

Book Suggestions for Caregivers

Caregiver Helpbook by Legacy Caregiver Services (also in Spanish)

Caregiving 101 by Donna Trickett

A Caregiver's Journey by Karen L. Twichell

A Bittersweet Season: Caring for your Aging Parents and Ourselves by Jane Gross

Caring for your Aging Parent by Raeann Burman, Bernard Shulman M.D.

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

I'll Take Care of You: A Practical Guide for Family Caregivers by Joseph A. Ilardo, Carole R. Rothman

Caregiving: The Spiritual Journey of Love, Loss and Renewal by Beth Witrogen McLeod

Alzheimer Caregiving: Lessons from a Surviving Spouse by Richard J. Farrell

Alzheimer Diary a Wife's Journal by Michelle Montgomery

The 36-Hour Day by Nancy L. Mace M.A., Peter V. Rabins M.D. M.P. H.

The Magic of Humor in Caregiving by James R. Sherman

Chicken Soup for the Caregiver's Soul by Jack Canfield, Mark Victor Hansen, LeAnn Thieman L.P.N., Rosalyn Carter

Helping Yourself Help Others by Rosalyn Carter, Susan Golant M.A.

Ambiguous Loss by Pauline Boss

Take Comfort, Reflections of Hope for Caregivers by Denise M. Brown

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A Dignified Life by Virginia Bell M.S.W., David Troxel M.P.H.

Counting on Kindness by Wendy Lustbader

When Life Becomes Precious by Elise Babcock

Another Country by Mary Pipher, Ph.D

No Death no Fear: Comforting Wisdom for Life by Thich Nhat Hanh