

Caregiver Library

Boulder County Aging Services, 529 Coffman, Suite 140B, Longmont
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Alzheimer's Disease

- ❑ A Beautiful Pearl (children), Nancy Whitelaw
- ❑ A Dignified Life: The Best Friends Approach to Alzheimer's Care: A Guide for Family Caregivers, Virginia Bell and David Troxel
- ❑ A Guide to Alzheimer's Disease (2 copies), Barry Reisberg
- ❑ A Part of Daily Life: Alzheimer's Caregivers Simplify Activities and the Home (DVD), The American Occupational Therapy Foundation
- ❑ Alzheimer's: A Caregiver's Guide and Sourcebook (2 copies), Howard Gruetzner
- ❑ Alzheimer's Activities: Hundred of Activities for Men and Women with Alzheimer's Disease and Related Disorders, B. J. FitzRay
- ❑ Alzheimer's and Dementia: Questions You Have ... Answers You Need, Jennifer Hay
- ❑ Alzheimer's Disease: Activities That Work, Catherine A. Abrignani and Bill Messenger
- ❑ Alzheimer's Disease: Legal and Financial Facts You Should Know (booklet), Alzheimer's Disease Research
- ❑ Alzheimer's Disease: Living in the Here and Now (videotape), Keepsake
- ❑ Alzheimer's Disease: What Everyone Should Know (videotape)
- ❑ Alzheimer's from the Inside Out, Richard Taylor
- ❑ Caring for Alzheimer's Patients: Caregivers Practical Help, New York State Office for the Aging
- ❑ Caring for an Alzheimer's Patient Across the Miles (booklet), Alzheimer's Disease Research
- ❑ Caring for People with Alzheimer's Disease: A Training Manual for Direct Care Providers, Gayle Andresen
- ❑ Caring for the Alzheimer's Patient at Home: Tips for Coping (booklet), Alzheimer's Disease Research
- ❑ Complaints of a Dutiful Daughter (videotape)
- ❑ Coach Broyles' Playbook for Alzheimer's Caregivers: A Practical Tips Guide – Frank Boyles
- ❑ Coping with Alzheimer's: A Caregiver's Emotional Survival Guide, Rose Oliver and Frances A. Bock
- ❑ Daddy Boy: A Family's Struggle with Alzheimer's, Carol Wolfe Konek
- ❑ Death in Slow Motion: Memoir of a Daughter, Her Mother, and the Beast Called Alzheimer's, Eleanor Cooney
- ❑ Dementia Caregivers Share Their Stories: A Support Group in a Book, Lynda A. Markut and Anatole Crane
- ❑ Grandpa Doesn't Know It's Me (children), Donna Guthrie

- He Used to Be Somebody, Beverly Bigtree Murphy
- He's Doing This to Spite Me: Emotional Conflicts in Dementia Care (videotape)
- Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease, Robert N. Butler, M.D.
- Living with Alzheimer Disease: The Family Caregiver's Guide: Ethical Issues, The New Relationship, The Caregiver's Options, Endings (4-videotape set), University of Maryland School of Medicine
- Losing My Mind: An Intimate Look at Life with Alzheimer's, Thomas DeBaggio
- Mayo Clinic on Alzheimer's Disease, Ronald Petersen
- Medications for Alzheimer's and Memory Loss (videotape), Gail Bosch
- Mom, Are You There? Finding a Path to Peace Through Alzheimer's (2 copies), Kathleen A. Negri
- Singing with Momma Lou (children), Linda Jacobs Altman
- The Best Friends Approach to Alzheimer's Care, Virginia Bell and David Troxell
- The Best Friends Book of Alzheimer's Activities, Volume One, Virginia Bell, David Troxel, Tonya Cox, and Robin Hamon
- The Caregiver Series: Communicating (videotape, 2 copies), Alzheimer's Association
- The Forgetting – Alzheimer's: Portrait of an Epidemic, David Shenk
- The Hardest Choice: Selecting a Nursing Home for an Alzheimer's Patient (booklet), Alzheimer's Disease Research
- The Loss of Self: A Family Resource for the Care of Alzheimer's Disease and Related Disorders (2 copies), Donna Cohen and Carl Eisdorfer
- The Memory Box (children), Mary Bahr
- The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life (2 copies), Nancy Mace and Peter V. Rabins
- There's Still a Person in There: The Complete Guide to Treating and Coping with Alzheimer's, Michael Castleman, Dolores Gallagher-Thompson, and Matthew Naythons
- Travels in Place: A Journey into Memory Loss – Christiane W. Griffin-Wehr
- Understanding Alzheimer's Disease (booklet), American Health Assistance Foundation
- Understanding "Senility:" A Layperson's Guide (booklet), Susan M. Thornton and Virginia Fraser
- Video Respite: Remembering When; Sharing Favorite Things (2-videotape set), Innovative Caregiving Resources
- Visiting Mom: An Unexpected Gift – A Guide for Visiting Elders with Alzheimer's, Sherry M. Bell
- What If It's Not Alzheimer's?, Lisa Radin and Gary Radin, Eds.
- What's Happening to Grandpa? (children), Maria Shriver
- What's Wrong with Grandma? (children), Margaret Shawver

- When I Grow Too Old to Dream: Coping with Alzheimer's Disease, Gerry Naughtin and Terry Laidler
- When Meme Came to Live at My House (children), Mary Janine Langdon

Caregiving (General)

- A Caregiver's Guide to Oral Health: You Can Make a Difference (videotape, 3 copies), Dental Aid, Inc.
- A Caregiver's Journey: Poetry by Kaelin Kelly, Kaelin Kelly
- A Caregiver's Survival Guide: How to Stay Healthy When Your Loved One Is Sick, Kay Marshall Strom
- A Family Caregiver's Guide to Planning and Decision Making for the Elderly, James A. Wilkinson
- A Prescription for Caregivers: Take Care of Yourself (videotape), Wendy Lustbader
- A Voice for the Caregiver, Jean Wood
- Age Care Sourcebook, Jean Crichton
- Aging and Our Families: Handbook for Family Caregivers (booklet), Donna P. Couper
- Aging Parents and Common Sense: A Practical Guide for You and Your Parents, Children of Aging Parents
- Aging Parents and You: A Complete Handbook to Help You Help Your Elders Maintain a Healthy, Productive and Independent Life, Eugenia Anderson-Ellis and Marsha Dryan
- Aging Parents: The Family Survival Guide, Lifetapes Communications (Printed Action Guide and two videotapes)
- American Guidance for Seniors, Ken Skala
- And Thou Shalt Honor: The Caregiver's Companion, Beth Witrogen McLeod, Ed.
- And Thou Shalt Honor: The Caregiver's Companion (videotape), Beth Witrogen McLeod, Ed.
- Are You a Caregiver?: Where to Start, Home Care ... and Other Options, Long Distance Caregiving, Workplace Balance, Legal and Financial Considerations, Lifetime Plans (6-audiotape set), Caregivers, Inc.
- Are Your Parents Driving You Crazy?: How to Resolve the Most Common Dilemmas with Aging Parents, Joseph A. Ilardo and Carole R. Rothman
- As Parents Age: A Psychological and Practical Guide, Joseph A. Ilardo
- Beyond Chaos: One Man's Journey Alongside His Chronically Ill Wife, Gregg Piburn
- Biblical Caregiving Principles and Workbook, Charles Puchta
- Care Log: An Organizing and Planning Aid for Long Distance Caregivers, Angela Heath
- Caregiver Handbook: A Local Guide for Caregivers of Older Adults in the Denver Region, Denver Regional Council of Governments

- ❑ Caregivers Practical Help, New York State Office for the Aging
- ❑ Caregiver's Reprieve: A Guide to Emotional Survival When You're Caring for Someone You Love, Avrene L. Brandt, Ph.D.
- ❑ Caregiving and Loss: Family Needs, Professional Responsibilities, Kenneth J. Doka and Joyce D. Davidson, Eds.
- ❑ Caregiving for the Elderly: Recognizing Your Strengths and Resources, Gary Deimling, David Bass, and Cheryl Jensen
- ❑ Caregiving: Helping an Aging Loved One, Jo Horne
- ❑ Caregiving: How to Care for Your Elderly Mother and Stay Sane, E. Jane Mall
- ❑ Caregiving: The Spiritual Journey of Love, Loss, and Renewal, Beth Witrogen McLeod
- ❑ Caregiving Series: Caregiver Wellness (videotape), Healing Arts
- ❑ Caring and Coping When Your Loved One Is Seriously Ill, Earl A. Grollman
- ❑ Caring for an Aging Parent: Have I Done All That I Can?, Avis Jane Bell
- ❑ Caring for Your Aged Parents, Earl A. Grollman and Sharon H. Grollman
- ❑ Caring for Your Aging Parents: When Love Is Not Enough, Barbara Deane
- ❑ Caring for Your Aging Parents: A Sourcebook of Timesaving Techniques and Tips (2 copies), Kerri S. Smith
- ❑ Caring for Your Parents: A Sourcebook of Options and Solutions for Both Generations, Helene MacLean
- ❑ Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive, Claire Berman
- ❑ Chicken Soup for the Caregiver's Soul: Stories to Inspire Caregivers in the Home, the Community and the World, Jack Canfield, Mark Victor Hansen, and LeAnn Thieman, L.P.N.
- ❑ Children of a Certain Age: Adults and their Aging Parents, Vivian E. Greenberg
- ❑ Choosing a Nursing Home: A Guidebook for Families, Marty Richards, M.S.W., Nancy Hooyman, Ph.D., Mary Hansen, M.H.A., Wendy Brandts, M.S.W., Kathy Smith-DiJulio, M.N., and Lynn Dahm, M.S.
- ❑ Conscious Caregiving (audiotape, 2 copies), Marla J. Oberhausen
- ❑ Conscious Communication (audiotape, 2 copies), Marla J. Oberhausen
- ❑ Cooking Well for the Unwell: The Definitive Sourcebook for Parents, Companions, Caregivers, and Yourself, Eileen Behan
- ❑ Coping with Your Difficult Older Parent: A Guide for Stressed-Out Children, Grace Lebow and Barbara Kane
- ❑ Creative Caregiving (audiotape), Marla J. Oberhausen
- ❑ Daily Comforts for Caregivers, Pat Samples
- ❑ Daughters of the Elderly: Building Partnerships in Caregiving, Jane Norris, Ed.
- ❑ Elder Care: A Six Step Guide to Balancing Work and Family, John Paul Marosy
- ❑ Elder Care: Coping With Late-Life Crisis, James Kenny, Ph.D. and Stephen Spicer
- ❑ Elder Parent Care: The Family Meeting (videotape)

- ❑ Elder Rage -or- Take My Father ... Please!: How to Survive Caring for Aging Parents, Jacqueline Marcell.
- ❑ Family Re-union: Reconnecting Parents and Children in Adulthood, Robert Kuttner and Sharland Trotter
- ❑ For Better or For Worse: A Couple's Guide to Dealing with Chronic Illness, Beverly Kievman with Susie Blackmun
- ❑ Good Daughters: Loving Our Mothers as They Age, Patricia Beard
- ❑ Hardship into Hope: The Rewards of Caregiving (audiotape), Connie Goldman Productions
- ❑ Healing Salves for Caregivers: Healing Salves for Caregivers, Creative Caregiving, Conscious Communication, Setting and Maintaining Boundaries (4-audiotape set, 2 sets), Marla J. Oberhausen
- ❑ Help for Caring: For Older People Caring for an Adult with a Developmental Disability, Matthew P. Janicki
- ❑ Helping Elderly Parents: The Role of Adult Children, Victor G. Cicirelli
- ❑ Helping Yourself Help Others: A Book for Caregivers, Rosalynn Carter
- ❑ Hidden Legacy: The Rewards of Caregiving for Your Aging Parents (videotape), Victoria Howard
- ❑ Hiring Home Caregivers: The Family Guide to In-Home Eldercare, D. Helen Susik, M.A.
- ❑ Home Care for the Elderly, Jay Portnow, M.D., with Martha Houtmann, R.N.
- ❑ Home Health Aides: How to Manage the People Who Help You, Alfred H. Degraff
- ❑ How to Care for Aging Parents, Virginia Norris
- ❑ How to Care for Your Parents: A Handbook for Adult Children, Nora Jean Levin
- ❑ How to Choose a Nursing Home: A Guide to Quality Caring, Joanne Meshinsky, R.N.
- ❑ If Only I'd Had This Caregiving Book, Maya Hennessey
- ❑ If There's Anything I Can Do ... An Easy Guide to Showing You Care, Susan McClelland with Susan McClelland Prescott
- ❑ I'll Take Care of You: A Practical Guide for Family Caregivers, Joseph A. Ilardo and Carole R. Rothman
- ❑ In-Home Care: Rules for Lifting (videotape)
- ❑ Kind Words for Caring People: Daily Affirmations for Caregivers, Sefra Kobrin Pitzele
- ❑ Labour of Love: Five Stories of Caregiving (videotape)
- ❑ Learning to Sit in the Silence: A Journal of Caretaking, Elaine Marcus Starkman
- ❑ Living, Loving, and Leaving: Poems of Heart and Mind, John Rapoza
- ❑ Living Well in a Nursing Home: Everything You and Your Folks Need to Know, Lynn Dickinson and Xenia Vosen
- ❑ Long Distance Caregiving: A Survival Guide for Far Away Caregivers, Angela Heath

- Love, Honor, and Value: A Family Caregivers Speaks Out about the Choices and Challenges of Caregiving, Suzanne Geffen Mintz
- Making the Moments Count: Leisure Activities for Caregiving Relationships, Joanne Ardolf Decker
- Nursing a Loved One at Home: A Care Giver's Guide, Susan Golden
- Nursing Homes: Getting Good Care There, Sarah Greene Burger, Virginia Fraswer, Sara Hunt, and Barbara Frank
- Precious Days and Practical Love: Caring for Your Aging Parent, James Taylor
- Respite Care: A Gift of Love (videotape, 2 copies), M.L.A. Productions
- Self-Care for Caregivers: A Twelve Step Approach, Pat Samples, Diane Larsen, and Marvin Larsen
- Seven Steps to Effective Parent Care: A Planning and Action Guide for Adult Children with Aging Parents, Donna Cohen and Carl Eisdorfer
- Share the Care: How to Organize a Group to Care for Someone Who Is Seriously Ill (2 copies), Cappy Capossela and Sheila Warnock
- Should Mom Live With Us? And Is Happiness Possible if She Does?, Vivian F. Carlin and Vivian E. Greenberg
- So Far Away: Twenty Questions for Long-Distance Caregivers, U. S. Department of Health and Human Services
- Surviving Your Spouse's Chronic Illness: A Compassionate Guide, Chris McGonigle
- Talking with Your Aging Parents, Mark A. Edinberg
- Taking Care: Supporting Older People and Their Families, Wendy Lustbader and Nancy R. Hooyman
- Taking Care of Aging Family Members (revised), Wendy Lustbader and Nancy R. Hooyman
- Taking Care of Parents Who Didn't Take Care of You: Making Peace with Aging Parents, Eleanor Cade
- Taking Care of Your Aging Family Members, Wendy Lustbader and Nancy R. Hooyman
- Taking Time for Me: How Caregivers Can Effectively Deal with Stress, Katherine L. Karr
- Taking Time: Support for People with Cancer and the People Who Care About Them (booklet), U.S. Department of Health and Human Services
- The Aging America Resources Guide, Charles Puchta
- The Baby Boomer's Guide to Nursing Home Care, Eric M. Carlson and Katharine Bau Hsiao, National Senior Citizens Law Center
- The Caregiver's Guide: Helping Elderly Relatives Cope with Health and Safety Problems, Caroline Rob
- The Caregiver's Journey: The Journey Begins, The Toll, Surviving, Healing, Quiet Triumphs (5-videotape set), Dr. Geila Bar-David
- The Caregiver's Manual: A Guide to Helping the Elderly and Infirm, Gene B. Williams and Patie Kay

- The Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers, Maria M. Meyer with Paula Derr, R.N.
- The Complete Eldercare Planner: Where to Start, Questions to Ask, and How to Find Help, Joy Loverde
- The Educated Caregiver: Coping Skills, Hands On Skills (2-videotape set), Lifeview
- The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent, Barry J. Jacobs
- The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own, Gary Barg
- The Gifts of Caregiving: Stories of Hardship, Hope, and Healing, Connie Goldman
- The Help, Hope and Cope Book for People with Aging Parents, Patricia Rushford
- The Hokey Pokey IS What It's All About: Words of Wisdom for the Stressed, the Overworked, the Diagnosed, and Those Who Love Them – Jenney Atchley and Adele Britton
- The New Nursing Homes: A 20-Minute Way to Find Great Long-Term Care, Marilyn Rantz, Lori Popejoy, and Mary Zwygart-Stauffacher
- The Parent Care Conversation: 6 Strategies, Dan Taylor
- The Unofficial Guide to Eldercare (2 copies), Chris Adamec
- Visits: Caring for an Aging Parent: Reflections and Advice, Lee Ann Chearney
- When Love Gets Tough: The Nursing Home Decision (booklets, 3 copies), Doug Manning
- When Your Parents Grow Old, Florence D. Shelley
- You and Your Aging Parent: A Family Guide to Emotional, Physical, and Financial Problems (2 copies), Barbara Silverstone and Helen Kandel Hyman
- Your Aging Parents: Reflections for Caregivers, Earl A. Grollman and Sharon Grollman
- Your Best Is Good Enough: Aging Parents and Your Emotions, Vivian E. Greenberg

Death and Dying

- Choices at the End of Life: Finding Out What Your Parents Want Before It's Too Late, Linda Norlander and Kerstin McSteen
- Death: The Final Stage of Growth, Elisabeth Kubler-Ross
- Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying (2 copies), Maggie Callahan and Patricia Kelley
- Final Passages: Positive Choices for the Dying and Their Loved Ones, Judith Ahronheim and Doron Weber
- Graceful Passages: A Companion for Living and Dying (CD), Companion Arts Production
- Gramp: A Man Ages and Dies, Mark Jury and Dan Jury

- Hospice of Boulder County Care Center (videotape), Hospice of Boulder County
- How We Die: Reflections on Life's Final Chapter, Sherwin B. Nuland
- Meetings at the Edge, Stephen Levine
- On Death and Dying (2 copies), Elisabeth Kubler-Ross
- On Our Own Terms: Moyers on Dying: Living with Dying, A Different Kind of Care, A Death of One's Own, A Time to Change (4-videotape set), Bill Moyers
- Questions and Answers on Death and Dying, Elisabeth Kubler-Ross
- The American Way of Death, Jessica Mitford
- The Hospice Movement: A Better Way of Caring for the Dying, Sandol Stoddard
- The Tibetan Book of Living and Dying, Sogyal Rinpoche
- The Way We Die: An Investigation of Death and Dying in America Today, David Dempsey
- Who Dies?: An Investigation of Conscious Living and Conscious Dying, Stephen Levine

Grief and Loss

- A Child's View of Grief (videotape)
- A Grief Observed, C. S. Lewis
- A Time to Mourn, A Time to Dance: Help for the Losses in Life, Aid Association for Lutherans
- Beginnings: A Book for Widows, Betty Jane Wylie
- Clergy to Clergy: Helping You Minister to Those Confronting Illness, Death and Grief, Rev. Kenneth J. Doka (six audiotape set)
- Death Without Denial, Grief Without Apology: A Guide for Facing Death and Loss, Barbara K. Roberts
- Healing Conversations: What to Say When You Don't Know What to Say, Nance Guilmartin
- How to Survive the Loss of a Love, Melba Colgrove, Harold H. Bloomfield, and Peter McWilliams
- Living with Grief after Sudden Loss, Kenneth J. Doka, Ed.
- Living with Grief after Sudden Loss (videotape), Kenneth J. Doka
- Loss of Dreams: A Special Kind of Grief (booklet, 2 copies), Ted Bowman
- Necessary Losses, Judith Viorst
- Someone You Love Is Dying: How Do You Cope? (videotape)
- The Courage to Grieve: Creative Living, Recovery, and Growth Through Grief, Judy Tatelbaum
- Understanding Grief: Helping Yourself Heal, Alan D. Wolfelt
- When Men Grieve: Why Men Grieve Differently and How You Can Help, Elizabeth Levang
- Widow (2 copies), Lynn Caine

- Will I Survive This Pain?, The Grieving Reaction, Grief Is a Family Affair, and Permission to Grieve (4-booklet set, 4 copies), Doug Manning

Miscellaneous

- Another Country: Navigating the Emotional Terrain of Our Elders, Mary Pipher
- Boulder Area Accessible Trails and Natural Sites, Topher Downham, Steven J. Mertz, and Dinah S. Pollard
- Fall Prevention Program for Seniors: Home Safety Checklist - Making Our Homes Safer, Preventing Unnecessary Injuries Due to Falls (2 booklets), Pueblo City-County Health Department Injury Prevention Program
- Faces of Depression (videotape)
- Falls in Older People: Prevention and Management, Rein Tideiksaar
- Focus on Well Being: Understanding Depression, Treating Depression, Depression and Relationships, Managing Depression (4-videotape set)
- Grandparenting: Enriching Lives - An Essential Guide for Today's Grandparents (videotape, 2 copies), Civitas
- Great American Vacations for Travelers with Disabilities, Fodor's
- Humor Me: America's Funniest Humorists on the Power of Laughter, Brad Montgomery, Editor
- Legal Rights of the Catastrophically Ill and Injured: A Family Guide, Joseph L. Romano
- Life Review Training Manual, Center for Creative Aging and Elders Share the Arts
- Meditations for Women Who Do Too Much, Anne Wilson Schaeff
- Moving Back Into the Light (videotape on depression)
- One More Day: Daily Meditations for People with Chronic Illness, Sefra Kobrin Pitzele
- Reminiscence File: Actiphiles (Fathers, Christmas, Thanksgiving, Mothers), Picture Sets (Food, Paws for Pictures, Home Work), A Book of Questions to Keep Thoughts and Feelings, Timeline, Instructions (For photocopying only; not for check out)
- Roadwise Review: A Tool to Help Seniors Drive Safely Longer (Booklet and CD), DrivingHealth Inventory
- Senior Security: Avoiding Scams and Fraud in Colorado (videotape, 2 copies)
- Sound Hearing: Understanding Hearing Loss (booklet and CD), Stanley H. Collins
- The Consumer's Guide to Colorado Nursing Homes, 2nd edition, Maria Arellano, Nancy Schwalm, and Richard Schwalm
- Valuing Diversity: Caregiving for the Elderly Across Cultures, Coalition of Limited English Speaking Elderly (videotape)
- Well Advised: Your Guide to Total Health Care, CIGNA HealthCare

Newsletters

- Care Connections, Boulder County Aging Services
- Take Care: Self-Care for the Family Caregiver, National Family Caregiver Association
- Alzheimer's Association Colorado Chapter Newsletter