

Elderhood Resources (continued)

Resources for Caregivers and Families

Aging Parents and Common Sense: A Practical Guide for You and Your Parents

This online booklet gives great advice for caregivers who may be struggling with financial planning, living situations, and understanding their parent's aging process. It also gives tips on healthy communication for caregivers and how to deal with some tough conflicts that are associated with aging.

https://www.co.delaware.ny.us/departments/ltc/docs/CG_Aging_Parents.pdf

Understanding Grief and Loss

This pamphlet explains what grief is, how to experience grief, and how to understand time during grief.

<https://www.caringinfo.org/planning/grief-and-loss/understanding-grief-and-loss/>

National Hospice and Palliative Care Organization

This website gives a lot of resources on advance care planning, end-of-life care, grief and loss, and other resources on caring for a loved one.

www.caringinfo.org/i4a/pages/index.cfm?pageid=3406

Family Caregiver Alliance

Based in California, this organization gives great advice on educating caregivers about their loved one's needs as well as where to find support groups to take care of themselves as well.

www.caregiver.org/resources-health-issue-or-condition

Caregiver Action Network

This organization offers support to caregivers through education, peer support, and outlets to share their stories.

<http://caregiveraction.org>

Well Spouse Association

This foundation offers emotional support to spousal caregivers via local chapters and educational resources. It is specifically designed for caring for those who are the caretakers of their spouses at the end of life and helping them through the many transitions.

www.wellspouse.org

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The Emotional Survival Guide for Caregivers by Barry J. Jacobs

Written by a clinical psychologist and family therapist specializing in counseling medical patients and families, this is an excellent book for caregivers struggling with role reversals and coping through struggles associated with caring for a loved one. This link takes you to his website, which features a book summary and information on purchasing the book.

www.emotionalsurvivalguide.com/book.htm

Coping with the Death of a Loved One

This online workbook provides an outlet for caregivers to learn about the different stages of grief, rituals that one can do to help the grieving process, differences among ages and genders, and even exercises to complete throughout their bereavement.

www.counsellingconnection.com/wp-content/uploads/2011/04/COPING-WITH-THE-DEATH-OF-A-LOVED-ONE.pdf

The Caregiver's Handbook by the National Care Planning Council

This handbook gives caregivers information on common problems in caregiving, caring for the caregiver themselves, and legal/financial affairs.

www.longtermcarelink.net/eldercare/the_caregivers_handbook.htm

The Caregiver's Handbook: Caring for Your Parents: A guide to getting started, finding support, and taking care of yourself

This handbook gives information on how to get started with the initial conversations caregivers have to have with your loved one. It provides resources on finances, legal affairs, health care, insurance, housing, staying active, and caring for the caregiver.

https://order.nia.nih.gov/sites/default/files/2023-03/caregivers-handbook-nia_0.pdf

National Alliance for Caregiving

This site focuses on research and advocacy to improve the quality of life for caregivers in the United States. It offers caregiver support through national programs and advice regarding topics like finances or military families. Finally, clinicians can seek professional support in working with family caregivers through this website.

www.caregiving.org

Caring.com

This website assists caregivers in discerning types of support and living situations for their loved ones. It distinguishes between assisted living, independent living, senior living, and in-home care, while identifying local placements by state. Ideas for financing a particular living situation are also described. Finally, the site offers caregiver wellness tips and support groups.

www.caring.com
