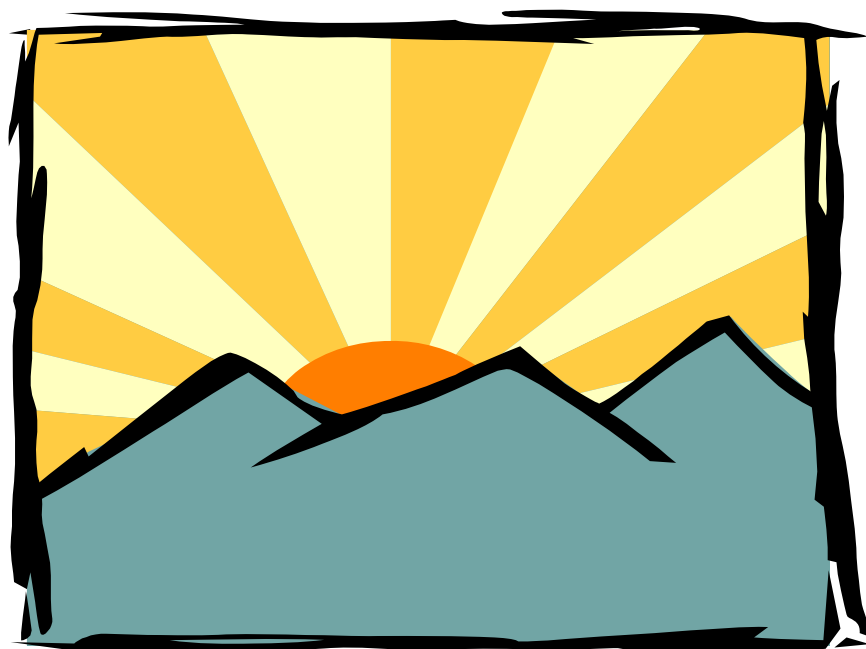


# ***Horizon***

***...helping elders to lead independent and healthy lives  
through education, resources, and programs***



***Caregiver's Library  
collection of books and videos***



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The books and videos listed are available for loan from the ***Horizon*** Caregiver's Library collection.

The complete collection of books and videos can be found at the David and Joyce Milne Public Library in Williamstown.

Partial collections are planned at the North Adams Public Library and the Adams Public Library in 2006.

All books and videos can also be obtained and delivered to your local public library through the MARS system throughout Central and Western Massachusetts. *Please ask your librarian for more details.*

## Caregiving

***American Medical Association Guide to Home Caregiving*** by Angela Perry  
Perry, A. (2001). *American medical association guide to home caregiving*. John Wiley & Sons.

This book is an excellent how-to guide for those who accept the inherent responsibilities of the caregiver. It is considered one of the best guides available to meet the needs of the growing number of home caregivers.

***A Better Life For The Chronically Ill: A Guidebook For Creative Caregiving*** by Rose Mary Keller Hughes  
Hughes, R. K. (2001). *A better life for the chronically ill: A guidebook for creative caregiving*. Writers Club Press.

This book wonderfully promotes the idea that while providing support for your ill loved one, you must not lose sight of the fact that the patient desperately needs to feel loved, to be considered a whole individual, and to maintain a sense of still being in control. Maintenance of the caregiver's health is discussed as well as methods to avoid burnout. The appendix contains a long list of potential websites for both the caregiver and the receiver of medical attention. Though the book is relatively concise (168 pages), you will certainly feel enriched at its conclusion.

***Caregiver's Handbook: A Guide to Caring for the Ill, Elderly, Disabled...and Yourself*** by the editors of Harvard Health Publications  
(2004). *Caregiver's handbook: A guide to caring for the ill, elderly, disabled...and yourself*. Harvard Health Publications.

Compassionately written in clear, easy to understand terms, this excellent, concise starter guide is a must-have for caregivers who may not know where to begin. Legal & financial issues, medical management, and care options are thoroughly discussed, as well as suggested approaches for caregivers who must address difficult patient/family issues, tracking and coordinating medical care, finding help, and locating additional financial resources. This book concludes with an excellent guide for setting up the household with safety and patient needs in mind, and provides a short list of additional resources.

***The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family while Helping an Aging Parent*** by Barry J. Jacobs  
Jacobs, B. J. (2006). *The emotional survival guide for caregivers: Looking after yourself and your family while helping an aging parent*. Guilford Press.

Jacobs, director of behavioral sciences for the Crozer-Keystone Family Medicine

Residency Program in Pennsylvania, knows first-hand the emotional and financial devastation illness can cause: his father died of cancer when Jacobs was 13. He illustrates the problems caregivers face through the story of two middle-aged women -composites of caregivers he has worked with- struggling with the cancer of their widowed mother from diagnosis to death. As Jacobs points out, the sisters, their mother, and her doctors are not perfect models of resilience and wisdom; rather, they're average people who readers will be able to identify with and learn from. Through this story, Jacobs explores how to define your commitment to caregiving, how to recruit relatives and professionals to assist you, and how to preserve your own personal life during an extended illness. Jacobs is frank when discussing the emotional and medical traps that await families dealing with serious illness, and provides concrete advice on how to handle such matters.

***When Life Becomes Precious:*** The Essential Guide for Patients, Loved Ones, and Friends of Those Facing Serious Illnesses by Elise Babcock  
Babcock, E. (2002). *When life becomes precious: The essential guide for patients, loved ones, and friends of those facing serious illnesses*. Bantam.

A must-read for all caregivers, this book provides first-hand insights, tips and testimonies from caregivers, patients, doctors, friends, and family members of caregivers in hopes that it will give caregivers the strength and courage to talk about what matters most. Readers will find guidance for understanding and coping with a wide variety of emotional challenges that many caregivers face. Topics include stress-reduction techniques and finding the best doctors. Also included is an excellent list of additional resources.

***The Caregiver's Manual:*** A Guide to Helping the Elderly and Infirm by Gene B. Williams and Patie Kay  
Williams, G. B., & Kay, P. (1995). *The caregiver's manual: A guide to helping the elderly and infirm*. Carol Publishing Corporation.

This book begins with a surprisingly stern reality check that makes you ask yourself, "Should I be a caregiver?" It explores all aspects that should be considered before accepting the caregiver role, such as living arrangements, finances, and legal matters. Additional chapters include "Dealing with Medical Personnel" and "Setting up the Home for Caregiving," which offers how-to advice on moving an elder, guidance on bathing and shampooing in bed, and instructions on treating pain. Chapters on "Emergency Warning Signs" and "Communication" give excellent tips on handling difficult situations. The chapter on "How to Say Good-bye" is particularly moving.

***Circles of Care:*** How to Set Up Quality Home Care For Our Elders by Ann Cason

Cason, A. (2001). *Circles of care: How to set up quality care for our elders in the comfort of their own homes*. Shambhala.

Ann Cason offers advice to those hiring caregivers for elders.

**Caregivers And Personal Assistants: How To Find, Hire And Manage The People Who Help You (Or Your Loved One!)** by Alfred H. Degraff

DeGraff, A. H. (2002). *Caregivers and personal assistants: How to find, hire and manage the people who help you (or your loved one!)*. Saratoga Access Publications.

This unique resource shows you how to find and hire quality help providers when and where you need them and explains how to keep them longer. Your relationship with family caregivers, agency aides, or personally employed personal assistants will maximize respect and trust and minimize stress. You will find step-by-step strategies for the recurring RISHTMP Cycle of recruiting, interviewing, screening, hiring, training, managing, and parting ways with your paid help providers. Planning strategies also advise you and family caregivers how to live in harmony. This book explains how to balance your need for assistance with the caregiver's need to set limits on the help they can provide.

**Quick Tips for Caregivers** by Marion Karpinski

Karpinski, M. (2000). *Quick tips for caregivers*. Healing Arts Communications.

Written in a user-friendly format, this book provides information quickly and is easily understood. Information on issues such as personal hygiene, making a bed for the bed-bound patient, and tips for safety are included.

**Keeping Them Healthy, Keeping Them Home: How to Care for your Loved Ones at Home** by Ellen M. Caruso

Caruso, E. M. (1998). *Keeping them healthy, keeping them home: How to care for your loved ones at home*. Health Information Pr.

A helpful guide to practical solutions about home caregiving, this manual-like text covers everything from bathing, medication management, nutrition, home safety, and emergency situations, to insurance and arranging for home care professionals. Caruso provides the strategies, knowledge, and practical management suggestions needed for every aspect of home healthcare.

**The Comfort of Home: An Illustrated Step-by-Step Guide For Caregivers** by Maria M. Meyer and Paula Deer

Meyer, M. M., & Deer, P. (2002). *The comfort of home: An illustrated step-by-step guide*

*for caregivers.* Care Trust Publications.

A guide that takes the fear out of home care and brings confidence and peace of mind to caregivers, *The Comfort of Home* starts with the basics and contains all the information that caregivers need to do the job at their fingertips. The guide teaches you how to make the home safe and comfortable, how to handle everyday activities like toileting, bathing, and wheelchair transfers, how to avoid infections and illnesses, how to communicate with healthcare professionals, how to understand end-of-life healthcare documents, and how to avoid caregiver burnout.

***The Magic of Humor in Caregiving*** by James R. Sherman  
Sherman, J. R. (1995). *The magic of humor in caregiving*. Pathway Books.

Although caregiving can be an overwhelming task, Dr. Sherman helps us find the humor as a means of coping. He explains, “Humor helps you battle—with mental agility, rather than physical ability—the things that threaten you as a caregiver. It’s probably the most effective way you have for getting through your darkest moments.” The author allows the caregiver to feel the emotions that come with caregiving while developing strategies to deal with such challenging responsibilities.

***How to Care for Your Aging Parents*** by Virginia Morris and Robert M. Butler  
Morris, V., & Butler, R. M. (2005). *How to care for aging parents*. Workman Publishing Company.

This is a comprehensive exploration of what it takes to be a caregiver. Each chapter includes quotes from actual caregivers relating to the challenges they face. Tips for discussing tough issues with your parents are helpful and down-to-earth, and the sections regarding what happens to our bodies as we age are particularly interesting. The appendix at the end of the book provides excellent resources for further study.

***Caring for Yourself while Caring for Your Aging Parents: How to Help, How to Survive*** by Claire Berman  
Berman, C. (1996). *Caring for yourself while caring for your aging parents: How to help, how to survive*. Owl Books.

The author speaks from first-hand experience offering advice based on her perspective. There are also many examples from the experiences of others and the reader is bound to find at least one that sounds familiar. The final chapter, “Who’ll Be There to Care for Me?” is especially thought-provoking. Helpful appendices include State Units on Aging, organizations and resources, and suggested reading.

***Long Distance Caregiving: A Survival Guide for Far Away Caregivers*** (The Working Caregiver Series) by Angela Heath

Heath, A. (1993). *Long distance caregiving: A survival guide for far away caregivers (the working caregiver series)*. Amer Source Books.

The information in this book is self-evident, but presented in an orderly way that would be helpful especially when important decisions must be made under stress and with limited time. Each methodically written chapter concludes with a checklist of things “to do in the next two weeks.” This book includes a good inventory of records and other paperwork and contains a complete list of references, but it should be noted that this book is over ten years old and therefore contains fewer up-to-date strategies for providing quality care.

***The Complete Eldercare Planner: Where to Start, Which Questions to Ask, and How to Find Help*** by Joy Loverde

Loverde, J. (2000). *The complete eldercare planner: Where to start, which questions to ask, and how to find help*. Three Rivers Press.

Faced with a multitude of caregiving obligations, families seek information to help them make essential decisions about their relative's future. To guide families through the care-planning process, Loverde, an elder care consultant, has compiled a workbook covering issues such as finances, legal concerns, insurance, housing, medical care, and death and dying. Sections begin with a short list of objectives and end with an action checklist of tasks to accomplish, supplemented by a list of resource organizations. Relying heavily on bulleted lists and questions, the text reads like an outline. The book also lacks a glossary and bibliography.

***The Unofficial Guide to Eldercare*** by Christine Adamec

Adamec, C. (1999). *The unofficial guide to eldercare*. Wiley.

Chapters address the emotional issues faced in caregiving, methods for organizing finances and medical affairs, and housing options available to older adults. Several useful checklists are incorporated, including “Warning Signs Indicating When Help is Needed,” “The General Medication Survey,” and “The Nursing Home Evaluation.” Each chapter is summarized with a “Just the Facts” section, highlighting key points.

***Making the Moments Count:*** Leisure Activities for Caregiving Relationships by Joanne Ardolf Decker

Decker, J. A. (1997). *Making the moments count: Leisure activities for caregiving relationships*. The Johns Hopkins University Press.

This guide details hundreds of simple and practical activities for family and friends who provide care for a loved one at home or in other settings. The activities suggested are designed to provide physical, intellectual, emotional, social & spiritual stimulation for older adults. Decker demonstrates ways to both simplify and offer stimulating choices in activities. Through the many activities and experiences caregivers share with their loved ones, new ways of relating to one another is discovered.

***The Gifts of Caregiving:*** Stories of Hardship, Hope, and Healing by Connie Goldman

Goldman, C. (2002). *The gifts of caregiving: Stories of hardship, hope, and healing*. Fairview Press.

This book is a collection of stories about caregivers, their challenges, their hopes, and their tears. Each story is a unique journey into someone else's world that all of us may one day take. The challenges they face range from birth defects to Alzheimer's disease. One common theme that runs through all the stories is the benefits that both the caregiver and the recipient reap from the relationship. It is inspiring to read about people who face heartbreaking circumstances with wisdom and hope. This book will encourage and inspire all who presently face, or will face in the future, a caregiving life.

***Taking Time for Me:*** How Caregivers Can Effectively Deal with Stress by Katherine L. Karr

Karr, K. L. (1992). *Taking time for me: How caregivers can effectively deal with stress*. Prometheus Books.

Anecdotes told by real people, accompanied by photographs, are an appealing aspect of this book. In describing a support group in Portland, Oregon, the book addresses self-pity, guilt, fatigue, anger, depression, and helplessness; thus, itself becoming a kind of support group. The book emphasizes the importance of exercise as well as specific techniques for dealing with stress.

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

Barg, G. (2003). *The fearless caregiver: How to get the best care for your loved one and still have a life of your own*. Capital Books.

The fearless caregiver is "one who stands up to the system when the system no longer stands up for your loved one" (Barg, 2003). A quick glance at some of the chapter titles says it all: "Legal and Financial Matters," "Doctor, Can You Hear Me?," "Care of the Caregiver," "Caregivers and the Holidays," and "When In-Home Caregiving is No Longer Enough." Advice and personal anecdotes from more than forty contributors make this a book that is easy to pick up in a rare free moment.

***Caring For The Caregiver: A Guide To Living With Alzheimer's Disease***  
sponsored by Parke-Davis  
(1994). *Caring for the Caregiver: A guide to living with Alzheimer's disease*. Parke-Davis.

A spiral bound book with color tabs for every chapter allows for easy reference. This book is sponsored by Parke-Davis, leaders in Alzheimer's disease research.

## Caregiving at Home

***Dying at Home: A Family Guide for Caregiving*** by Andrea Sankar  
Sankar, A. (1991). *Dying at home : A family guide for caregiving*. Johns Hopkins University Press.

*Dying at Home* offers first person accounts recounted by people who have participated in a home death experience. The accounts are intended to acquaint those who are providing care for someone dying at home with some of the emotions and practical issues involved in this experience.

***Caregiving and Loss: Family needs, Professional Responses*** by Davidson Joyce D.  
D., D. J. (2003). *Caregiving and loss: Family needs, professional responses*. Hospice Foundation of America.

The twelve chapters of this book discuss the needs of family caregivers and how professional healthcare workers can better help these families. The book also explores the multiple losses felt by patients and families. Voices of caregivers and advice from programs that work enhance the chapters.

***Caregiving: The Spiritual Journey of Love, Loss and Renewal*** by Beth Witrogen McLeod  
McLeod , B. W. (2000). *Caregiving: The Spiritual Journey of Love, Loss, and Renewal*. Wiley.

In this powerful, unique book, prizewinning writer and advocate Beth Witrogen McLeod leads us through the caregiving journey with both conviction and kindness. Supported by the author's personal experience as a caregiver and the inspiring tales of others, *Caregiving* explores medical and financial problems, all aspects of spirituality, and issues such as depression, stress, housing, home care, and end-of-life concerns.

***Preventing Caregiver Burnout*** (Caregiver Survival Series) by James R. Sherman

Sherman, J. R. (1996). *Preventing caregiver burnout (caregiver survival series)*. Pathway Books.

When you think you've lost your intensity and incentive to provide quality care, and you are weighed down by increasing emotional pressure, this book will provide you with tips to overcome the feelings instilled by doing routine tasks and will help you rediscover your intensity and satisfaction as a caregiver.

## Alzheimer's Disease

***At The Heart of Alzheimer's: A Complete Guide To Understanding and Caring For a Person With Alzheimer's Disease*** by Carol Simpson

Simpson, C. (1996). *At the heart of Alzheimer's: A complete guide to understanding and caring for a person with Alzheimer's disease*. Manor Healthcare Corp.

***Care of Alzheimer's Patients: A Manual for Nursing Home Staff*** by Lisa P. Gwyther

Gwyther, L. P. (1986). *Care of Alzheimer's patients: A manual for nursing home staff*. Alzheimer's Disease and Related Disorders Association.

***The 36-Hour Day: A Family Guide To Caring For Persons With Alzheimer's Disease, Related Dementing Illness And Memory Loss In Later Life*** by Nancy L. Mace and Peter V. Rabins

Mace, N. L., & Rabins, P. V. (1992). *The 36-hour day: A family guide to caring for persons with Alzheimer's disease, related dementing illness and memory loss in later life*. Warner Books.

This highly regarded book reflects trends in the treatment of Alzheimer's disease and related dementias. The authors focus on the disease process as well as practical ideas to handle everyday problems while caregiving. Also discussed are aids for overcoming financial issues and methods for providing long-term care.

***Facing Alzheimer's: Family Caregivers Speak*** by Patricia Brown Coughlan  
Coughlan, P. B. (2000). *Facing Alzheimer's: Family caregivers speak*. iUniverse, Inc.

***Fighting For America's Minds: Unraveling The Mysteries of Alzheimer's Disease***  
(1995). *Fighting for America's minds: Unraveling the mysteries of Alzheimer's disease*.  
American Health Assistance Foundation.

***My Mother's Voice*** by Sally Callahan  
Callahan, S. (2000). *My mother's voice*. Elder Books.

A vivid and candid account of the issues faced after learning of and accepting her mother's diagnosis of Alzheimer's disease, Callahan reveals the emotional and logistical impact of her mother's decline. She addresses decision-making about medical, legal and financial matters, as well as issues and conflicts with siblings and other family members. While facing decisions regarding her mother's quality of life, living arrangements, and long term quality care, Callahan manages to ensure that her mother's wishes and values are maintained. Also captured in this book are the physical and emotional issues faced by the caregiver. Most impacting, however, are the lessons she shares about caregiver survival.

***Losing My Mind: An Intimate Look at Life with Alzheimer's*** by Thomas DeBaggio  
DeBaggio, T. (2003). *Losing my mind: An intimate look at life with Alzheimer's*. Free Press.

Thomas De Baggio is diagnosed at age 57 with early onset Alzheimer's disease. In *Losing My Mind*, he paints a picture of one of the most important aspects of our lives, remembrance, and how we often take it for granted. Mr. De Baggio's book is a first-hand account of his battle to stay connected with the world and with his own life. DeBaggio explains, "I look in the mirror every morning and I wonder how this stranger got in."

***Alzheimers A to Z: Secrets to Successful Caregiving*** by Jytte Lokvig  
Lokvig, J. (2003). *Alzheimer's A to Z: Secrets to successful caregiving*. Endless Circle Press.

This book is filled with practical tips for caregivers using real problems and real solutions. These suggestions are arranged alphabetically for easy reference. Presented are examples of excellent responses to difficult situations. Inspirational quotes follow each tip to help the caregiver maintain perspective and uphold humor and hope.

***The Sunshine on My Face: A Read-Aloud Book for Memory-Challenged Adults***  
by Lydia Burdick

Burdick, L. (2004). *The sunshine on my face: A read-aloud book for memory-challenged adults*. Health Professions Press.

*The Sunshine on My Face* is based on the concept of a children's book, with easy-to-read text and large, colorful drawings. The author, whose mother had Alzheimer's, explains that this book is especially written to be shared with someone whose abilities to read, talk, or comprehend are impaired. This book offers an excellent way for children to interact with memory-impaired grandparents, as well as for adults who are struggling to find activities to involve or connect with a parent or patient who is afflicted with dementia.

***Someone Not Really Her Mother: A Novel*** by Harriet Scott Chessman

Chessman, H. S. (2005). *Someone not really her mother: A novel*. Plume.

Hannah Pearl is in her 80's, living in a Connecticut nursing home, and sinking ever deeper into Alzheimer's. As she lives more and more in her past, the reader comes to know and appreciate a very complex woman who led a life filled with love and loss. Not a how-to book or textbook, this novel gracefully and sensitively illustrates the humanity that still lives in someone with dementia. This unique perspective may help caregivers struggling with the difficult behaviors of someone suffering with dementia.

***Jill Came Tumbling After: A Personal Account of One Caregiver's Journey to Acceptance*** by Margo Piper

Piper, M. (1996). *Jill came tumbling after: One caregiver's journey to acceptance*. Ritamelia Press.

***Alzheimer's: A Caregivers Guide and Sourcebook*** by Howard Gruetzner

Gruetzner, H. (2001). *Alzheimer's: A caregiver's guide and sourcebook*. Wiley.

This critically acclaimed guide leads you through the realities of caring for a loved one struggling with Alzheimer's. The author, a nationally recognized expert, describes the latest developments in treatment and care options and offers helpful, hopeful advice for getting through difficult challenges. This book also includes chapters designed to help caregivers cope with stress and depression.

***The Alzheimer's Cope Book: The Complete Care Manual For Patients and Their Families*** by R.E Markin

Markin, R. E. (1992). *The Alzheimer's cope book: The complete care manual for patients and their families*. Carol Publishing Corporation.

Alzheimer's disease is the fourth leading cause of death in America. Not only do the four million Alzheimer's patients suffer, but the families of these millions suffer as well. This straight forward, sensible guide explains all of the "what to do, who to ask, and where to look" information that Alzheimer's patients and their families are looking for" (Amazon, 2009).

***Alzheimer's - Finding the Words:*** A Communication Guide for Those Who Care by Harriet Hodgson

Hodgson, H. (1995). *Alzheimer's - finding the words: A communication guide for those who care*. Wiley.

From the point of view of someone who's been there, *Alzheimer's- Finding the Words* explains to family members how the disease affects speech and shows them how to communicate with a faltering mind. This helpful communication guide also includes a short-term memory questionnaire, the latest research findings, and insightful interviews with physicians, caregivers, family members, and patients.

***Living With Grief:*** Alzheimer's disease by Kenneth J. Doka

Doka, K. J. (2004). *Living with grief: Alzheimer's disease*. Hospice Foundation of America.

***The Diminished Mind:*** One Family's Extraordinary Battle With Alzheimer's by Jean Tyler and Harry Anifantakis

Tyler, J., & Anifantakis, H. (1991). *The diminished mind: One family's extraordinary battle with Alzheimer's*. Human Services Institution.

The widow of a man debilitated by Alzheimer's at age 42 tells of the unrelenting 15-year physical and mental deterioration leading to his death in 1986. With the help of Anifantakis, Jean Tyler traces the stages of her husband's disease and its toll on her and their children. The book describes what is involved in looking after an Alzheimer's patient, and recommends ways that care-givers can uphold a personal life and family cohesion.

***Doing Things:*** A Guide To Programming Activities For Persons With Alzheimer's Disease And Related Disorders by Jitka M. Zgola

Zgola, J. M. (1991). *Doing things: A guide to programming activities for persons with Alzheimer's disease and related disorders*. Johns Hopkins University Press.

Patient educators and counselors will find this a valuable reference and teaching

guide. The book will be especially helpful to counselors who work with families caring for persons with dementia illness. Families living with the day-to-day stress of caregiving will find hope in the book's optimism.

***How The Mind Works*** by Steven Pinker

Pinker, S. (1997). *How the mind works*. W.W. Norton & Co.

In this extraordinary bestseller, Steven Pinker explains what the mind is, how it evolved, and how it allows us to see, think, feel, laugh, interact, enjoy the arts, and ponder the mysteries of life. According to Mark Ridley book reviewer for the New York Times Book Review, "No other science writer makes me laugh so much. . . . [Pinker] deserves the superlatives that are lavished on him." Pinker rehabilitates some unfashionable ideas, such as that the mind is a computer and that human nature was shaped by natural selection, and challenges fashionable ones, such as that passionate emotions are irrational, that parents socialize their children, and that nature is good and modern society corrupting (Amazon, 2009).

***You are One Of Us: Successful clergy/ church Connections to Alzheimer's Families*** by Lisa P. Gwyther

Gwyther, L. P. (1995). *You are one of us: Successful clergy/church connections to Alzheimer's families*. Duke University Medical Center.

***Understanding Difficult Behaviors: Some Practical Suggestions for Coping with Alzheimer's Disease and Related Illnesses*** by Anne Robinson, Beth Spencer, and Laurie White

Robinson, A., Spencer, B., & White, L. (2007). *Understanding difficult behaviors: Some practical suggestions for coping with Alzheimer's disease and related illnesses*. Eastern Michigan University.

This material is intended to help caregivers understand the many possible explanations for why challenging behaviors may occur. Practical coping strategies for responding to challenging situations such as agitation, wandering, incontinence and resistance to care are offered. These suggestions have been compiled from a number of sources including conversations with families, Alzheimer's Association newsletters, books, and journal articles. This book was first published in 1989 and has been a valuable resource for caregivers and dementia educators since.

## Videos

***Alzheimer's Disease: Living in the Here and Now*** (14 minutes)

Pfizer, Inc. and Eisai, Inc. (1999). Alzheimer's disease: Living in the here and now [VHS Tape].

This video covers memory, aging, and Alzheimer's disease. The video is narrated by Dr. Frank Field, and features medical experts who will provide you with the facts you need to know when dealing with Alzheimer's disease. It offers useful information, including signs to watch for and the importance of an early diagnosis.

***Alzheimer's Disease and Other Dementias: Diagnosis*** (36 minutes)

Tribal (1999). Alzheimer's disease and other dementias: Diagnosis [VHS Tape].

This film presents first-hand accounts from people living with Alzheimer's disease and other dementias, and looks at how they deal with the disease on a day to day basis.

***Communicating the Impact of Alzheimer's Disease to Patients and Caregivers*** by Johns Hopkins University School of Medicine (18 minutes)

Pfizer, Inc. and Eisai, Inc. (1998). Communicating the impact of Alzheimer's disease to patients and caregivers [VHS Tape].

This film enables the viewer to recognize signs and symptoms of Alzheimer's disease, describe tools for diagnosis and measurement of progress, communicate the diagnosis of AD to patients and caregivers, counsel patients and caregivers, and provide treatment options.

***The Forgetting: A Portrait of Alzheimer's*** (90 minutes)

PBS Paramount (2004). The forgetting: A portrait of Alzheimer's [DVD].

With the help of renowned author David Shenk, *The Forgetting* provides insight into the mysterious illness of Alzheimer's disease, giving victims and their loved ones something to hope for. A PBS feature, hosted by David Hyde Pierce.

***Identify Alzheimer's disease: A Resource Kit***

Novartis Pharmaceuticals (2001). Identifying Alzheimer's disease: A resource kit [VHS Tape]

Includes valuable information on Alzheimer's disease, treatment, and caregiving with an informational packet and accompanying VHS tape.

***Complaints of a Dutiful Daughter*** (44 minutes)

Hoffman, D and Reid, F (1994). Complaints of a dutiful daughter [VHS Tape].

This highly regarded film reveals the stages of Alzheimer's disease and a daughter's realization and response to the disease that includes a life affirming exploration of the meaning of memory and love. *Complaints of a Dutiful Daughter* is an important feature in understanding the many transitions families face. It is also pertinent to sons, spouses, and any loved one caring for a person with Alzheimer's disease.

***The Educated Caregiver, Coping Skills:*** Volume 1 (80 minutes)

LifeView Resources, Inc. (2004). The educated caregiver, coping skills: Volume 1 [DVD].

"Caregiving is one of the most challenging and enriching experiences we will ever face," notes the narrator. This video helps answer the questions of how we as caregivers cope with the many challenges of caring for a loved one. Designed in short and easily viewed sections, professional caregivers deal with the many topics of coping with caregiving. This video encourages you to educate yourself so that you may emotionally and physically prepare yourself to be a better care provider.

***The Educated Caregiver, Hands-On Skills:*** Volume 2 (45 minutes)

LifeView Resources, Inc. (2004). The educated caregiver, hand-on skills: Volume 2 [DVD].

Skills and tips that assist in making many caring tasks easier and safer are covered thoroughly in this video. Caring for hygiene needs such as bathing, mouth care, shaving, shampoo, nail care, and foot care are demonstrated well, as are other essential routines including dressing, exercise, eating, and changing bed linens without removing the individual from bed. Tips on ways to transfer individuals with limited mobility from bed to chair, chair to shower are also provided.

***The Educated Caregiver, Essential Knowledge:*** Volume 3 (45 minutes)

LifeView Resources, Inc. (2004). The educated caregiver, essential knowledge: Volume 3 [DVD].

This video discusses issues of communication with both the patient and the healthcare provider. Included is a detailed section on medications including potential reactions and the important role of the pharmacist in the overall care of the patient. Wound care and infection prevention are also covered. The last section explains the importance of nutrition for the patient and options for different dietary needs.

***And Thou Shalt Honor*** : National Caregiving Town Hall Meeting (2 hours)  
Dale Bell (2005). And thou shalt honor: National caregiving town hall meeting [DVD].

This PBS production presents the stories of families in multiple caregiving situations both at home and in facilities. It is a realistic video that does not gloss over the hardships that come when providing care. This documentary may be of particular interest to those who are just beginning the caregiving journey as it lets them know that they are not alone and, perhaps, encourages them to seek out others for moral support.

***Alzheimer's: The Long Good-Bye*** (45 minutes)  
Cable News Network (1996). Alzheimer's: The long good-bye [VHS Tape].

This video provides a sensitive portrait of both those stricken with Alzheimer's disease and their caregivers. It also highlights the difficult decisions caregivers face, such as placing a loved one in an assisted living facility or a nursing home. This video is particularly helpful for caregivers whose loved one is in the early stages of Alzheimer's disease.

***When Your Parent Needs You: A Guide to Positive Growth When Caring for Aging Parents*** (35 minutes)  
Paraclete Video Productions (2002). When your parent needs you: A guide to positive growth when caring for aging parents [VHS Tape].

This video focuses on the positive aspects of caring for an aging parent. It discusses the transition to becoming a caregiver to your parent, assisting in recognizing the life changes that may occur while caregiving, and assisting the viewer in recognizing and coping with the stress of caregiving. The video features Beth Witrogen McLeod and Avrene Brandt, PhD, both well-known professionals in the area of caregiving.

***The Family Guide to Alzheimer's disease: Volume 4, Family Caregiving*** (62 minutes)  
Lifeview Resources, Inc. (2004). The family guide to Alzheimer's disease: Volume 4, family caregiving [VHS Tape, DVD].

One in a series of five videos, this volume is particularly helpful to the caregiver. It demonstrates tips on handling the daily responsibilities of caring for a loved one, such as eating, dressing, grooming, and bathing. Although caregiving for a family member or loved one is of great importance, the content emphasizes how the caregiver must recognize the need for caring for oneself, as well. This video

will also help the caregiver learn how to get outside help from family, friends, and other resources, which is critical for safeguarding his or her own health, and improves the quality of life for all involved.

***Home Care Companion, Volume 1:*** How to Care for Someone on Bedrest (40 minutes)

Marion Karpinski (2000). Home care companion, volume 1: How to care for someone on bedrest [VHS Tape].

In this instructional video, care providers learn the skills needed to provide safe and confident care for someone on bedrest. They learn how to protect themselves from back injury by learning and using the principles of body mechanics. Other topics include use of home equipment, safely moving and positioning someone in bed, principles of body mechanics, recognizing and preventing ulcers, and making an occupied bed.

***Home Care Companion, Volume 2:*** How to Help Someone Who Uses a Wheelchair without Hurting Yourself (24 minutes)

Marion Karpinski (2000). Home care companion, volume 2: How to help someone who uses a wheelchair without hurting yourself [VHS Tape].

This informative video will teach you how to help someone in and out of a wheelchair without hurting yourself or the person you are trying to help. The video teaches techniques used by physical and occupational therapists and will save you time and frustration while preventing injury.

***Home Care Companion, Volume 3:*** Infection Control (27 minutes)

Marion Karpinski (2000). Home care companion, volume 3: Infection control [VHS Tape].

The goal of infection control is to limit the spread of germs to care providers and care recipients. Creating and maintaining healthy conditions is vital when caring for any person in the home. This video teaches home care providers basic principles and procedures of infection control necessary to reduce germs and create a safe, healthy environment.

***Home Care Companion, Volume 4:*** How to Manage Medications (27 minutes)

Marion Karpinski (2000). Home care companion, volume 4: How to manage medications [VHS Tape].

Older adults take an average of eight medications a day. Because of the number of drugs taken daily, seniors are at greater risk for medication errors and

problems. This video teaches safe practices as well as tips for storing various types of medications. Also included are warning signs of improper use.

***Home Care Companion, Volume 7: Elder Abuse and Neglect*** (29 minutes)  
Marion Karpinski (2000). Home care companion, volume 7: Elder abuse and neglect [VHS Tape].

Elder abuse is the mistreatment of an elder by someone who has a relationship with that elder. It can be a spouse, adult child, friend, neighbor, or a professional caregiver. This program addresses elder abuse in the elder's family home and is designed for home health agencies, hospices, community service agencies, and others who train professional and family caregivers.

***Home Care Companion, Volume 8: Personal Care*** (36 minutes)  
Marion Karpinski (2000). Home care companion, volume 8: Personal care [VHS Tape].

Everyone develops routines for bathing, brushing teeth and caring for our bodies early in life. These habits give us a sense of wellbeing, security, and comfort. However, allowing someone else to provide this care may be stressful. It is important to provide personal care in a way that honors an individual's preferences and dignity. This program examines why personal care is important and demonstrates how to provide care safely and considerately.

***Home Care Companion, Volume 9: Caregiver Wellness*** (32 minutes)  
Marion Karpinski (2000). Home care companion, volume 9: Caregiver wellness [VHS Tape].

This program examines factors that contribute to caregiver stress, and offers practical solutions for reducing stress and cultivating life-long wellness.

***Home Care Companion, Volume 10: How to Measure Vital Signs*** (35 minutes)  
Marion Karpinski (2000). Home care companion, volume 10: How to measure vital signs [VHS Tape].

Vital signs, including temperature, pulse, respiration, blood pressure, and pain, provide valuable information about an individual's health. This video teaches care providers the basic skills and techniques necessary to take and record vital signs accurately.

***Solving Care Problems in HIV: Caring For the Caregiver*** (19 minutes)  
Epstein, J (2001). Solving care problems in HIV: Caring for the caregiver [VHS Tape].

***After The Tears:*** A Gentle Guide to Help Children Understand Death (Grief) (23 minutes)

Peterson, K., Peterson, R., Crandall, D. (2000). *After the tears: A gentle guide to help children understand death (grief)* [VHS Tape].

## Children

***What's Wrong with Grandma?:*** A Family's Experience With Alzheimer's (Young Readers) by Margaret Shawver

Shawver, M. (2003). *What's wrong with grandma?: A family's experience with Alzheimer's (young readers)*. Prometheus Books.

***Grandpa Doesn't Know It's Me*** by Donna Guthrie

Guthrie, D. (1986). *Grandpa doesn't know it's me*. Human Sciences Press.

***I Miss You:*** A First Look After Death by Pat Thomas

Thomas, P. (2001). *I miss you: A first look at death*. Barron's Educational Series.

This book helps children understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death. Written by psychotherapist and counselor, Pat Thomas, these books promote positive interaction among children, parents, and teachers. The story lines are simple and direct. There are full-color illustrations on every page.

***In Sickness and In Play:*** Children Coping With Chronic Illness by Cindy Dell Clark

Clark, C. D. (2003). *In sickness and in play: Children coping with chronic illness*. Rutgers University Press.

For children who live with a chronic illness, each day is filled with endless treatments, painful symptoms, confusion, and embarrassment. In *In Sickness and in Play*, Cindy Dell Clark tells the stories of children who suffer from two common illnesses: asthma and diabetes. She describes how play, humor, and other expressive methods, invented by the kids themselves, allow families to cope with the pain. Her interviews with forty-six families give readers an understanding of how children comprehend their illnesses and how parents struggle daily to care for their kids while trying to give them a "normal" childhood.

***Sad Isn't Bad: A Good-grief Guidebook for Kids Dealing with Loss*** by Michaelene Mundy

Mundy, M. (1998). *Sad isn't bad: A good-grief guidebook for kids dealing with loss*. Abbey Press.

***The Memory Box*** by Mary Bahr and David Cunningham

Bahr, M., & Cunningham, D. (1995). *The memory box*. Albert Whitman & Company.

A very gentle and non-threatening way to introduce children to Alzheimer's disease, this book is sensitively written and beautifully illustrated. Meant for children ages 4-8, this book introduces the idea of a memory box, a wonderful project for anyone who feels helpless in the face of Alzheimer's disease. Best of all, this book is surprisingly upbeat.

***What's Heaven?*** by Maria Shriver and Sandra Speidel

Shriver, M., & Speidel, S. (2007). *What's Heaven?*. Golden Books Adult Publishing.

This treasure of a book, for people of all faiths, is a starting point for parents who must talk to their children about the difficult topic of death. The many questions in this book are real, coming from Shriver's own children, nieces, and nephews when her grandmother Rose Fitzgerald Kennedy passed away. The loving, confident, and ultimately uplifting answers Shriver provides are helping readers' families come together, feel closer to one another, and experience peace during the times when they need it most.

***When Dinosaurs Die: A Guide To Understanding Death (Dino Life Guides for Families)*** by Laurie Krasny Brown and Marc Brown

Brown, L. K., & Brown, M. (1998). *When dinosaurs die: A guide to understanding death (dino life guides for families)*. Little, Brown Young Readers.

This book is recommended for children ages 5-8. It does not tell a story, but instead addresses children's fears and curiosity head-on by answering some very basic questions: "Why does someone die?" "What does 'dead' mean?" "What comes after death?" Other questions deal with emotions. The forthright approach makes the subject seem less mysterious and provides kids with plenty to think about and discuss with their parents.

***Raising an Emotionally Healthy Child When A Parent is Sick*** by Paula K. Rauch and Anna C. Muriel

Rauch, P. K., & Muriel, A. C. (2005). *Raising an emotionally healthy child when a parent is sick*. McGraw-Hill.

This book helps you communicate with your child about the illness, understand each child's unique temperament, organize a family support system, prepare for hospital visits, and answer tough questions about death and dying.

***Raising A Child With Arthritis: A Parent's Guide: From Infancy to Young Adulthood*** by Charlotte Huff

Huff, C. (2008). *Raising a child with arthritis: A parent's guide: From infancy to young adulthood*. Arthritis Foundation.

This book will teach you the facts about various types of juvenile arthritis. It will educate you on the new biologic drugs used to treat arthritis, help you understand the importance of nutrition and exercise, and offer practical tips on giving shots, navigating the education system, helping your child deal with other kids, coping with a flare, and managing daily activities without pain.

## Coping with Loss, Grief, Death, and Dying

***When There Are No Words: Finding Your Way to Cope With Loss and Grief*** by Charlie Walton

Walton, C. (1996). *When there are no words: Finding your way to cope with loss and grief*. Pathfinder Publishing.

The author shares what he has learned in the aftermath of losing two sons. At times heart wrenching in its honesty, this book helps one to understand the multitude of emotions that death brings. Walton doesn't pretend to have all the answers, but instead helps the reader to see that *all* feelings, whatever they may be and in whatever order they are experienced, are acceptable and right.

***The Good Death: The New American Search to Reshape the End of Life*** by Marilyn Webb

Webb, M. (1999). *The good death: The new American search to reshape the end of life*. Bantam.

The author engagingly interweaves intimate end-of-life stories with useful analyses of the medical, legal, and ethical issues that are in the forefront of care for the dying.

***Coping With Public Tragedy: Living With Grief*** by Marcia Lattanzi-Licht

Lattanzi-Licht, M. (2003). *Coping with public tragedy: Living with grief*. Brunner-Routledge.

***The Grief Recovery Handbook: A Step-by Step Program for Moving Beyond Loss*** by John W. James and Frank Cherry

James, J. W., & Cherry, F. (1989). *The grief recovery handbook: A step-by-step program for moving beyond loss*. Perennial.

***Healing after Loss: Daily Meditations for Working Through Grief*** by Martha Whitmore Hickman

Hickman, M. W. (1994). *Healing after loss: Daily meditations for working through grief*. Collins Living.

***How To Go On Living When Someone You Love Dies*** by Therese A. Rando

Rando, T. A. (1994). *How to go on living when someone you love dies*. Bantam .

In this compassionate, comprehensive guide, Therese A. Rando, Ph.D., bereavement specialist and author of *Loss And Anticipatory Grief*, leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself.

***A Time to Grieve: Loss as a Universal Human Experience*** by Bertha G. Simos

Simos, B. G. (1979). *A time to grieve: Loss as a universal human experience*. Family Service Association.

***Sabbath: Finding Rest, Renewal and Delight In our Busy Lives*** by Wayne Muller

Muller, W. (2000). *Sabbath: Finding rest, renewal, and delight in our busy lives*. Bantam.

In today's world, with its relentless emphasis on success and productivity, we have lost the necessary rhythm of life. Constantly striving, we feel exhausted and deprived. We long for time with friends and family, or for a moment to ourselves. This book teaches you how to regain the balance between work and rest.

***Seize Today: Making the Most of You Last Years*** by Elizabeth R. Wright

Wright, E. R. (2002). *Seize today: Making the most of your last years*. Ice Cube Press.

*Seize Today*, a practical guide to dealing with the challenges and opportunities of the mature years, is written in a highly readable style by an author who draws from both professional and personal experience. Good for those who are planning retirement and those who are already there.

## Cookbooks for Caregivers

***Laurel's Kitchen Caring: Recipes for Everyday Home Caregiving*** by Laurel Robertson, Carol Lee Flinders, and Brian Ruppenthal

Robertson, L., Flinders, C. L., & Ruppenthal, B. (2004). *Laurel's kitchen caring: Recipes for everyday home caregiving*. Ten Speed Press.

This cookbook contains easy to prepare recipes, which are a bonus for caregivers whose hands are already too full and for their “patients” whose appetites may be muted by illness. It’s a must-read for those in need of tempting, simple, and nutritious meals.

***The Ultimate Cooking Companion for At-Home Caregivers*** by Mary Ellen Capron and Elana Zucker

Capron, M. E., & Zucker, E. (2003). *Ultimate cooking companion for at-home caregivers*. Prentice Hall.

This practical cookbook includes approximately 100 recipes and helpful tips for meeting the dietary needs, diet restrictions, and physical challenges of those being cared for at home. Meal planning and cooking with consideration to dietary restrictions, budget, and time constraints make this handbook/cookbook a valuable resource for all caregivers.

***The Gluten-Free Gourmet: Living Well Without Wheat*** by Bette Hagman

Hagman, B. (2000). *The gluten-free gourmet: Living well without wheat*. Holt Paperbacks.

Bette Hagman has brought tasty food back into the lives of more than one million people who are intolerant of the gluten in wheat, oats, barley, or rye, or those who are allergic to wheat. Containing more than 200 recipes, *The Gluten-Free Gourmet* makes cooking gluten-free faster and more fulfilling than ever before. A complete sourcebook on how to live healthily with celiac disease or wheat allergy, it features new information on developing a celiac diet, raising a celiac child, avoiding hidden glutes, eating well while traveling or in the hospital, and locating and ordering from suppliers of gluten-free food and flours.

***The Gluten-Free Gourmet Cooks Fast and Healthy: Wheat-Free and Gluten-Free With Less Fuss and Less Fat*** by Bette Hagman

Hagman, B. (2000). *The gluten-free gourmet cooks fast and healthy: Wheat-free and gluten-free with less fuss and less fat*. Holt Paperbacks.

With this book, Hagman has created the perfect guide for those who need to put together a gluten-free meal at the end of a long working day. She emphasizes

timesaving mixes aimed at the working family, using bread machines successfully with safe flours, and cooking with less fat and sugar.

***The Gluten-Free Gourmet Bakes Bread: More Than 200 Wheat-Free Recipes*** by Bette Hagman

Hagman, B. (2000). *The Gluten-free gourmet bakes bread: More than 200 wheat-free recipes*. Holt Paperbacks.

In this book are more than 200 easy-to-follow recipes and variations that will suit any palate or menu. You will learn to create yeast-free breads, rolls and buns, muffins, crackers, and breakfast breads. Each recipe includes measurements and baking instructions for traditional hand mixing, as well as bread machine preparation. Nutritional information and dietary exchanges accompany each recipe, which allows these breads to fit easily into any diet.

***The Gluten-Free Gourmet Makes Dessert: More Than 200 Wheat-Free Recipes for Cakes, Cookies, Pies and Other Sweets*** by Bette Hagman

Hagman, B. (2003). *The Gluten-free gourmet makes dessert: More than 200 wheat-free recipes for cakes, cookies, pies and other sweets*. Holt Paperbacks.

In this latest edition to the *Gluten-Free Gourmet* series, Hagman presents more than 200 easy-to-follow recipes for delicious cakes, pies, cookies, puddings, and other sweets, including Tiramisu, Peach Praline Pie, Chocolate Peanuty Cupcakes, Raspberry Bars, and Gingersnaps. She includes nutritional information and dietary exchanges with each recipe.

***Gluten-Free Diet: A Comprehensive Resource Guide*** by Shelly Case

Case, S. (2002). *Gluten-free diet: A comprehensive resource guide*. Case Nutrition Consulting Inc..

Shelly Case has helped thousands of people change poor eating habits and manage a variety of disease conditions through good nutrition. The *Comprehensive Resource Guide* includes over 1,600 gluten-free specialty foods listed by company and product name, creative ideas for meals and snacks, and recipes and baking tips.

## Aging

***The Older the Fiddle, the Better the Tune: The Joys of Reaching a Certain Age*** by Willard Scott

Scott, W. (2003). *The older the fiddle, the better the tune: The joys of reaching a certain*

age. Hyperion.

A humorous and moving look at some of the greatest things about growing older with contributions from over 50 people such as Yogi Berra, Phyllis Diller and Fred Rogers.

***Aging Without Apology:*** Living the Seniors Years with Integrity and Faith by Robert E. Seymour

Seymour, R. E. (1995). *Aging without apology: Living the senior years with integrity and faith.* Judson Press.

Seymour's straightforward approach to living as an older adult offers the reader encouragement, affirmation, and practical ideas for an active and rewarding stage of life. Included are discussions of a positive self-image, spiritual growth, coping with change and retirement, maintaining good health, integrating past and present, and contemplating death by celebrating life.

***Improving Your Memory:*** How to Remember What You're Starting to Forget by Janet Fogler and Lynn Stern

Fogler, J., & Stern, L. (2001). *Improving your memory: How to remember what you're starting to forget.* The Johns Hopkins University Press.

Central to the book are sixteen specific techniques to improve your memory. Each technique is illustrated by clear examples and reinforced with exercises so that you can begin to sharpen your memory skills immediately. Also included is intriguing information on how factors such as stress, inactivity, lack of organization, and poor nutrition can affect memory for people of any age.

***Living Well With Macular Degeneration:*** Practical Tips and Essential Information by Bruce P. Rosenthal and Kate Kelly

Rosenthal, B. P., & Kelly, K. (2001). *Living well with macular degeneration: Practical tips and essential information.* NAL Trade.

This guide offers the most up-to-date information, advice, and support to the growing number of people with age-related macular degeneration. It includes a clear explanation of the symptoms and causes of AMD, the latest research on medical treatments, information on how to slow the progress of AMD, and tips on how to make everyday activities easier.

***Nobody Ever Died of Old Age*** by Sharon R. Curtin

Curtin, S. R. (1974). *Nobody ever died of old age.* Little Brown & Co..

***Spiritual Passages*** by Drew Leder

Leder, D. (1997). *Spiritual Passages*. Tarcher.

***Prime Time: How Baby Boomers Will Revolutionize Retirement and Transform America*** by Marc Freedman

Freedman, M. (1999). *Prime time: How baby boomers will revolutionize retirement and transform America*. PublicAffairs .

Over the next three decades, the numbers of Americans over fifty will double, swelling to more than a quarter of the population. Already, we are living thirty years longer than a century ago with further gains expected in the coming years. Marc Freedman identifies the new longevity as not a problem to be solved, but as an opportunity to be seized- provided we can engage the experience, talent, and idealism of older Americans. Freedman argues that the aging phenomenon, the massive transformation that many portray as our downfall, may in fact be our best hope for renewal as a nation.

***The Savvy Patient: How To Get The Best Health Care*** by Mark Pettus

Pettus, M. (2004). *The savvy patient: How to get the best health care*. Capital Books.

The American health care system is an overwhelming and intimidating system to navigate. In his book, *The Savvy Patient*, Dr. Pettus provides the information needed to understand the health care system in a caring and compassionate manner. Dr. Pettus helps you understand how to obtain the knowledge you need, communicate with health care workers, and negotiate and resolve conflicts as they come up. *The Savvy Patient* also provides question templates to guide you in acquiring the necessary information.

***Were Did I Put My Glasses?: How You Can Improve Your Memory As You Grow Older*** by Ralph Mendelson

Mendelson, R. (1993). *Where did I put my glasses?: How you can improve your memory as you grow older*. Segno Books.

## Chronic Illness

***American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts*** by The American Diabetes Association

(2002). *American diabetes association complete guide to diabetes: The ultimate home reference from the diabetes experts*. American Diabetes Association.

*The American Diabetes Association Complete Guide To Diabetes* offers comprehensive and reliable information on preventing diabetes-based complications, achieving blood sugar control, handling diabetes-related emergencies, using a meter, using insulin pumps, the role of nutrition and exercise in diabetes management, sexuality and diabetes, coping with diabetes-imposed limitations, even family life, travel, insurance, and pregnancy as they are affected by diabetes.

***The Arthritis Cure***: The Medical Miracle That Can Halt, Reverse And May Even Cure Osteoarthritis by Jason Theodosakis, Brenda Adderly, and Berry Fox  
Theodosakis, J., Adderly, B., & Fox, B. (2003). *The arthritis cure: The medical miracle that can halt, reverse and may even cure osteoarthritis*. St Martin's Press.

*The Arthritis Cure* has swept the nation, providing amazing relief for the millions who suffer chronic arthritis pain. By outlining a nine-point program that includes a combination of two over-the-counter nutritional supplements--glucosamine to help the body rebuild cartilage, and chondroitin sulfates to protect joints from "cartilage-chewing" enzymes--*The Arthritis Cure* can halt, reverse, and possibly even cure degenerative osteoarthritis.

***Arthritis Foundation's Guide to Good Living With Fibromyalgia***  
(2001). *Arthritis foundation's guide to good living with fibromyalgia*. The Arthritis Foundation.

Nearly 5 million Americans live with the mysterious chronic illness fibromyalgia, dealing with daily pain, depression, discomfort, and fatigue. Now, they can learn the latest scientific research about their condition, along with ways to treat their symptoms. *The Arthritis Foundation's Guide to Good Living with Fibromyalgia* shows people with fibromyalgia ways to self-manage their condition and achieve good living.

***The Breast Cancer Survival Manual***: A Step-by-Step Guide for the Women with Newly Diagnosed Breast Cancer by John Link

Link, J. (2007). *The breast cancer survival manual: A step-by-step guide for the women with newly diagnosed breast cancer*. Holt Paperbacks.

In a valuable guide for women who have just been diagnosed with breast cancer, Dr. John Link helps sort through the confusion and the fear by explaining such things as how to get a second opinion and how to understand a pathology report. Particularly valuable is Link's step-by-step description of how breast cancer is characterized, or staged, according to tumor size, hormone receptors, and other

factors--and how that affects prognosis. The book also includes useful chapters on diet, exercise, herbs, and vitamins; managing the side effects of treatment; healing mind-body connection; and organizing medical records and keeping a personal journal or log.

***Dr. Susan Love's Breast Book*** by Susan Love

Love, S. (2005). *Dr. Susan Love's breast book*. De Capo Press.

Dr. Susan Love presents copious medical information in a simple, welcoming style with illustrations to make the information even clearer. Approximately two-thirds of the book deals with breast cancer: risk factors, prevention, screening, diagnosis, staging, emotions, treatment options, surgery, alternative treatments, clinical trials, and more. But the book isn't just about breast cancer. It's also about breast development, physiology, bras, nursing, and sexuality.

***Mayo Clinic on Arthritis*** by Gene Hunder

Hunder, G. (1999). *Mayo Clinic on arthritis*. Mayo Clinic.

This book includes easy-to-understand answers about the most common forms of arthritis--osteoarthritis and rheumatoid arthritis--with an emphasis on what people can do to help themselves.

***Cerebral Palsy: A Complete Guide For Caregiving*** by Freeman Miller and Steven J. Bachrach

Miller, F., & Bachrach, S. J. (2006). *Cerebral palsy: A complete guide for caregiving*. The Johns Hopkins University Press.

Co-authored by medical doctors Freeman Miller and Steven Bachrach, *Cerebral Palsy: A Complete Guide For Caregiving* is a must for any family struggling with CP care. It provides parents with answers ranging from understanding areas of involvement and basic care issues to understanding medical terminology commonly used. An A-Z encyclopedia helps define these terms, diagnoses and procedures, while discussions delve into regulations, assessments of condition, and the latest research. The wealth of details are organized logically and parents will find it easy to navigate.

***Facing Cancer Together*** by Pamela N. Brown

Brown, P. (1999). *Facing cancer together*. Augsburg Fortress Publishers.

Ms. Brown, by sharing her own experience of the diagnosis and treatment of cancer, offers advice and suggestions for those dealing with cancer. She offers

practical ideas on how to offer help, such as purchasing phone cards and preparing a travel bag for those in treatment.

**After Stroke** by David M. Hinds

Hinds, D. M. (2000). *After stroke*. Thorsons Publishers.

*After Stroke*, written by David M. Hinds who himself has recovered from two major strokes, is an easy to read guide on a step-by-step recovery plan. The book is divided into nine parts, focusing on the physical and emotional experiences that accompany a stroke. This reader-friendly book discusses stroke recovery, but also acknowledges the impact a stroke has on the patient and family. It should be noted the author, from England, references some resources that may not be available in the United States.

**The Stroke Recovery Book: A Guide for Patients and Families** by Kip Burkman

Burkman, K. (1998). *The stroke recovery book: A guide for patients and families*.

Addicus Books.

Dr. Burkman explains in layman's language, the causes and effects of a stroke, as well as the process of rehabilitation, recovery, and prevention of another stroke. Dr. Burkman also includes a list of national resources as well as an extensive glossary of medical terminology. This well laid out book is an excellent resource for both patients and families that are struggling with life after a stroke.

**Happiness in a Storm: Facing Illness and Embracing Live as a Healthy Survivor** by Dr. Wendy Schessel Harpham

Harpham, W. S. (2006). *Happiness in a storm: Facing illness and embracing life as a healthy survivor*. W.W. Norton & Co.

The author, herself diagnosed with recurring Stage 3 lymphoma, writes that being a healthy survivor means "that while getting good medical care you are living your life as fully as possible today, tomorrow and every single day." This book combines good science and superb, empathetic insight into what it takes to tame the fear and cultivate healthy, genuine hope.

**Preventing Falls, A Defensive Approach** edited by J. Thomas Hutton, Jeffrey W. Elias, Jo Ann Shroyer, and Zane Curry

Hutton, J. T., Elias, J. W., Shroyer, J., & Curry, Z. (2000). *Preventing falls: A defensive approach*. Prometheus Books.

As one grows older, the risk of falling increases, presenting major safety concerns. *Preventing Falls* presents information on practical methods to deal

with daily life issues, such as assessing the home safety environment and basic prevention of falls. This book and the accompanying video will be helpful to any person who has become unsteady on their feet due to age or any disease process.

***Parkinson's Disease: A Complete Guide for Patients and Families*** by William J. Weiner, Lisa M. Shulman, and Anthony E. Lang  
Weiner, W. J., Shulman, L. M., & Lang, A. E. (2006). *Parkinson's disease: A complete guide for patients and families*. The Johns Hopkins University Press.

This guide provides families and patients with a comprehensive, yet easy to understand, overview of how this disease affects the brain and nervous system and how this relates to symptoms. Also included is a section about treatments to educate families and patients about treatment availability and selection. The last chapter is devoted to commonly asked questions.

***Parkinson's Disease & The Art of Moving*** by John Argue  
Argue, J. (2001). *Parkinson's disease & the art of moving*. New Harbinger Publications.

Faced with an incurable and often debilitating illness, Parkinson's patients must relearn how to sit up in a chair, speak clearly, keep their balance while walking, and stand from a sitting position. Over 100 photographs illustrate exercises derived from yoga, t'ai chi techniques, and theater movement show readers how to cope as gracefully as possible with the loss of coordination that Parkinson's patients experience.

***Official Patient's Sourcebook on Idiopathic Pulmonary Fibrosis*** by James N. Parker  
Parker, J. N. (2002). *The official patient's sourcebook on idiopathic pulmonary fibrosis*. Icon Health Publications.

This book has been created for patients who have decided to make education and research an integral part of the treatment process. It tells patients where to look for information covering all topics related to idiopathic pulmonary fibrosis from the essentials to the most advanced areas of research. The sourcebook draws from public, academic, government, and peer-reviewed research. Where possible, guidance is provided on how to obtain free-of-charge, primary research results as well as more detailed information via the Internet. In addition to extensive references accessible via the Internet, chapters include glossaries of technical or uncommon terms.

***The Art of Getting Well: A 5 Step Plan for Maximizing Health When You Have a***

### Chronic Illness by David Spero

Spero, D. (2002). *The art of getting well: A 5 step plan for maximizing health when you have a chronic illness*. New Age Books.

Far more than just another list of recommended behaviors and attitudes, *The Art of Getting Well* explains how to change the very things in your life that contribute to illness and rob you of motivation in the face of a chronic condition.

### ***Breathing for a Living: A Memoir*** by Laura Rothenberg

Rothenberg, L. (2004). *Breathing for a living: A memoir*. Hyperion Books.

Like most people born with cystic fibrosis, the chronic disease that affects primarily the lungs, twenty-one year old Laura Rothenberg struggled to come to grips with a life that had already been compromised in many ways. Sometimes healthy and able to attend school, other times hospitalized for weeks, Laura found solace in keeping a diary. In her writing, she could be open, honest, and irreverent, like the young person she was. Yet behind this voice is a penetrating maturity about her mortality.

### ***Amyotrophic Lateral Sclerosis (American Academy of Neurology)*** by Robert G. Miller, Deborah Gelinas, and Patricia O'Connor

Miller, R. G., Gelinas, D., & O'Connor, P. (2004). *Amyotrophic lateral sclerosis (American Academy of Neurology)*. Demos Medical Publishing.

Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's disease, cannot be cured, but treatments are now available that can make a major difference in prolonging and enhancing life. Written by clinicians who manage one of the leading ALS centers in the world, this book guides readers through an understanding of what ALS is, how it is diagnosed, the management of symptoms, and the drugs that are available to treat the underlying disease process. Chapters cover topics that include nutrition and swallowing; speech, communication, and computer access; mobility; breathing and sleeping; end-of-life care; and more. Chapters from leading ALS organizations offer a broad list of support services, publications, websites, and other resources.

### ***Managing the Symptoms of Multiple Sclerosis*** by Randall T. Schapiro

Schapiro, R. T. (2003). *Managing the symptoms of multiple sclerosis*. Demos Medical Publishing.

In clear, understandable language and with helpful illustrations, this book explores the symptoms of MS and discusses clinically tested and proven methods for the proper and effective management of each. An enlightening overview of the characteristics of MS, a useful glossary of common medical

terms, and a list of helpful exercises complete this comprehensive coverage.

***Multiple Sclerosis: 300 Tips for Making Life Easier*** by Shelley Peterman Schwarz

Schwarz, S. P. (2006). *300 tips for making life with multiple sclerosis easier*. Demos Medical Publishing.

*Multiple Sclerosis: 300 Tips for Making Life Easier* contains tips, techniques, and shortcuts to help people with MS organize and simplify their lives. From basic principles to specific ideas, this book is packed with helpful information for those coping with the special challenges of a chronic illness. Updated chapters cover home safety and accessibility, grooming and dressing, managing mealtime, and much more.

***Multiple Sclerosis: The Questions You Have -- The Answers You Need*** by Rosalind C. Kalb

Kalb, R. C. (2000). *Multiple sclerosis: The questions you have - the answers you need*. Demos Medical Publishing.

This guide to Multiple Sclerosis continues to be the definitive book for everyone concerned with this disease--those who have MS, those who share their lives with someone who has it, and all healthcare professionals involved with its management. It covers a wide range of topics in a format that is familiar, accessible, and easily understood.

***Coping With Vision Loss: Maximizing What You Can See and Do*** by Bill Chapman

Chapman, B. (2001). *Coping with vision loss: Maximizing what you can see and do*. Hunter House.

*Coping with Vision Loss* offers a wealth of options to those with severe visual impairment. It concentrates on the five leading causes of vision loss: cataracts, diabetic retinopathy, glaucoma, macular degeneration and retinitis pigmentosa. The author helps readers understand how these conditions destroy vision and what they can do about it.

**Horizon** is a program of REACH for Community Health that provides education, resources, and programming to seniors and their caregivers. In addition to the biannual publication of recommended reading lists, the *Caregiver Lending Library* is located at the Milne Public Library in Williamstown, MA. If you would like more information about **Horizon**, or if you would like to be placed on our mailing list to receive this biannual publication, call (413) 664-5326.

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The mission of REACH is to improve the health and wellness of the Northern Berkshire community through education, outreach, programming, and advocacy in collaboration with community members and organizations.