

Books

The Caregiver's Survival Manual: Caring for Your Aging Parents Without Losing Yourself. Alexis Abramson. 2011. NF 646.78 ABR

You and Your Aging Parents: Guide to Legal, Financial, and Health Care Issues. American Bar Association. 2009. NF 649.79 YOU

Eldercare 911: The Caregiver's Complete Handbook for Making Decisions. Susan Beerman. 2008. NF 306.8740846 BEE

A Dignified Life: The Best Friends' Approach to Alzheimer's Care: A Guide for Care Partners. Virginia Bell. 2012. 616.831 BEL

A Caregivers Guide to Alzheimer's Disease: 300 Tips for Making Life Easier. Patricia Callone. 2006. NF 616.831 CAR

A Bittersweet Season: Caring for Our Aging Parents and Ourselves. Jane Gross. 2011 NF 306.8740973 GRO

The Good Caregiver: A One of a Kind Compassionate Resource for Anyone Caring for an Aged Loved One. Robert Kane. 2009. NF 649.8 KAN

Necessary Conversations: Between Adult Child and Their Aging Parents. Gerald Kaufman and Marlene Kaufman. 2013. NF 362.6954 KAU

The Caregiver's Path to Compassionate Decision Making: Making Choices for Those Who Can't. Vicki Kind. 2010. NF 649.8 KIN

Navigating the Journey of Aging Parents: What Care Receivers Want. Cheryl Kuba. 2006. NF 306.8740846 KUB

The Complete Eldercare Planner: Where to Start, Which Questions to Ask, and How to Find Help. Joy Loverde. 2009. NF 362.6 LOV

Long-Term Care: How to Plan and Pay for It. J.L. Matthews. 2012. NF 362.16 MAT

A Caregivers Guide to Alzheimer's and Related Diseases. Judith McCann-Beranger. 2008. NF 616.831 MCC

Parenting Your Parents: Straight Talk About Aging in the Family. Bart J. Mindszenty and Dr. Michael Gordon. 2013. NF 649.8084 MIN

Inside Alzheimer's: How to Hear and Honor Connections with a Person who has Dementia. Nancy Pearce. 2007. NF 616.831 PEA

The Everything Guide to Caring for Your Aging Parents: Reassuring Advice to Help You Support Your Loved Ones. Kathy Quan. 2009. NF 362.6 QUA

The Alzheimer's Family: Helping Caregivers Cope. Robert Santulli. 2011. NF 362.196 SAN

The Sandwich Generation's Guide to Eldercare. Kimberly Wickert. 2013. NF 305.26 WIC

Good Long Term Care: How to Find It, Get It & Pay for It: An Elder Law Attorney's Perspective. Carl Zacharia. 2013. NF 362.6 ZAC

I'm Still Here: A Breakthrough Approach to Understanding Someone Living with Alzheimer's. John Zeisel. 2009. NF 616.831 ZEI

DVDs

Alzheimers and Dementia: Caring for the Caregiver. 2003. DVD 362.19897 WAT

The Educated Caregiver. Volume 1, Coping Skills. 2004. DVD 649.8 EDU

The Educated Caregiver. Volume 2, Hands On Skills. 2004. DVD 649.8 EDU

The Educated Caregiver. Volume 3, Essential Knowledge. 2004. DVD 649.8 EDU

Plain Talk About Alzheimer's Disease: Alzheimer's Related Dementia and Wandering. 2008. DVD 616.831 PLA

Websites

www.AARP.org/family/caregiving
Offers online resources on a variety of caregiving topics.

www.Alzheimers.gov
From the U.S. Department of Health and Human Services.

www.Caregiver.org
Highlights national, state and local programs to support and sustain caregivers.

www.Eldercare.gov
An eldercare locator from the U.S. Administration on Aging.

Reference Materials

Weiss Ratings' Consumer Guide to Elder Care Choices. 2013. REF 362.61 WEI

Weiss Ratings' Consumer Guide to Long Term Care Insurance. 2013. REF 368.382 WEI

Area Hospitals

Castle Rock Adventist Hospital
2350 Meadows Blvd.
Castle Rock, CO 80109

Littleton Adventist Hospital
7700 South Broadway
Littleton, CO 80122

Parker Adventist Hospital
9395 Crown Crest Blvd.
Parker, CO 80138

Skyridge Medical Center
10101 Ridgeway Pkwy
Lone Tree, CO 80124