



Caregiving Resources for Caregiving Forum October 16, 2007

(Compiled by Laurel Eisenhauer)

WEBSITES FOR ORGANIZATIONS FOR CAREGIVERS

AARP: <http://www.aarp.org/families/caregiving>. Information and care giver support.

Family Caregiver Alliance: <http://www.caregiver.org>. Caregiver information and advice; care giver discussions including for persons with Huntington' Diseases, gays and lesbians.

National Alliance for Caregiving: <http://www.caregiving.org>. Helps family caregivers learn about information, videos.

Caregiver.com: <http://www.caregiver.com>. *Today's Caregiver Magazine*; Caregiver Book Club; purchase books and videos related to caregiving; support group links.

Children of Aging Parents (CAPS): <http://www.caps4caregivers.org>. Information on caregiving; support groups.

Well Spouse Association: <http://www.wellspouse.org>. Support for spouses and partners of chronically ill and disabled.

National Family Caregiver Support Program (US Administration on Aging). <http://www.aoa.gov>. 202-619-0724

National Family Caregivers Association: <http://www.nfcacares.org>. Care giver information and connections, online support group, caregiver stories

Family Caregiving 101: <http://www.familycaregiving101.org>. (National Family Caregivers Association (NFCA) and the National Alliance for Caregiving (NAC)): Stages of caregiving, information for caregivers, discussion board; online support group

Empowering Caregivers: <http://www.care-givers.com/pages/main.shtml> Chat rooms, discussion boards, journaling, caregiving information and links, greeting cards for caregivers

BOOKS

Barg, G. (2001) **The Fearless Caregiver. How to Get the Best Care for Your Loved One and Still Have a Life of Your Own.** Capital Books.

*Bookman, A., Harrington, M., Pass, L. & Reisner, E. (Eds.) (2007). **Family Caregiver Handbook.. Finding Elder Care Resources in Massachusetts.** Cambridge: MIT Workplace Center.

Canfield, J, Hansen, M.V., Thiemann, L., & Carter, R. (2004). **Chicken Soup For The Caregiver's Soul. Stories to inspire caregivers in the Home, Community and the World.** Publisher: HCI.

DeGraff, A.H. (2002). **Caregivers & Personal Assistants. How to find, hire and manage the people who help you (or your loved one!)** Publisher: Saratoga Access.

Delehanty, H. & Ginzler, E. (2005). **Caring for your parents : the complete AARP guide. New York: Sterling.

Elison, J., & McGonigle, C. (2004). **Liberating Losses: When Death Brings Relief.** DaCapo Press.

Henry, S. M. (2006). **The eldercare handbook: Difficult choices, compassionate solutions. NY: HarperCollins.

Jacobs, B.J. (2006). **The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent.** Guilford Press.

Kessler, L. (2007). **Dancing with Rose : Finding life in the land of Alzheimer's. NY: Viking.

Kuba, C. A. (2006). **Navigating the journey of aging parents : What care receivers want. NY: Routledge.

Levine, C. (Ed.) (2004). **Always on call : when illness turns families into caregivers.. Nashville: Vanderbilt University Press.

LoboPrabhu, S.M., Molinari, V.A., & Lomax, J. W. (Eds.). (2006). **Supporting the caregiver in dementia : a guide for health care professionals. Baltimore : Johns Hopkins University Press.

Mace, N.L. & Rabins, P.V. (2006). **The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life. (4th Ed.).** Baltimore: Johns Hopkins University Press.

Marriott, H. (2006). **The Selfish Pig's Guide to Caring.** Little Brown Book Group Limited.

McCurry, S. M. (2006). **When a family member has dementia : steps to becoming a resilient caregiver. Westport, Conn: Praeger.

BOOKS (con't)

****Niederhaus, S. G. & Graham, J.L. (2007). Together again : a creative guide to successful multigenerational living.** National Book Network

***Puchta, C. (2004). The Caregiver Resource Guide.** Cincinnati: Aging America Resources.

***Available in Discovering What's Next Hub on 3rd Floor of Newton Library**

****Available in Newton Free Library**

VIDEOS/DVDS

Films with caregiver information:

Family Matters. Coming Together for Alzheimer's. A Film Project and Resource Journal. Family Caregiver Support Program at Massachusetts General Hospital www.massgeneral.org/family_matters.

**The Educated Caregiver Video Series: Volume I: Coping Skills;
Volume II: Hands On Skills; Volume III: Essential Knowledge**

Films depicting caregiving and aging:

** **The Barbarian Invasions** (2003)– Canadian. A son takes care of his dying father and in the process works through their previously very bad relationship.

** **A Song for Martin** (2002) – Swedish. A late life happy marriage unravels when the husband gets Alzheimer's Disease. It gives a realistic picture of the difficulties and rewards of spousal caregiving.

** **Dad** (1989)– American. A son comes home to look after his father and mother.

** **Driving Miss Daisy** (1989) – American. A great classic about an old White woman and her friendship with her Black driver.

** **Iris** (2001) – British - John Bayley's experience in taking care of his wife the writer Iris Murdoch, who suffered from Alzheimer's Disease.

Number our Days (1976) – American. A documentary shows the value that poor elders place on maintaining their independence and dignity.

**Available in Newton Free Library

DISCOVERING WHAT'S NEXT RESOURCES

Resources in the Discovering What's Next Hub on third floor of the Newton Library:

Resources Binders:

Eldercare Volume I: Eldercare

Eldercare Volume II: Long Distance Caring

Eldercare Volume II: Advanced Health Care Planning

Places of living in retirement (includes information on assisted living and other living places)

Film Club Guide: Exploring the Places of Aging.

RESOURCES FOR INFORMATION AND REFERRAL IN NEWTON AREA

Combined Jewish Philanthropies. 1-800-980-1982. <http://www.cjpseniordirect.org>.

Dovetail. 140 Kendrick Street, Building A, Needham, MA 02494. 866-566-3683. <http://www.dovetailhealth.com>

Houseworks. One Gateway Center, Suite 902, Newton, MA 02458. 617-928-1010. 800 928-3393.
<http://www.house-works.com>

Jewish Family and Children's Services, 1430 Main Street, Waltham, MA 02451. 781-647-JFCS (5327).
<http://www.jfcsboston.org>.

Massachusetts Family Caregiver Support Program: Information, resources and links
<http://www.mass.gov/?pageID=elderstopic&L=2&L0=Home&L1=Caregiver+Support&sid=Eelders> .

Newton Directory of Senior Services: (excellent and comprehensive listing of services in the Newton area);
<http://www.newtonseniors.org/links/index.htm>. Click on "Directory of Services"

Newton Senior Center: 345 Walnut Street, Newtonville, MA 02460.
617-796-1660. <http://www.newtonseniors.org>.

Springwell: 617-926-4100, 125 Walnut St, Watertown, MA 02472.
617-926-4100, 800-635-8753. <http://www.springwell.com>.(for residents of Belmont, Brookline, Needham Newton, Waltham, Watertown, Wellesley, and Weston. In other communities call 800-AGE-INFO (or 800-243-4636) or referral to local Aging Service Access Point (ASAP).

TRAINING AND EDUCATION OF CAREGIVERS

Jewish Family and Children's Services: 617-558-1278. <http://www.jfcsboston.org>.

Springwell: offers training (e.g. bathing, transferring, medication management, home safety) and free seminars on a variety of topics. 617-926-4100. www.springwell.com .

American Red Cross of Massachusetts Bay: 139 Main Street
Cambridge, MA 02142. 617-274-5200. <http://www.bostonredcross.org>