

Selected Books and Web Sites

In addition to the extensive information in *The Caregiver's Handbook: A Resource Companion to Caring for Your Parents* (pbs.org/caringforyourparents/community/index.html), these books and Web sites will help you cope with the challenges of caregiving.

American Medical Association Guide to Home Caregiving. Wiley, 2001.

This sourcebook describes the emotional and practical aspects of home care and includes a section on organizations and resources.

Caring for Your Parents: The Complete AARP Guide, by Hugh Delehanty and Elinor Ginzler. AARP Books, 2008.

Filled with tips, advice, and strategies, this book helps readers with practical issues as well as how to transform caregiving into an act of spiritual growth and personal discovery.

The Caregiver's Survival Handbook: How to Care for Your Aging Parent Without Losing Yourself, by Alexis Abramson. Perigree, 2004.

Aimed primarily at the millions of women who are caregivers, this book offers insights into how to cope with the emotional and psychological demands of caregiving.

The Complete Eldercare Planner, Second Edition: Where to Start, Which Questions to Ask, and How to Find Help, by Joy Loverde. Three Rivers Press, 2000.

This workbook covers common issues, checklists, and action steps for caring for elders, including finances, legal concerns, insurance, housing, medical care, and death and dying.

Coping with Your Difficult Older Parent: A Guide for Stressed-out Children, by Grace Lebow, Barbara Kane, and Irwin Lebow. Harper, 1999.

This commonsense guide offers advice on how to deal with anger, guilt, frustration, and blame in order to make communicating with a challenging elder easier.

Eldercare 911: The Caregiver's Complete Handbook for Making Decisions, by Susan Beerman and Judith Rappaport-Musson. Prometheus, 2002.

Written primarily for women, this is a reassuring and comprehensive guide to caregiving issues.

How to Care for Aging Parents, by Virginia Morris and Robert M. Butler. Workman, 2004.

A thorough guide to the emotional, legal, financial, medical, and logistical issues in caring for elders, including a directory of services.

The 36-hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Other Dementia Illnesses, and Memory Loss in Later Life, by Nancy L. Mace and Peter V. Rabins. Johns Hopkins University Press, 2006.

Now in its fourth edition, this is a manual for family caregivers struggling to cope with these progressive diseases.

AARP

www.aarp.org

1-888-OUR-AARP (1-888-687-2277)

AARP is a nonprofit, nonpartisan membership organization that helps people 50+ have independence, choice, and control in ways that are beneficial and affordable to them and society as a whole. It produces *AARP The Magazine*, *AARP Bulletin*, *AARP Segunda Juventud*, and *NRTA Live & Learn*. Its Web site contains information on all aspects of aging and caregiving. It has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands.

Caring for Your Parents

www.pbs.org/caringforyourparents

This extensive Web site, to accompany the PBS film *Caring for Your Parents*, provides the complete video, plus a 30-minute follow-up discussion, “A Conversation About Caring,” led by Dr. Art Ulene. You can also download *The Caregiver’s Handbook*, a comprehensive compendium of advice and information at www.pbs.org/caringforyourparents/handbook.html.

Eldercare Locator

www.eldercare.gov

800-677-1116

This free, national service of the U.S. Administration on Aging (www.aoa.gov/) and the National Association of Area Agencies on Aging (www.naa.org/) is the key to finding information, referrals, and agencies in your community.

Family Caregiver Alliance

www.caregiver.org

800-445-8106

This national network addresses the needs of families and friends providing long-term care at home. The Web site includes information, free publications, and an online caregiver support discussion group.

National Alliance for Caregiving

www.caregiving.org

This nonprofit coalition of national organizations focuses on issues of family caregiving across the life span. Along with the National Family Caregivers Association, they have created “Family Caregiving 101” at www.familycaregiving101.org, a comprehensive “course” on caregiving.

National Association of Social Workers (NASW)

www.socialworkers.org

202-408-8600

A membership organization for social workers, this Web site offers advice and information on how to find support, including locating a licensed social worker at www.HelpStartsHere.org.

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