc., [2013].

Mental illness in children can be particularly draining due to the mystery surrounding it, and the issue of diagnosis at such a tender age. Depression and Your Child gives parents and caregivers a uniquely textured understanding of pediatric depression, its causes, its symptoms, and its treatments. Serani weaves her own personal experiences of being a depressed child along with her clinical experiences as a psychologist treating depressed children. Current research, treatments and trends are presented in easy to understand language and tough subjects like self-harm, suicide and recovery plans are addressed with supportive direction. Parents will learn tips on how to discipline a depressed child, what to expect from traditional treatments like psychotherapy and medication, how to use holistic methods to address depression, how to avoid caregiver burnout, and how to move through the trauma of diagnosis and plan for the future. Real life cases highlight the issues addressed in each chapter and resources and a glossary help to further understanding for those seeking additional information. Parents and caregivers are sure to find here a reassuring approach to childhood depression that highlights the needs of the child even while it emphasizes the need for caregivers to care for themselves and other family members as well.

**Alzheimer's early stages : first steps for families, friends and caregivers / Daniel Kuhn.** Alameda, CA : Hunter House, c2013.

The third edition of Alzheimer's Early Stages offers new research findings, treatment approaches, and information on the three key areas of Alzheimer's disease: medical aspects, day-to-day care, and care for the caregiver. Daniel Kuhn seeks to replace fear with knowledge. With information on the progression of the disease, potential non-drug means of treatment, the changing world of the diagnosed individual, legal and financial planning, and maintaining physical and mental health for the caregiver, the book provides detailed guidance and advice while leaving room for adapting to the individual situation.

**The sandwich generation's guide to eldercare / Kimberly McCrone Wickert, Danielle Schultz Dresden, Phillip D. Rumrill, Jr.** New York : Demos Medical Pub., c2013.

As baby boomers-those born between 1946 and 1964-enjoy longer life expectancies, their children find themselves becoming caregivers and advocates for both their parents and their children, hence the moniker "sandwich generation." Written by a team of rehabilitation counselors and other health field professionals who also have personal experience with eldercare, this very concise, straightforward, thorough, and well-written guide and tool kit will help those affected to navigate the many legal, practical, and emotional layers of the processes involved.

**Learning about schizophrenia : rays of hope : a reference manual for families & caregivers.** Markham, ON : Schizophrenia Society of Canada, c2012.

**Things I wish I'd known : cancer caregivers speak out / Deborah J. Cornwall.** Sarasota, FL : Bardolf & Co., c2012.

The stress of caregiving is the main topic of this comprehensive book. How to advocate for one's patient, help children with cancer, understand "pull-aways" among family and friends, and manage expectations for medical professionals are discussed.. She includes helpful chapters on seeking normalcy and enjoying time together after a loved one's death.

**Bringing it home : a nurse discovers healthcare beyond the hospital / Tilda Shalof ; with Judith Shamian.** Toronto : McClelland & Stewart, 2014.

ICU nurse Tilda Shalof leaves the hospital behind to accompany the nurses who work in homes, from mansions to shacks to the streets, all across the country. Working with the Victorian Order of

Nurses, a Canadian not-for-profit organization that provides home and community care, Tilda meets a wide variety of nursing professionals who offer untraditional care, sometimes in unlikely settings. This book brings to light new health care issues. The needs of our aging population put pressure on our health care system; more people need care in their homes and community supports to stay well. How nurses care for people with a home, living on the street, for teen parents, returning soldiers with PTSD, those with physical disabilities, sex trade workers, and complex pediatrics.

## Activities for older people in care homes : a handbook for successful activity planning / Sarah Crockett. London : Jessica Kingsley Publishers, 2013.

Useful background information on dementia, the importance of activities and how to get to know residents through life story work. She addresses important practical considerations such as how to assess a resident for suitable activities, activity planning, timetabling, budgeting and money-stretching, as well as more subtle issues such as how to enthuse residents and staff to join in and how to deal with resistance from colleagues. An A-Z of inventive ideas and step-by-step instructions for activities as wide-ranging as arts and crafts, cooking, exercise, gardening, meditation, music, reminiscence, themed days and trips out is also included.

Offering peer-to-peer advice and encouragement as well as a wealth of practical ideas and suggestions, this is essential reading for all those involved in activity planning for older people, including those with dementia, in care homes.

## The all-new activity director's bag of tricks / Dennis Goodwin. [Charleston, SC] : CreateSpace, 2013.

In this compilation of activity-program ideas, you will run across full program concepts as well as tidbits and tweaks that can add pizzazz to your activity calendar. As the author puts it, there are ideas for those who are "fresh off the vine in the activity field" as well as for those who are "a tad withered around the leaves." Just open the cover to dig into time-tested activities like The Life and Times display, Music & Memories, The Fabulous Follies. A Best-dressed Pet Show, Root Beer & Roulette, A "Staycation" Display, "Racemania," Hometown Happenings, The "Times of Our Lives" Memory Booklet and a host of "Tricks or Tweaks" that can help pump new life into your program...and yourself. This "bag of tricks" is packed with activity ideas that will help immunize you to that dreaded pest that can slowly suck away much of your initial enthusiasm...the burnout bug. As activity directors, we need to "specialize" in being a generalist and keep our programs varied and dynamic.

## Handbook of activities for the elderly / Denise Calhoun. Mustamg, Oklahoma : Tate Publishing & Enterprises, 2013.

Hands-on, fun, and stimulating, Handbook of Activities for the Elderly provides step-by-step directions for quick and easy activities to build effective communication skills.

An educator for over thirty years, Denise Calhoun became interested in the similarities between young children and the elderly. After observing the downward spiral of her mom's health, she examined the aging process, noting how many symptoms reveal characteristics of early childhood development. From extensive research and observation of the cognitive decline in elderly family members and other elderly adults, Denise found that one of the key elements to sustaining quality of life was communication. Denise developed activities to promote interaction. Handbook of Activities for the Elderly includes a variety of meaningful activities that are practical and manageable to implement. The activities are broken into four categories: physical environment, social-emotional, nutrition/fitness, and language and cognition. This practical guide provides activities to stimulate minds and foster healthy development mentally, physically, and emotionally. Learn about different styles of art: chalk drawings, watercolor paintings, crayon resist paintings, and metallic drawings. Enjoy making tasty simple snacks such as orangeana salad, tropical treat sticks, and grape expectation. Plan a variety of social event, including talent night, comedy night, and fashion shows. And play new versions of well-known games.