

CAREGIVER RESOURCE LIBRARY at EASTERSEALS JOLIET REGION

BOOKS:

- Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives***, by David Snowdon, PhD
- The Alzheimer's Sourcebook for Caregivers: A Practical Guide for Getting Through the Day*** by Frena Gray-Davidson
- As Mom Fades Away: A Son's Personal Story of a Once Sharp Mind Destroyed by Dementia***, by Edward J. Merzlock (First and Second Edition)
- The Best Friends Approach to Alzheimer's Care***, by Virginia Bell and David Troxel
- But, Mama, How Come Grandpa Gets To?***, by Carolie Warren (Children's book)
- Chicken Soup for the Caregiver's Soul: Stories to Inspire Caregivers in the Home, the Community and the World***, by Jack Canfield, Mark Victor Hansen, and LeAnn Thieman, LPN (2 copies)
- Courage: Overcoming Fear & Igniting Self-Confidence***, by Debbie Ford
- Dear Grandma Margie***, by Thomas Meisinger
- The End of Life Advisor: Personal, Legal, and Medical Considerations for a Peaceful Dignified Death***, by Susan R. Dolan, RN, JD and Audrey R. Vizzard, RN EdD (2 copies)
- Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying***, by Maggie Callanan and Patricia Kelley
- Finding Meaning with Charles: Caregiving with Love Through a Degenerative Disease***, by Janet Edmunson
- The Good Caregiver: A One-of-a-Kind Compassionate Resource for Anyone Caring for an Aging Loved One***, by Robert L. Kane, MD
- The Healing Power of Grief: The Journey Through Loss to Life and Laughter***, by Gloria Lintermans and Marilyn Stolzman, PhD LMFT

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BOOKS (Continued):

- The Helper's Journey: Working with People Facing Grief, Loss, and Life-Threatening Illness***, by Dale G. Larson
- Inside Alzheimer's: How to Hear and Honor Connections with a Person Who Has Dementia***, by Nancy Pearce
- It Takes a Village to Say Goodbye: A Book of Resources for Family and Friends of the Terminally Ill and Grieving***, by Douglas C. Smith, MA MDiv and Dorreen K. Radin, RN BSN
- The Jericho Rose: Inspirational Thoughts for Daughters Who Grieve***, by Shirley N. Bryson
- Learning to Sit in the Silence: A Journal of Caretaking***, by Elaine Marcus Starkman
- The Longest Lost: Alzheimer's Disease and Dementia***, Hospice Foundation of America
- Meditations for Caregivers: Practical, Emotional, and Spiritual Support for You and Your Family***, by Barry J. Jacobs, PsyD, and Julia L. Mayer, PsyD (AARP Real Possibilities publication)
- My Stroke of Insight: A Brain Scientist's Personal Journey***, by Jill Bolte Taylor, PhD
- Neuropsychology of Alzheimer's Disease and Other Dementias***, Edited by Randolph W. Parks, Ronald F. Zec, and Robert S. Wilson
- Peace from Broken Pieces, How to Get Through What You're Going Through***, by Iyanla Vanzant
- The Revised Fundamentals of Caregiving, A Novel***, by Jonathan Evison
- Take Your Oxygen First: Protecting Your Health and Happiness While Care for a Loved One with Memory Loss***, by Leeza Gibbons, James Huysman, PsyD, LCSW and Rosemary DeAngelis Laird, MD (2 copies)
- Take 2: Your Guide to Creating Happy Endings and New Beginnings***, by Leeza Gibbons
- To Survive Caregiving: A Daughter's Experience, A Doctor's Advice on Finding Hope, Help and Health***, by Cheryl E. Woodson, MD, Family Caregiver, Geriatrician (2 copies)
- Three Good Things: Happiness Every Day, No Matter What!***, by Erika K. Oliver

BOOKS (Continued):

- Touching Tomorrow: How to Interview Your Loved Ones to Capture a Lifetime of Memories on Video or Audio***, by Mary LoVerde
- Validation Techniques for Dementia Care: The Family Guide to Improving Communication***, by Vicki de Klerk-Rubin
- Wisdom for Our Times***, by Helen Exley
- The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss***, by Nancy L. Mace, MA and Peter V. Rabins, MD, MPH

BOOKLETS/PAMPHLETS/WORKBOOKS/NEWSLETTERS:

- Alzheimer's Disease: Understanding the Mystery***, from the National Institute on Aging
- Brain Games: Lower Your Brain Age in Minutes A Day (Collection #3 and Collection #4)***, by Elkhonon Goldberg, PhD
- Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide***, from the National Institute on Aging (6 copies)
- Coach Broyles' Playbook for Alzheimer's Caregivers: A Practical Tips Guide***, by Frank Broyles
- Gone from My Sight: The Dying Experience***, by Barbara Karnes, RN (3 copies)
- Good Grief***, by Granger E. Westberg (2 copies)
- A Guide to Understanding Stroke***, by MERCK
- Five Wishes: My Wish For... The Person I Want to Make Care Decisions for Me When I Can't; The Kind of Medical Treatment I Want or Don't Want; How Comfortable I Want to Be; How I Want People to Treat Me; What I Want My Loved Ones to Know***, by Aging with Dignity
- Journeys: A Newsletter to Help in Bereavement***, by the Hospice Foundation (monthly newsletters)

BOOKLETS/PAMPHLETS/WORKBOOKS/NEWSLETTERS (Continued):

- The Mindfulness & Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias & Worry Using Acceptance & Commitment Therapy***, by John P. Forsyth, PhD and Georg H. Eifert, PhD
- The Mindfulness & Acceptance Workbook for Depression: Using Acceptance & Commitment Therapy to Move Through Depression & Create a Life Worth Living***, by Kirk D. Strosahl, PhD/Patricia J. Robinson, PhD
- Prayers and Thoughts for Caregivers***, by Greta Ray (pamphlet)
- Talking with Your Doctor: A Guide for Older People***, from the Institute on Aging
- Understanding Alzheimer's Disease***, from the U.S. Department of Health and Human Services
- Understanding Memory Loss***, from the U.S. Department of Health and Human Services
- When Death Is Near: A Caregiver's Guide***, provided by Joliet Area Community Hospice (7 copies)

CDs/DVDs:

- Ambition to Meaning: Finding Your Life's Purpose***, starring Dr. Wayne W. Dyer (DVD)
- HOPE(less): The Alzheimer's Project***, A 4-Part Documentary Series Changing the Way America Thinks About Alzheimer's Disease, 3-Disc Set (DVD) (2 copies)
- Iris***, starring Judi Dench, Jim Broadbent, and Kate Winslet (DVD)
- The Notebook***, from the Best-Selling Novel by Nicholas Sparks (DVD)
- Roadwise Review: A Tool to Help Seniors Drive Safely Longer***, (DVD from AAA)
- Sensitive Conversations: When an Aging Parent Needs Help***, hosted by Leeza Gibbons (DVD)
- The Ultimate CD Compendium of Alzheimer's Caregiver Resources***, 2 CDs – Caring for and Communicating with the Alzheimer's Patient and Understanding Alzheimer's and the Progression of the Disease (CD)
- You Can Heal Your Life: The Movie***, with Louise L. Hay and Friends (DVD) (2 copies)