

**Family  
Caregivers  
Resource Library**

# Videos

## **Alzheimer's Disease: One Question At a Time....One Day at a Time**

This video shows how to join together to manage and care for a family member with Alzheimer's Disease.

## **Alzheimer's Disease: Living in the Here and Now**

Useful information and insights on memory, aging, and Alzheimer's disease.

## **A Prescription For Caregivers: Take Care Of Yourself**

Humor and stories pack this video with a wealth of ideas on how to make life better for both the giver and the receiver.

## **Arthritis- Old Problem- New Approaches**

## **A Woman's Strength (Osteoporosis)**

## **Cardiovascular Wellness**

Are you at risk for a Heart Attack? This video will help identify risk factors.

## **Caregiver**

News Hour's Ray Suarez looks at the rich rewards and wisdom that often attend caring for loved ones as well as all the hard work.

## **Caregiver Wellness**

This program provides tools and resources to help caregivers transform stress and maintain wellness.

## **Controlling Cholesterol After 50**

Ideas to control and reduce cholesterol.

## **Does Your Life Style Still Fit Your Life? (5)**

## **Doing Something about Diabetes**

This video is about taking control and feeling better with diabetes.

## **Educated Caregiver Series, The**

Three videos provide a wealth of information, strategies and support for those caring for a loved one.

### **Family Caregivers**

What it is like to care for a dying parent.

### **Finer With Age**

### **Grandparenting: Enriching Lives**

An essential guide for today's grandparents focusing on the importance of the grandparent and child relationship.

### **Grandma's Hands**

This documentary studies three ethnically diverse urban families in which grandparents are raising their grandchildren as a result of their own families drug addiction; a time in their lives when they expected to be enjoying a quiet retirement.

### **Grit and Grace of Being a Caregiver**

Maintaining you balance as you care for others.

### **Home Safe Home**

### **Home to Communicate with Someone Who Has Hearing Loss**

This program teaches the viewer about the importance of communication, the causes and symptoms of hearing loss, a typical audiologist evaluation and effective communication techniques in and outside the home.

### **Legacy of Community Action**

An Urban community gathers together to provide safe housing for four generations of families.

### **Line Dancing for Seniors**

### **Lower Back Pain**

### **My Mother, My Father**

This documentary takes a candid look at four families and their feelings as they deal with the stresses and changes involved in caring for an aging parent.

### **News about Diabetes**

Treating and controlling diabetes

### **On Our Own Terms, Moyers on Dying**

A four part video series narrated by Bill Moyers looks at how we die in America. These videos present remarkable human stories of the dying and their wishes.

### **Osteoarthritis**

### **Rites of Sight**

Protecting your eyes for a lifetime of good vision.

### **Senior, Savvy and Safe**

### **Safe Steps: Falls Prevention for Seniors**

### **Taking Care: Easing the Roles of the Family Caregiver**

Will you be ready when elderly loved ones need you? This video from Aid Association for Lutherans offers this video as a portrait of an actual family coping with the varied challenges of providing care to their elderly parents.

### **Type 2 Diabetes: How to recognize and manage the Disease**

This is a short helpful video for anyone interested in type 2 diabetes.

### **Voices of Caregiving**

Seven caregivers share their stories of caring, while offering insights to others that want to understand.

### **WTLW TV-44**

This is a two part series examining the issue of grandparents raising grandchildren.

### **Yoga-Linda Arkin**

### **Yoga- Lillas**

# **Books**

## **A Family Caregiver's Guide to Planning and Decision Making for the Elderly**

**By James A Wilkinson**

A complete guide to the legal, financial, medical and logistical aspects of caring for an elder.

## **Alzheimer's: A Caregiver's Guide ad Sourcebook**

**By Howard Gruetzner**

This book includes the latest breakthrough therapies and new material about depression and stress

## **Alzheimer's disease Box**

## **Alzheimer's for Dummies**

**By Patricia B Smith,**

**Mary Mitchell Keban, PSY D**

**Mark Edwin Kunik, MD, MPH**

Reference for the Disease and its treatments.

## **And Thou Salt Honor: The Caregiver's Companion**

**By Beth Witrogen McLeod**

Advice and inspiration to help you care for your aging parents and loved ones.

## **As We Grow Old**

**By Ruth Fowler**

How Adult Children and their parents can face aging with candor and grace

## **Carebook, The: A Workbook for Caregiver Peace of Mind**

**By Joyce Beedle RN, BSN**

Workbook that helps caregivers to construct a complete, easy-to-access profile of the person being cared for.

## **Care That Works: A Relationship Approach to Persons with Dementia**

**By Jitka M. Zgola**

This guide shows how to establish a positive environment for Alzheimer's patients by providing social interaction and productive activity. It is a valuable resource for those caring for person with Alzheimer disease.

**Caregiver's Essential Handbook**

**By Sasha Carr, M.S.**

**Sandra Choron**

More than 1200 tips to help you care for and comfort the seniors in your life.

**Caregiving: The Spiritual Journey Of Love, Loss, and Renewal**

**By Beth Witrogen McLeod**

Provides inspiring and poignant accounts of the caregiving experience and also explores medical, financial and emotional aspects of caring for others.

**Caring for Your Parents- The Complete AARP Guide**

**By Hugh Delehanty**

**Elinor Ginzel**

Guide to complete caringing.

**Choices at the End Of Life**

**By Linda Norlander, RN, MS**

**Kerstin McSteen, RN, MS**

Finding out what your parents want before it is too late.

**Complete Guide to Caring for Aging Loved Ones**

**By Henry Holstese, Ph.D.**

**Robert Riekse, Ph.D.**

**Coping With Caring**

**By Lyn Roche**

Daily reflections for Alzheimer's caregivers are provided. The book is full of coping devices, thoughtful reflections, and practical activities.

**Courage to Grieve, The**

**By Judy Tatelbaum**

Contains useful self-help exercises to assist in the grieving and recovery process.

**Day to Day: Spiritual help when someone you love has Alzheimer's**

**By Cecil Murphy**

Daily devotions are provided for those caring for someone with Alzheimer disease.

**Daily Comforts for Caregivers**

**By Pat Samples**

366 daily meditations for caregivers

**Elder Rage... or ... Take My Father Please!**

**By Jacqueline Marcell**

The true story of a woman caring for her ailing and aging parents.

**Fourteen Friends Guide to Eldercaring**

**By the Fourteen Friends**

Fourteen friends that maintained contact with each other, share personal anecdotes and solutions to difficult situations that they faced with their own care giving experiences.

**Fifty to Forever**

**By Hugh Downs**

This is a complete sourcebook for living an active, involved, fulfilling second half of life-for you and for those you love.

**Guardianship (2)**

**Grandparents as Parents**

**By Sylvie de Toledo**

**Deborah Edler Brown**

The “how-to guide” for grandparents who must deal with the physical, emotional, financial, medical, and legal problems that often accompany raising grandchildren.

**Grief Education for Caregivers of the Elderly**

**By Junietta Baker McCall, D Min**

The author gets in touch with the assumptions, beliefs, and values of the caregiver. The book challenges caregivers and provides a clear model that helps one understand the needs of caregivers.

**How to Care For Aging Parents**

**By Virginia Morris**

The book that answers the questions you hoped you’d never had to ask. A one-stop resource for all the medical, financial, housing, emotional and practical issues. Includes complete yellow pages of services.

**Keepsake- Alzheimer’s Slide Lecture Kit**

A program on memory, aging and Alzheimer’s.

**Love, Honor, and Value**  
**By Suzanne Mintz**

A family caregiver speaks out about the choices and challenges of caregiving.

**New Nursing Homes, The**  
**By Marilyn Rantz, PhD.**

**Lori Popejoy, RN**  
**Mary Zwygart-Stauffacher, PhD**

A 20-minute way to find great long-term care.

**Practical Pointers for Parkinsonians**  
**By Lucille Carlton**

This brochure provides information about equipment and aids that will help one with Parkinson disease with the activities of daily living.

**Quick Tips for Caregivers Book**  
**By Marion Karpiski, RN.**

Provides all the hands-on caregiving advice and instruction needed every day.

**Taking Care of Aging Family Members: A Practical Guide**  
**By Wendy Lustbader and Nancy R. Hooman**

The book is a definitive guide for family members and professionals on all aspects of caring for the aged

**There's Still a Person In There**  
**By Michael Castleman,**  
**Dolores Gallagher-Thompson, PhD.**  
**Matthew Naythons, MD.**

The complete guide to treating and coping with Alzheimer's.

**Thirty Six Hour Day, The**  
**By Nancy L. Mace, M.A. and Peter V. Rabins, M.D., M.P.H.**

This is an excellent and practical guide for families caring for someone with dementia or anyone with significant impairments.

**Understanding Dementia**  
**By Alan Jacques and Graham A. Jackson**

A broad look is provided on the wide range of ways in which dementia can affect not only the lives of those who suffer from this illness but also the lives of their caregivers.