

**CAREGIVER RESOURCES**  
**Available in the Plymouth Public Library**  
[www.plymouthpubliclibrary.org](http://www.plymouthpubliclibrary.org)

Always on call: when illness turns families into caregivers. United Hospital Fund of New York, c2000. [NF 362.14 Alw]

American Medical Association guide to home caregiving. J. Wiley & Sons, c2001 [NF 362.14 Ame]

And thou shalt honor: the caregiver's companion. Rodale, c2002 [NF 362.1 And]

Beerman, Susan, Eldercare 911: the caregiver's complete handbook for making decisions. Prometheus Books, c2002 [NF 306.874 Bee]

Caregiving: a step-by-step resource for caring for the person with cancer at home. American Cancer Society, c2000 [NF 649.8 Car]

Caregiving: the spiritual journey of love, loss, and renewal. J. Wiley & Sons, c1999 [NF 362.175 McL]

Complete medical guide for the family caregiver: the authoritative, at-home companion for giving the best care. Lifeline Press, c2002 ([NF 649.8 Wes]

Davison, Frena Gray, The Alzheimer's sourcebook for caregivers: a practical guide for getting through the day. 3<sup>rd</sup> ed. Lowell House, c1999 [NF 362.1 Dav]

Greenberg, Vivian E., Respecting your limits when caring for aging parents. Jossey-Bass, c1998 [NF 306.874 Gre]

Home care companion, vol. 5, fall prevention (video), Healing Arts Communications, c1999 [NV 649.8 Fal]

Karp, David Allen, The burden of sympathy: how families cope with mental illness. Oxford University Press, c2001 [NF 362.2042 Kar]

Karpinski, Marion, The home care companion's quick tips for caregivers. Healing Arts Communications, c2000 [NF 649.8 Kar]

Loverde, Joy, The complete eldercare planner: where to start, which questions to ask, and how to find help. Times Books, c2000 [NF 362.6 Lov]

Margolies, Luise, My mother's hip: lessons from the world of eldercare. Temple University Press, c2004 [NF 362.1 Mar]

Mittleman, Mary S., The Alzheimer's health care handbook: how to get the best medical care for your relative with Alzheimer's Disease, in and out of the hospital. Marlow & Co., c2003 [NF 362.1989 Mit]

Pearson, Cynthia, Parting company: understanding the loss of a loved one: the caregiver's journey. Seal Press, c1999 [NF 306.9 Pea]

Thompson, Gretchen, God knows caregiving can pull you apart: 12 ways to keep it all together. Sorin Books, c2002 [NF 248.88 Tho]

Wilkerson, James A., A family caregiver's guide to planning and decision making for the elderly. Fairview Press, c1999 [NF 362.6 Wil]

*NOTE: Additional resources on caregiving are available throughout the Old Colony Library Network. Please contact the Reference Department for more information or assistance in obtaining these resources*

### **Recommended Internet Sites**

- [www.caregiver.org](http://www.caregiver.org) Family Caregiver Alliance, the first community-based nonprofit organization to address the needs of families and friends providing long-term care at home
- [www.caregivers-usa.org](http://www.caregivers-usa.org) A free, nationwide database of 40,000+ caregiving & caregiver support services
- [www.eldercare.gov](http://www.eldercare.gov) Eldercare Locator, a public service of the U.S. Administration on Aging, helps older adults and their caregivers find local services including health insurance counseling, free and low-cost legal services and contact information for local Area Agencies on Aging