

Bibliography for Caregivers: Print, and Online

Print

The Caregiver's Handbook, Caregiver Education and Support Services, San Diego County Mental Health Services, San Diego, Calif.

From the book: "This book is directed primarily to the caregiver. This is not a how-to book focused on problems of the ill person. Rather, it offers practical approaches to common caregiver problems. Staying healthy, avoiding depression, remaining active, making friends, and enjoying pleasurable activities are an essential part of any human life, including those of caregivers. Serving as the primary caregiver for an ill loved one should not make life meaningless."

The Caregiver's Handbook, published by the Visiting Nurse Associations of America and Deni Brown. Dorling Kindersley Publishing, Inc., March 1998. The handbook is available through major bookstores and online.

The Comfort of Home, An Illustrated Step-by-Step Guide for Caregivers by Maria M. Meyer and Paula Derr, RN., CareTrust Publications, PO Box 10283, Portland, Oregon, 1998.

From the book: "...basic but complete guide to home health care. Because health involves every aspect of living, we cover a wide range of topics, not just medical needs. You will find practical tips and illustrated solutions to help you with everyday activities, as well as with complicated and stressful situations."

Handbook for Family Caregivers of Older Adults, by Mildred O. Hogstel, Ph.D., R.N., C, North Star Systems, Fort Worth, Texas, 2001.

This handbook helps adult children, grandchildren and siblings learn how they can help their older family members maintain and/or regain a healthy and happy lifestyle as long as possible. The author is a registered nurse with national certification in the nursing care of older adults. She also was a caregiver for both of her parents for many years. The book can be ordered online.

Online

www.caregiver.com

An online adjunct to the monthly print magazine Today's Caregiver. The online site includes an online form and chat room, in addition to a number of current articles and links. The online forum is similar to a bulletin board, and may be searched by key word. Access to the online resources is free. The print edition of Today's Caregiver costs \$18 for six issues.

www.caregivingsolutions.com, Elaine Peters, M.A. geriatric care manager

- Hard Questions, Simple Answers: A Workbook to Take the Crisis Out of Caregiving, Workbook that systemically outlines the issues & information you will need to take care of an older adult. Practical, detailed, easy-to-use approach enables you to record personal information & pertinent dates in.

www.SelfCareConnection.com, Pauline Salvucci, M.S. personal & professional coach

- "Self-Care Now! 30 Tips to Help You Take Care of ourselves & Minimize Caregiver Burnout."
- "Self-Care Now! 30 Ways to Overcome Obstacles that Prevent You from Taking Care of Ourselves."
- "Self-Care Now! 30 Tips to Help You Take Care of Yourself When Chronic Illness Turns Your Life Upside Down."