

ADRC OF WASHINGTON COUNTY CAREGIVER BOOK SELECTIONS AND INVENTORY

***Book descriptions from Amazon Books**

A Funny Thing Happened on My Way to the Dementia Ward: Memoir of a Male CNA (Charles G. Schoenfeld)
Caregiving stories shared by a gentleman who retired from his truck driving job after 27 years and went to work at a health center as a certified nursing assistant, providing care to dementia and Alzheimer's residents.

Care That Works: A relationship approach to persons with dementia (Jitka M. Zgola)
In her widely acclaimed Doing Things, Jitka M Zgola offered practical and much-needed advice for those caring for persons with Alzheimer's disease. Now, in Care That Works, Zgola shows how caregivers can better meet the demanding challenges of their job by building and improving their personal relationships with those in their care. Instead of simply prescribing approaches, Care That Works gives caregivers the information with which they can develop their own approaches, evaluate their effectiveness, and continue to grow in skill and insight.

Chicken Soup for the Caregiver's Soul: Stories to Inspire Caregivers in the Home, Community, and the World (Jack Canfield, Mark Victor Hansen, LeAnn Thieman)
Whether you've chosen caregiving as a profession or caregiving has chosen you, your daily commitment and sacrifice are true testaments to the human spirit. These true, inspirational stories offer you a respite from your responsibilities, bringing uplifting and comforting insights to fill you with renewed hope, courage, and strength.

Doing Things: A guide to programming activities for persons with Alzheimer's disease and related disorders (Jitka M. Zgola)
Doing Things shows how to provide a positive environment for persons with Alzheimer's disease by offering opportunities for social interaction and constructive, enjoyable activities. Zgola outlines the ways in which a patient's functional impairment can be assessed; the strength, weaknesses, and need most commonly encountered among persons with Alzheimer's disease; and ways activities can be tailored to accommodate them. She offers step-by-step instructions for selecting and presenting appropriate activities and includes cooking and crafts projects, a sample exercise routine, and a sample daily schedule. The techniques she describes are designed to promote a sense of security and self-esteem, by avoiding possible sources of confusion or confrontation.

Effective Support Groups: How to Plan Design, Facilitate, and Enjoy Them (James E Miller)
Uses a question-and-answer approach to cover the basics of starting and leading a support group, along with more advanced information.

Fierce Blessing: A Journey into Alzheimer's, Compassion, and the Joy of Being (Wayne & Terry Baltz)
From her diagnosis with Alzheimer's until her death, authors Way and Terry Baltz were caregivers and advocates for Terry's mother. What the books and experts and many lay persons told them repeatedly, that this is a horrible disease which only gets worse each day was true --- but it proved to be only part of the truth, overlooking entirely the love and joy and deepening of relationship the three experienced, not only in spite of but often as a direct result of the illness.

Generation Dances: A Caregiver's Journey (Mary Donovan Moeller)

With her husband's support, Mary cared for five dying family members in their home. This experience pulled her life together as two generations collided and exchanged places. As bumper cars in an amusement park, her life's baggage touched the very persons who had helped to fill her backpack. Care giving resurrected memories of her life story and brought it forward for resolution. Mary hopes her story will serve others as an example of this resolution, whether persons are tending their elders or simply thinking about caring for their elders. Everyone has a story, and there are no perfect parents, so this journey will always have its painful pitfalls. Yet embracing rather than distancing the ancient ones offers a unique opportunity for wholeness and spiritual growth. And through it all, humor is essential!

I Can't Remember: Family Stories of Alzheimer's Disease (Esther Strauss Smoller)

Photographs and personal narratives form an intimate photographic essay showing how four families have dealt with the practical and emotional effects of Alzheimer's disease, and how the disease has drawn them more closely together.

Learning to Speak Alzheimer's: A Groundbreaking Approach for Every Dealing with the Disease
(Joanne Koenig Coste)

Revolutionizing the way we perceive and live with Alzheimer's, Joanne Koenig Coste offers a practical approach to the emotional well-being of both patients and caregivers that emphasizes relating to patients in their own reality. Her accessible and comprehensive method, which she calls habilitation, works to enhance communication between care partners and patients and has proven successful with thousands of people living with dementia.

Mom's Gone Missing: When a Parent's Changing Life Upends Yours (Susan A. Marshall)

Mom's Gone Missing is not a how-to book. It's a here's-what-unfolded book, a story of a daughter's experience with a father's decade-long Alzheimer's journey and a mother's lightning fast dementia decline and both of their deaths. The narrative includes sibling tensions, a bewildering array of health-care, financial and legal decisions, reconciliation of lifelong hurts, and the emotional tsunami that surges through all.

My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver
(Martin J. Schreiber with Cathy Breitenbucher)

In My Two Elaines, author, former governor of Wisconsin, Martin Schreiber, watches his beloved wife, Elaine gradually transform from the Elaine he fell in love with in high school, and who diligently supported his political career, to the Elaine who knows she is declining and can't remember how to cook a meal, and finally to the Elaine who no longer recognizes Marty or their children. Excerpts from Elaine's journal recount her thoughts, concerns, and frustrations as the disease progresses, and Marty recounts his struggles in caring for a loved one with Alzheimer's. He offers sage advice throughout the book including, "What I Wish I Had Known."

Share the Care: How to Organize a Group to Care for Someone Who Is Seriously Ill
(Cappy Capossela and Sheila Warnock)

Whether you're prepared for it or not, chances are you'll take on the role of caregiver when a family member or friend is affected by a serious illness or injury, or when you find your elderly parent needs help. As you'll soon discover, the range of tasks and responsibilities involved are overwhelming. Share the Care offers a sensible and loving solutions: a unique group approach that can turn a circle of ordinary people into a caregiving team.

The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias
(Nancy L Mace and Peter V Rabins)

This guide provides all the practical and specific advice you need to make caring for Alzheimer sufferers easier, improve the quality of life and [lift] the whole family's spirit.

The Muhammad Ali Parkinsons Center 100 Questions & Answers About Parkinson Disease (Abraham Lieberman)

Whether you're a newly diagnosed patient, or are a friend of someone suffering from Parkinson Disease, this book offers help. Completely revised and updated, The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease, Second Edition is the only text available to provide both the doctor's and patient's views and gives you authoritative, practical answers to your questions about treatment options, quality of life, and sources of support. Written by an internationally recognized expert on Parkinson Disease, this book is an invaluable resource for anyone coping with the physical and emotional turmoil of this devastating disease.

The Unexpected Caregiver (Kari Berit)

The how-to dynamics of caregiving relationships between adult children and their aging parents have been a mystery, but Kari Berit unravels the mystery with insightful caregiving solutions and helpful suggestions in her updated book. The Unexpected Caregiver is organized by themes and offers creative ways to engage your parents in the caregiving process.

When Love Gets Tough, the Nursing Home Decision (Doug Manning)

This book has touched over a million people by providing wisdom and guidance in making a nursing home placement for a loved one. Doug outlines the decision process, how to understand the emotions and guilt that may accompany this move, and how to develop a healthy relationship with the loved one once the move has been made. He also discusses family meetings, legal and financial issues and working with the facility.