



Caring for Aging Loved Ones

Tell me about a great book to read

How to Care for Aging Parents
- Morris, Virginia (1996)
306.874 Mor

Eldercare 911: the caregiver's complete handbook for making decisions
- Beerman, Susan (2002)
363.2 Bee

When Aging Parents Can't Live Alone: a practical family guide
- Rubenson, Ellen F. (2000)
306.874 RubWh

Caring for Yourself While Caring for your Aging Parents: how to help, how to survive
- Berman, Claire (1996)
362.6 Ber

How Did I Become My Parent's Parent?
- Schiff, Harriet Sarnoff (1996)
306.874 Sch

Another Country: navigating the emotional terrain of our elders
- Pipher, Mary Bray (1999)
306.874 Pip

Consumer Reports Complete Guide to Health Services for Seniors: finding and financing Medicare, assisted living, nursing homes, home care, adult day care, with ratings of Medicare HMOs and supplemental policies
- Lieberman, Trudy (2000) 362.1 Conse



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Online Sources:

ElderWeb
[Http://www.elderweb.com](http://www.elderweb.com)
Think of this site as one-stop shopping for those who care for an elderly person. Under the "Reference" section, you can find a glossary of specialized terms related to eldercare.

AARP
[Http://www.aarp.org/life/](http://www.aarp.org/life/)
Contains an article on "Managing the Stress of Caregiving" and links to other organizations.

Western Conn. Area Agency on Aging
<http://www.wcaaa.org/cnfcsp.html>
Learn about Connecticut's National Family Caregiver Support Program.

Family Caregiver Alliance
[Http://www.caregiver.org](http://www.caregiver.org)
Helpful tips listed under "Caregiving Info and Advice."

National Family Caregivers Association
[Http://www.nfcacares.org](http://www.nfcacares.org)
1-800-896-3650
Read firsthand accounts of what it is like to care for an elderly relative or post your own story.

Eldercare Locator/ US Dept. of Aging
[Http://www.eldercare.gov](http://www.eldercare.gov)
1-800-677-1116
Find agencies in your area.



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Fiction:

The Fifth Season
- Downs, Robert C.S. (2000)

She Is Me: a novel
- Schine, Cathleen (2003)

Dance with Me
- Rice, Luanne (2004)

The Things We Do for Love
- Hannah, Kristin (2004) (New Book)

Memoir:

No More Words: a journal of my mother, Anne Morrow Lindbergh
- Lindbergh, Reeve (2002)
818.5209 Lin

A Good Enough Daughter: a memoir
- Shulman, Alix Kates (1999)
Biog Shulman, A Shu

The Story of My Father: a memoir
- Miller, Sue (2003)
813.54 Mil