Books

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


*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


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


*Parenting Your Parents: Straight Talk About Aging in the Family.* Bart J. Mindszenthy 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 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
Eldercare Resources

**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


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

**Websites**

[www.AARP.org/family/caregiving](http://www.AARP.org/family/caregiving)
Offers online resources on a variety of caregiving topics.

From the U.S. Department of Health and Human Services.

[www.Caregiver.org](http://www.Caregiver.org)
Highlights national, state and local programs to support and sustain caregivers.

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

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

Littleton Adventist Hospital
7700 South Broadway
Littleton, CO 80122

Skyridge Medical Center
10101 Ridgegate Pkwy
Lone Tree, CO 80124