

Caregiver Awareness Month 2017 Library Resource List



For these resources and more, contact your local public library www.publiclibraries.ns.ca

The caregiver's handbook: help for unpaid caregivers in Nova Scotia / [compiled by Caregivers Nova Scotia, and a variety of other sources]. c2014. 2nd ed.

Also available online:

[http://caregiversns.org/images/uploads/Caregivers_Handbook_FINAL_March_2014_\(1_pps\).pdf](http://caregiversns.org/images/uploads/Caregivers_Handbook_FINAL_March_2014_(1_pps).pdf)

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

The caregivers: a support group's stories of slow loss, courage, and love / Nell Lake. Scribner, c2014.

Caregiver's guide for Canadians / Rick Lauber. Self-Counsel Press (a division of) International Self-Counsel Press Ltd., 2014. 2nd ed.

Caring for a loved one with dementia: a mindfulness-based guide for reducing stress and making the best of your journey together / Marguerite Manteau-Rao; foreword by Kevin Barrows. New Harbinger Publications, Inc., 2016.

Chicken soup for the soul. Family caregivers: 101 stories of love, sacrifice, and bonding / [compiled by] Joan Lunden, Amy Newmark. Cos Cob, CT: Chicken Soup for the Soul Pub., c2012.

A dignified life: the best friends approach to Alzheimer's care: a guide for care partners / Virginia Bell and David Troxel. Health Communications, c2012.

The eldercare consultant: your guide to making the best choices possible / by Becky Feola. American Management Association, [2015].

Estate downsizing for caregivers: transitioning from a home to an apartment or care facility / Susan Bewsey. Self-Counsel Press, 2014.

The heart of care: dignity in action: a guide to person-centred compassionate elder care / Amanda Waring. Souvenir, c2012.

Helping yourself help others: a book for caregivers / Rosalynn Carter; with Susan K. Golant; with new material by Leisa Easom. PublicAffairs, 2013.

How to care for aging parents: a one-stop resource for all your medical, financial, housing, and emotional issues / Virginia Morris; foreword by Jennie Chin Hansen. Workman Pub., 2014.

Leaning into sharp points: practical guidance and nurturing support for caregivers / Stan Goldberg. New World Library, c2012.

Life's little emergencies: a handbook for active independent seniors and caregivers / Rod Brouhard. Demos Health, c2012.

The sandwich generation's guide to eldercare / Kimberly McCrone Wickert, MRC, CRC, Danielle Schultz Dresden, MEd, CRC, Phillip D. Rumrill, Jr. PhD., CRC. DemosHealth, 2013.

When someone you know has dementia: practical advice for families and caregivers / June Andrews; foreword by Dame Judi Dench. Greystone Books, [2016].

The 36-hour day: a family guide to caring for people who have Alzheimer disease, related dementias and memory loss / Nancy L. Mace and Peter V. Rabins. New York: Grand Central Pub., 2012.

You'd better not die or I'll kill you: a caregiver's survival guide to keeping you in good health and good spirits / Jane Heller. Chronicle Books, c2012.

MEMOIR:

Can't we talk about something more pleasant?: a memoir / Roz Chast. Bloomsbury Publishing, c2014.

The defiant mind: living inside a stroke / Ron Smith. Ronsdale Press, c2016.

The long hello: memory, my mother, and me / Cathie Borrie. Simon & Schuster Canada, 2015.

Pilgrim souls: caring for a loved one with dementia / Jim Lotz. Formac Publishing Company Limited, 2013.

Slow dancing with a stranger: lost and found in the age of Alzheimer's / Meryl Comer. HarperOne, [2014].

DOCUMENTARIES:

The Alzheimer's project [videorecording (DVD)]. Home Box Office; Distributed by Warner Home Video, [2009].

Caring for a loved one with Alzheimer's: an emotional journey [videorecording (DVD)]. Distributed by Paraclete Press, c2012.

Labour of love: five stories of caregiving [videorecording (DVD)]. National Film Board of Canada, 2006, 1998.

You're looking at me like I live here and I don't [videorecording (DVD)]. Peripheral Productions, c2012.

WEBSITES:

Caregivers Nova Scotia - <http://caregiversns.org>

Caregivers Nova Scotia – Where to begin: a planning guide for caregivers
<http://caregiversns.org/resources/where-to-begin>

Caregivers Nova Scotia – News Archives - <http://caregiversns.org/news/>
(links to articles posted online that have been in the news)

Caregivers Nova Scotia Partners –
<http://caregiversns.org/resources/our-allies/health-and-community-organizations/>
(a list of Caregivers Nova Scotia partner organizations with links their websites)

The Caregiver's Network - <https://thecaregivernetwork.ca/>

Canadian Virtual Hospice – www.virtualhospice.ca
(information and support on palliative care, loss, and grief. Includes a series of caregiving demonstration videos)

FRENCH LANGUAGE RESOURCES:

Caregivers Nova Scotia - Manuel du soignant. Une main tendue aux familles et aux amis qui fournissent des soins en Nouvelle-Écosse. 2007.
http://caregiversns.org/images/uploads/Manuel_du_Soignant.pdf

Caregivers Nova Scotia -
Par où commencer: Un guide d'introduction de planification pour les soignants
http://caregiversns.org/images/uploads/Where_to_Begin_FR_COMPLETE_201504.pdf

Biblio-Aidants - <http://biblioaidants.ca>
French language resources are available through the Biblio-Aidants program, an information service for caregivers coordinated by the Quebec Association of Public Libraries, and consists of a series of 15 thematic workbooks that inform caregivers about the diseases and issues they face. English translation coming soon.

NOVA SCOTIA PUBLIC LIBRARIES OFFER:

Find your local public library <http://publiclibraries.ns.ca>

- Health information
- Community spaces, friendly helpful staff
- Free high-speed Internet access and WiFi
- Online access to library collections and services
- Downloadable eBooks and audiobooks
- Programs for people of all ages, places for lifelong learning
- DVDs and CDs
- Accessibility software and services, including NNELS (National Network for Equitable Library Service), a growing collection of downloadable audiobooks and other accessible formats provided for use by persons with print disabilities.