

Elderhood Resources

Resources for Therapists

Supporting Someone Who Is Grieving

This resource can be used as a tool for supporting caregivers who are grieving the loss of those they were caring for.

<https://www.caringinfo.org/planning/grief-and-loss/supporting-a-grieving-caregiver/>

Caregiver Family Therapy (CFT)

CFT is a form of therapy aimed to improve family functioning for those involved in family caregiving and institute problem-solving methods in reducing burden on the family. This website gives a brief summary of the therapy, as well as resources including online training links.

www.apa.org/pi/about/publications/caregivers/practice-settings/intervention/family-therapy.aspx

Caregiver Family Therapy: Empowering Families to Meet the Challenges of Aging by Sara Honn Qualls and Ashley Williams

This book explains the concepts behind CFT and gives clinical examples to help providers care for the needs of caregiving families. This link directs you to a brief summary of the book and instructions on how to purchase it.

www.apa.org/pubs/books/4317295.aspx

Go Wish

The Go Wish card game is an intervention that gets people thinking about what is most important in life if it were to be shortened by severe illness. One, two, or more people can play it.

www.gowish.org/article.php/how_to_play

Evidence-Based Effective Practices with Older Adults

This article discusses the effectiveness of certain therapies for aging adults with various illnesses and later life transitioning. Some of the therapies included are group therapy, life review therapy, and reality orientation.

https://libres.uncg.edu/ir/uncg/f/J_Myers_Evidence_2004.pdf

Center for Music Therapy in End of Life Care

This organization provides resources on the effectiveness of music therapy in bereavement and offers workshops to learn more.

www.hospicemusictherapy.org/resources/published-research/

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From *Guiding Families through Transitions: A Life Cycle Approach to Clinical Practice*, by Todd M. Edwards, JoEllen Patterson, and James L. Griffith (The Guilford Press, 2025). Adapted with permission from *Essential Skills in Family Therapy, Third Edition*, by JoEllen Patterson, Lee Williams, Todd M. Edwards, Larry Chamow, and Claudia Grauf-Grounds. Copyright © 2018 The Guilford Press.

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Dignity Therapy

This article from the *Chicago Tribune* describes dignity therapy in aging adults and how it can provide meaning and purpose in end-of-life stages. It tells the story of a few patients who benefited from this meaningful story-writing therapy.

www.chicagotribune.com/lifestyles/health/sc-health-0111-dignity-therapy-20120111-story.html

Respecting Choices

Respecting Choices is an internationally recognized, evidence-based advance care planning model of care.

<https://respectingchoices.org/>

Alzheimer's Association

This national program can be a resource for clients, clinicians, and caregivers. The Alzheimer's Association (AA) provides 24-hour advice and information sharing through their hotline (1-800-272-3900). AA also offers care to clients through support groups, online message boards, and an online tool, Alzheimer's Navigator, which assists individuals with managing their disease. Interested clinicians can find resources, information, and studies through AA's online library and network. Finally, caregivers are offered support and information through the Alzheimer's and Dementia Care Center.

www.alz.org