

Booklovers List: Family Caregiving

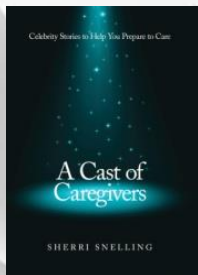


A Bittersweet Season – Caring for Our Aging Parents and Ourselves

Jane Gross

Knopf (2011)

New York Times New Old Age blogger chronicles her journey caring for her mother.

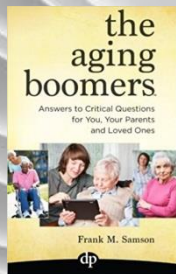


A Cast of Caregivers – Celebrity Stories to Help You Prepare to Care

Sherri Snelling

Balboa Press, division of Hay House Publishers (2013)

A “what to expect when you’re caregiving” sourcebook for caring for parents with celebrity caregiving stories including Holly Robinson Peete, Joan Lunden, Marg Helgenberger, Jill Eikenberry & Michael Tucker as well as a guide to self-care while caregiving.

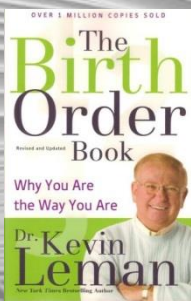


The Aging Boomers

Frank M. Samson

Difference Press (2016)

With expert interviews from his radio show (including our Sherri Snelling), Frank outlines critical questions to ask when you become a caregiver.

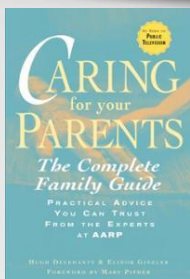


The New Birth Order Book

Dr. Kevin Leman

Knopf (2011)

The New York Times best-selling book on how to understand your relationships better based on your birth order in your family. Insightful for caregivers needing to understand both parent and sibling issues.



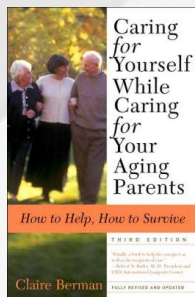
Caring for Your Parents: The Complete AARP Guide

Hugh Delahanty, Elinor Ginzler, Mary Pipher

Sterling (2008)

From the largest senior organization comes the definitive guide on senior care.

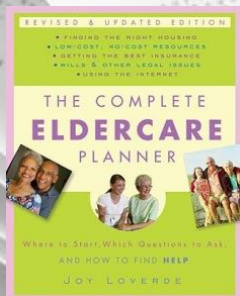
Booklovers List: Family Caregiving



Caring for Yourself While Caring for Your Aging Parents – How to Help, How to Survive

Claire Berman
Holt Paperbacks(2005)

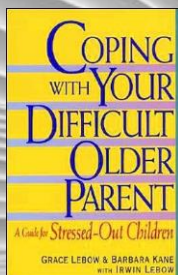
A personal glimpse into the emotional and physical tolls of caring for an older parent with tips on how to care for yourself .



The Complete Eldercare Planner

Joy Loveide
Three Rivers Press (2000)

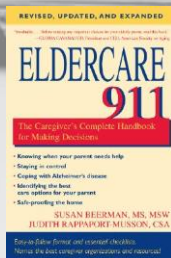
A series of 13 chapters that address the issues, provide solutions and action item checklists for the various challenges of caring for older parents.



Coping with Your Difficult Older Parent – A Guide for Stressed Out Children

Grace Lebow and Barbara Kane
William Morrow Paperbacks (1999)

Written by a clinical social worker and a care manager, professional advice on dealing with the emotional difficulties in elder care.

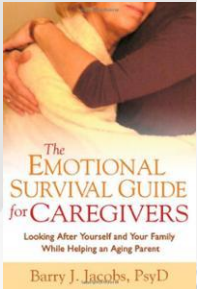


Eldercare 911 Question and Answer Book

Susan Beerman and Judith Rappaport-Musson
Prometheus Books (2002)

Comprehensive guidebook on dealing with home care, nursing homes and health care professionals.

Booklovers List: Family Caregiving

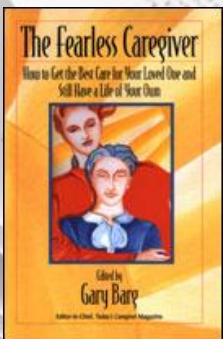


The Emotional Survival Guide for Caregivers

Barry J. Jacobs

The Guildford Press (2006)

Written by an expert in behavioral sciences, the book follows two sisters caring and coping for a widowed mother diagnosed with cancer. Follows their story from diagnosis to death.

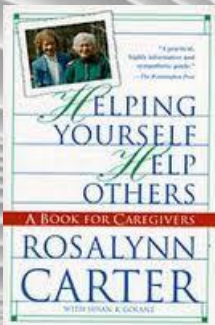


The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own

Gary Barg

Capital Books (2003)

Based on the author's personal caregiving story and testimonials from caregivers who read Caregiver Today magazine, tips and solutions on caring for your loved one from those who have lived it.

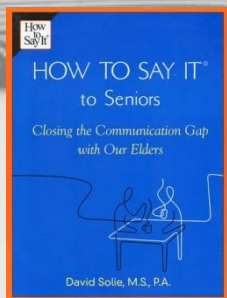


Helping Yourself Help Others – A Book for Caregivers

Rosalynn Carter

Three Rivers Press (1995)

One of the first books to identify caregiver burn-out and the need for self-care while caregiving from former First Lady Rosalynn Carter, recognized as a pioneer in caregiving.



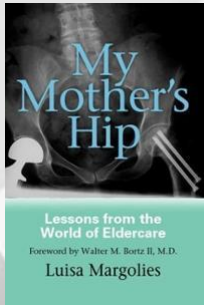
How to Say It to Seniors – Closing the Communication Gap With our Elders

David Solie

Prentice Hall Press (2004)

A brilliant book full of wonderful insights into what our parents are thinking and feeling as they age and how adult children need to recognize the difference in life's stages

Booklovers List: Family Caregiving

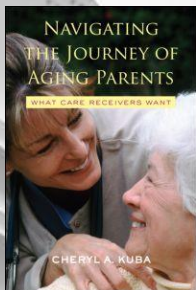


My Mother's Hip – Lessons from the World of Elder Care

By Luisa Margolies

Temple University Press (2004)

Day-to-day observation of a devoted daughter caring for her mother in a fragmented health care world. Advice on doctor visits, hospital interaction and other solutions for home care.

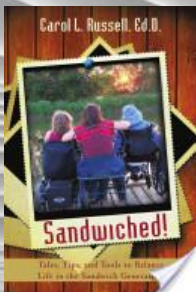


Navigating the Journey of Aging Parents - What Care Receivers Want

By Cheryl A Kuba

Routledge Press (2006)

Powerful look at caregiving from the person receiving the care – a must-read for caregivers to understand the flip side of caregiving.

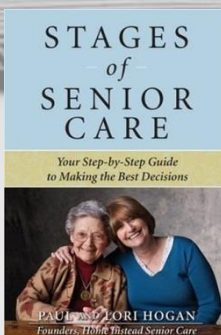


Sandwiched! Tales, Tips and Tools to Balance Life in the Sandwich Generation

Carol L. Russell

iUniverse (2009)

The author's personal story and lessons learned from living in the Sandwich Generation zone.



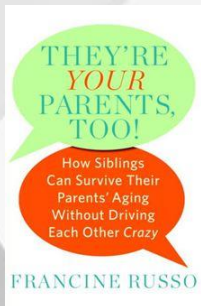
Stages of Senior Care – Your Step-by-Step Guide to Making the Best Decisions

By Paul Hogan, Lori Hogan

McGraw Hill (2009)

Helpful guide for caregivers choosing in-home care and weighing senior living options from the founders of one of the largest international home care services company, HomeInstead.

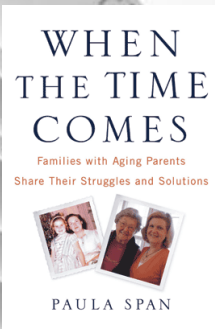
Booklovers List: Family Caregiving



They're Your Parents, Too! How Siblings Can Survive Their Parents' Aging Without Driving Each Other Crazy

Francine Russo
Bantam (2010)

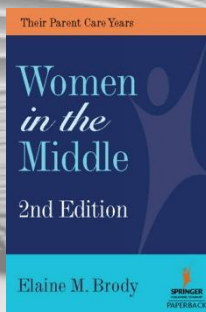
A definitive look at how to deal with family conflict – especially sibling squabbles – when mom or dad becomes ill.



When the Time Comes – Families with Aging Parents Share Their Struggles and Solutions

Paula Span
Springboard Press (2009)

A chronicle of several families and their emotional caregiving journeys.



Women in the Middle: Their Parent Care Years

By Elaine M. Brody
Springer Publishing (1990)

The ground-breaking book that coined the term, "Sandwich Generation" – case studies and narratives on the joys and harsh realities of caring for older parents.