

ISSUE 2/2018

Allegheny County



Family Caregiver Resource Guide

Do you have the tools you need to enhance your caregiving experience?

Taking care of a loved one can be a deeply rewarding experience. It can also be difficult, demanding, and frustrating.

This guide is designed to provide valuable information to individuals caring for frail older adults and individuals with disabilities. The guide supports caregivers in finding ways to meet their own physical, emotional, mental, financial and intellectual needs. The purpose of this guide is to support caregivers not just to survive, but thrive.



Resources

Respite

Support Groups

Education

Working Caregivers



Caregiver
Books

**IN COOPERATION WITH
ALLEGHENY COUNTY
DEPARTMENT OF HUMAN
SERVICES / AREA
AGENCY ON AGING**

COUNTY OF



ALLEGHENY

Dear Caregiver,

We are pleased to present to you the ***Allegheny County Caregiver Resource Guide***. This reference booklet was produced in cooperation with The Allegheny County Department of Human Services / Area Agency on Aging. It is designed to provide you, the caregiver, with resources for caring for yourself and a loved one at home.

This guide is set up in easy to access sections on important areas like support groups, educational opportunities, websites, community programs, caregiver books, working caregivers, grandparents as caregivers, self-care, and of course, respite. We hope you find this tool helpful in your journey caring for your loved one.

Additional information and resources can be found by calling the Allegheny County Area Agency on Aging SeniorLine at 412-350-5460. Caregiver support is also available online at:

<http://www.alleghenycounty.us/dhs/caregiversupport.aspx>.

The ***Caregiver Resource Guide*** was a collaborative effort of Caregiver Resource Committee, with representation from the following agencies:

Area Agency on Aging
Allegheny County Office of Intellectual Disability
Alzheimer's Association Greater Pennsylvania
Bayer Business and Technology/Sandwich Generation Networking Group
Department of Veteran Affairs
Family Caregiver Support Program
FamilyLinks Inc.
LifeSpan Inc.
North Hills Community Outreach
Senior Companion Program
Seniorline
Wesley Family Services

Allegheny County Department of Human Services / Area Agency on Aging

2100 Wharton Street, 2nd Floor , Pgh, PA 15203

Phone 412-350-5460

TABLE OF CONTENTS

SUPPORT GROUPS.....	PAGES 3-5
RESPIRE.....	PAGES 5-9
EDUCATION/TRAINING.....	PAGES 9-11
WEBSITES/APPS.....	PAGES 11-12
HELPLINES	PAGES 12-13
SELF-CARE.....	PAGES 13-14
CAREMANAGEMENT/SERVICE COORDINATION.....	PAGE 14
LEGAL AND FINANCIAL.....	PAGES 14-15
GRANDPARENTS RAISING GRANDCHILDREN.....	PAGES 15-16
WORKING CAREGIVERS.....	PAGES 16-17
VETRANS ADMINISTRATION.....	PAGE 17
BOOKS.....	PAGES 17-20

CAREGIVER SUPPORT GROUPS

Age Well Pgh Jewish Family & Children's Services

412-422-7200/0400
5743 Bartlett Street, Pgh, PA
15217

Hope Grows

412-369-4673
183 Shafer Road, Moon
Township, PA 15108

Plum Senior Center

412-795-2330
499 Center New Texas Road,
Plum, PA 15239

Alzheimer's Disease Support Groups

Alzheimer's Association, Greater PA Chapter 412-261-5040

1100 Liberty Ave, Suite E-201, Pgh, PA 15222 www.alz.org/pa

North

Arden Courts (Ross Twp.) 412-369-7887

1125 Perry Highway, Pgh, PA 15237

Concordia Fox Chapel

412-767-5808
931 Rt. 910, Cheswick, PA 15024

Destination Wellness

724-226-7150
Pgh Mills Mall Route 28, Tarentum, PA 15084

Home Instead Senior Care (North Hills)

412-264-4700
4900 Perry Highway, Bldg. 1, Suite 100, Pgh, PA

Lifestep Adult Day

724-283-1010
383 New Castle Road – Care Lounge, Butler, PA

Outlook Pointe

724-352-2827
100 Bella Drive, Saxonburg, PA 16056

St. Stephens Henning House

412-741-1790
405 Frederick Ave, Sewickley, PA 15143

Sunrise of McCandless

412-441-1241
900 Lincoln Club Drive, Pgh, Pa 15237

East

Alzheimer's Outreach

Center (Hill House)
412-692-2700
1835 Centre Avenue, Pgh, PA
15219

Anathan Club (Squirrel Hill)

412-422-9454
300 JHF Drive, Pgh, PA

Arden Courts (Monroeville)

412-380-1300
120 Wyngate Drive,
Monroeville, PA 15146

**McKeesport Hospital UPMC
Aging Institute**
412-664-3463
Crawford Bldg., 1500 Fifth
Avenue, 1st floor, Suite 150,
McKeesport, PA 15130

Broadmore Assisted Living
412-564-4558
3275 Washington Pike,
Bridgeville, PA 15017

Country Meadows
412-257-2855
3560 Washington Pike,
Bridgeville, PA 15017

Home Instead Senior Care
(South Hills) 412-595-7554
1500 Oxford Drive, Suite 150

Mt. Vernon of South Park
412-655-3535
1400 Riggs Road, South Park,
PA 15229

**Anchorpoint Counseling
Ministry**
412-366-1300
800 McKnight Park Drive
#802, Pgh, PA 15237

A Caring Place
888-224-4673
620 Stanwix Street, Pgh, PA
15222
Support group for children
grieving loss of parent or
caregiver.

**Coping with Grief Support
Group**
877-771-1234
Excelsa Health Hospital,
Greensburg and Latrobe

Juniper Village (Forest Hills)
412-244-9901
107 Fall Run Road, Pgh, PA
15221

**Richard Morgan Redstone
Highlands**
724-864-5811
12921 Lincoln Way, North
Versailles, PA 15642

South

**Paramount Senior Living
South Hills**
412-650-3100
100 Knoedler Road, Pgh, PA
15236

The Pines of Mt. Lebanon
412-341-4400
1537 Washington Road, Pgh,
Pa 15228

**Prime Time Adult Day
Center**
412-835-6661
44 Highland Road, Room 29,
Bethel Park, PA 15102

Bereavement Support Groups

**Family Hospice
Bereavement Department**
412-572-8829
50 Moffett Street, Mt.
Lebanon, PA 15243

Forbes Hospice
412 334 9753
Forbes Hospital and West
Penn Hospital

Gateway Hospice
412-536-2020
9380 McKnight Rd #201,
Pgh, PA 15237

Jewish Community Center
412-422-5700
200 JHF Drive, Pgh, PA
15217

**Presbyterian SeniorCare-
Longwood**
412-826-6536
500 Route 909, Verona, PA
15147

Woodside
412-826-6132
1215 Hulton Road, Oakmont,
PA 15139

Sunrise of Upper St. Clair
412-831-2200
500 Village Drive, Upper St.
Clair, PA 15241

**UPMC St. Margaret's
Hospital**
412-784-5050
815 Freeport Road, Pgh, PA
15215

**Westminster Presbyterian
Church**
415-835-6630
2040 Washington Road,
Upper St. Clair, PA 15241

**Memorial Park
Presbyterian Church**
412-364-9492
8800 Peebles Road, Allison
Park, PA 15101

**Mon Valley Hospital Suicide
Bereavement Group**
724-268-1144/1163 Country
Club Rd, Monongahela, PA
15063

St. Rosalia-Lazarus
412-421-5766
411 Greenfield Avenue, Pgh,
PA 15207

St. Robert Bellarmine
412-824-2644
1313 5th Avenue, East
McKeesport, PA 15035

Three Rivers Hospice
412-884-5225
1195 Jacks Run Road, North
Versailles, PA 15137

Three Rivers Hospice
412-297-6556
2500 Mossie Boulevard,
Monroeville, PA 15146

Caregivers of Cancer Patients Support Group

Monongahela Valley Hospital Groups
Cancer 724-258-1475
1163 Country Club Rd, Monongahela, PA 15063
Prostate Cancer Group 724-292-9404
Breast Cancer Group 724-258-1704

American Cancer Society
800-227-2345 option 1
Hillman Cancer Center
724-713-7280
5115 Centre Ave, Pgh, PA 15232

Caregivers of Stroke Patients Support Group

Ursuline Support Services
412-224-4700
2717 Murray Avenue, Pgh,
PA 15217
www.ursulinesupportservice.org

Jefferson Regional Medical Center
1-800-652-3370
565 Coal Valley Road, Room
3SW, Jefferson Hills, PA
15025
www.jeffersonregional.com

Health South Brain Injury & Stroke Support Group
412 749-2388

HealthSouth Stroke Support Group
412-826-2784

Parkinson Support Group

Health South Harmarville

412-828-1300 x7710

Guys Run Rd, Pgh, PA 15238

RESPIRE

Respite provides a caregiver with a break from the responsibilities of caregiving. The length of time varies from as little as an hour as long as a couple weeks. Respite takes place at home, an adult day care center, nursing home, or other places. Respite allows the caregiver time to run errands, catch up on sleep, address their own medical needs, time to relax, and more.

Alliance for Community Respite Care (ACRC)
412-683-7100
1400 South Braddock Avenue, Pgh, PA 15218
Assists families with locating respite and grants for respite care.
www.classcommunity.org/how-we-help/respice-care-providers

ARCH National Respite Network
1-919-490-5577 www.respitelocator.org
Helps caregivers find area respite resources.

East End Cooperative Ministry
412-361-5549 www.eecm.org
6140 Station Street, Pgh, PA 15206 Respite care program offers shelter and non-medical respite care for adults who are unable to return to their homes. Allows up to 12 adults at a time a place to heal after hospital discharge.

Eldercare locator www.eldercare.gov
1-800-677-1116 National site
helps caregivers find local resources

Epilepsy Foundations of Western Pennsylvania www.efwp.org
412-322-5880/1800-361-5885
1501 Reedsdale Street, Suite 3002, Pgh, PA 15233
Respite grants for an individual with uncontrolled seizures

In Service of Seniors
412-345-7420
6401 Penn Avenue, 2nd Floor, Pgh, PA 15206
www.olderadults.fswp.org
Volunteers assist frail adults age 60+ with services like going grocery shopping, paying bills, yard work, shovel snow, run errands, and rides to medical appointments. Caregivers benefit with a break from caregiving tasks.

***Jewish Association on Aging Nighttime
Memory Care Program***

200 JHF Drive, Pgh, PA 15217
412-422-9454

<http://jaapgh.org/care/alzheimers-dementia-care/nighttime-memory-care/>

Overnight respite program for adults with Alzheimer's disease or dementia.

Senior Companion Program

1 Smithfield Street, Pgh, PA 15222
412-350-4061

www.allegHENYcounty.us/dhs/inhome.aspx

Senior Companions provide friendly visits with an older adult who would benefit from companionship. The program gives respite to caregivers several hours weekly.

Nursing Homes Which Provide Respite

North

Reformed Presbyterian Home

412-321-4139
2344 Perrysville Avenue, Pgh, PA 15214

ManorCare Health Services Northside

412-323-0420
2170 Rhine Street, Spring Hill, PA 15212

Concordia at Rebecca Residence

724-444-0600
3749 Cedar Ridge Road, Allison Park, PA 15101
724-224-9200
1050 Broadview Blvd., Brackenridge, PA 15014

Consulate Health Care of Cheswick

412-767-4998
3876 Saxonburg Blvd., Cheswick, PA 15024

Harmarvillage Care Center

724-274-3773
715 Freeport Road, Cheswick, PA 15024

St. Barnabas

724-443-0700
5827 Meridian Road, Gibsonia, PA 15044

Kane Ross

412-422-5263
110 McIntyre Road, Ross Township, PA 15237

HCR ManorCare North Hills

412-369-9955
1105 Perry Highway, Ross Township, PA 15237

North Hills Health and Rehab Center

724-935-3781
194 Swinderman Road, Wexford, PA 15090

Wexford Healthcare Center

412-366-7900
9850 Old Perry Highway, Wexford, PA 15090

East

Charles M. Morris Nursing and Rehabilitation Center

412-420-4000
200 JHF Dr, Pgh, PA 15217

Concordia of Monroeville

412-373-3900
4363 Northern Pike, Monroeville, PA 15146

The Commons at Squirrel Hill 412-421-8443
2025 Wightman Street, Squirrel Hill, PA 15217

Forbes Center for Rehabilitation and Healthcare

412-665-3232
6655 Frankstown Avenue, East Liberty, PA 15206

Kane Glen Hazel

412-422-5263
955 Rivermont Drive, Glen Hazel, PA 15207

Highland Park Care Center 412-362-6622
745 N. Highland Avenue, East Liberty, PA 15206

Kane McKeesport 412-422-5263
100 Ninth Street, McKeesport, PA 15132

UPMC Canterbury Place 412-622-9000
310 Fisk Street, Lawrenceville, PA 15201

ManorCare Health Services 412-665-2400
550 S. Negley Avenue, Shadyside, PA 15232
5609 Fifth Avenue, Shadyside, PA 15232
412-362-3500

UPMC Heritage Place 412-422-5100
5701 Phillips Avenue, Squirrel Hill, PA 15217

Vincentian De Marillac 412-361-2833
5300 Stanton Ave, Stanton Heights, PA 15206

Golden Living Center 412-856-7570
4142 Monroeville Blvd., Monroeville, PA 15146

HCR ManorCare 412-856-7071
885 MacBeth Drive, Monroeville, PA 15146

Longwood at Oakmont 877-558-4692
500 Route 909, Verona, PA 15147

Woodhaven Care Center 412-856-4770
2400 McGinley Road, Monroeville, PA 15146

Eldercrest Nursing Center 412-462-8002
2600 West Run Road, Munhall, PA 15120

Baldwin Health Center 412-885-8400
1717 Skyline Drive, Baldwin, PA 15227

HCR ManorCare 412-831-6050
60 Highland Road, Bethel Park, PA 15102

Meadowcrest Nursing Center 412-854-5500
1200 Braun Road, Bethel Park, PA 15102

Country Meadows 412-257-2474
3590 Washington Pike, Bridgeville, PA 15017

HCR ManorCare 412-344-7744
1848 Greentree Road, Green Tree, PA 15220

Jefferson Hills Manor 412-653-1128
448 Old Clairton Road, Jefferson Hills, PA 15025

Lawson Nursing Home 412-466-1125
540 Coal Valley Road, Jefferson Hills, PA 15025

Asbury Heights 412-341-1030
700 Bower Hill Road, Mt. Lebanon, PA 15243

West Hills Health and Rehab
412-269-1101
951 Broadhead Road, Coraopolis, PA 15108

Oakmont Center for Nursing and Rehabilitation 412-828-7300
26 Ann Street, Oakmont, PA 15139

Presbyterian Senior Care – The Willows
412-828-5600
1215 Hulton Road, Oakmont, PA 15139

LGAR Health and Rehabilitation Center
412-825-9000
800 Elsie Street, Turtle Creek, PA 15145

South

Baptist Homes 412-563-6550
489 Castle Shannon Blvd., Mt. Lebanon, PA 15234

Concordia of the South Hills 412-278-1300
1300 Bower Hill Road, Mt. Lebanon, PA 15243

Golden Living Center 412-257-4444
350 Old Gilkeson Road, Mt. Lebanon, PA 15228

HCR ManorCare 412-884-3500505
Weyman Road, Whitehall, PA 15236

Southwestern Nursing and Rehabilitation Center 412-466-0600
500 Lewis Run Road, Pleasant Hills, PA 15122

Kane Regional Center 412-422-5263
300 Kane Blvd., Scott Township, PA 15243

Friendship Village of South Hills
724-941-3100
1290 Boyce Road, Upper St. Clair, PA 15241

West

Caring Heights Community Care and Rehab
412-331-6060
234 Coraopolis Road, Coraopolis, PA 15108

Respite from Home Health Agencies

Anova Home Healthcare
412-859-8801

Care at Home
724-339-1117

Celtic Healthcare
800-355-8894

BAYADA Home Health Care
412-374-1440

Care Unlimited
412-367-3620

Epic Health Services
412 662 0728

Aseracare Home Health & Hospice

412-376-9472

Advantage Home Health Services, LLC

412-440-0142

Extended Family Care

412-241-7292

Gallagher Home Health

412-279-7800

Heartland Home Health Care and Hospice

412-928-2126

Home Helpers

412-364-4663

Liken Health Care

412-816-0113

Maxim Healthcare Services

412-687-2838

Northern Home Care

412-781-1175, ext. 2060

Emerald Home Health

412-429-5880

Paramount Home Health Services

412-650-3107

PRN Health Service Inc.

412-824-2181

Renaissance Home Care

412-563-5055

St. Barnabas Home Care

724-444-5502

UPMC Private Duty Nursing

866-430-8742

Allegheny Health Network

Healthcare at home

888 599 7328

Respite at Adult Day Centers

* Serves individuals with Intellectual disabilities

North

Community LIFE 724-230-3240

702 Second Avenue, Tarentum, PA 15084

Easter Seals/Harmarville 412-826-4939

370 Guys Run Road, Cheswick, PA 15024

LIFE Pgh 412-388-8042

1200 Reedsdale Street, Pgh, PA 15233

LIFE Pgh 412-388-8042

Three Allegheny Center, 1st Floor,

Pgh, PA 15212

Pgh Mercy Health Systems* 412-931-2287

105 Braunlich Drive, Ross Township, PA 15237

Valley Care Adult Day Services 724-266-9626

345 Maplewood Avenue, Ambridge, PA 15003

Wesley Family Services 412-447-0009

104 Beta Drive, Pgh, PA 15238

East

Anathan Club

412-422-9454

300 JHF Drive, Squirrel Hill, PA 15217

Blind Vision Rehabilitation Services of Pgh*

412-368-4400

1816 Locust Street, Pgh, PA 15219

Catholic Youth Association Stephen Foster Center

412-621-3342

Main Street, Lawrenceville, PA 15201

Community LIFE

412-229-5500

301 Meade Street, Pgh, PA 15221

Community LIFE (McKeesport)

412-664-1448

1305 Fifth Avenue, McKeesport, PA 15132

Mon Yough Community Services, Inc. Senior Connection 412-346-9793

500 Market Street, McKeesport, PA 15132

New Horizon Senior Center* 412-247-4902

10147 Frankstown Road, Penn Hills, PA 15235

SarahCare 412-271-3600

2030 Ardmore Blvd., Forest Hills, PA 15221

Woodside Place in Oakmont 412-826 6500

1215 Hulton Road, Oakmont, PA 15139

Respite at Adult Daycare in the South

Allentown Adult Daycare Services

412-431-0557
2201 Salisbury Street, Pgh, PA 15210

Baldwin Seniors Program TAC* 412-882-5015

5225 Grace Street, Baldwin, PA 15236
Serves seniors & individuals with intellectual disabilities

Community LIFE 412-464-2101

491 East Eighth Avenue, Homestead, PA 15120

Chartiers Center* 412-344-7155

2866 Glenmore Avenue, Dormont, PA 15216

Elizabeth Seton Center* 412-344-4777

1900 Pioneer Avenue, Brookline, PA 15226
Serve seniors & seniors with intellectual disabilities

LIFE Pgh 412-388-8050

875 Greentree Road, One Parkway Center, Suite 100, Green Tree, PA 15220

Prime Time Adult Services* 412-835-6661

Christ United Meth. Church, 44 Highland Road, Bethel Park, PA 15102

Respite at Adult Daycare in the West

Center for Community Supports Day

Program* 412-771-3614

86 Coraopolis Road, Coraopolis, PA 15108

Partners for Quality Citizen Care Walden

Center* 412-264-8755

1225 Lewis Avenue, Coraopolis, PA 15108

TRAINING/EDUCATION

INSPIRE: Inspiring New Solutions and Providing Individualized Resources and Education

The Aging Institute of UPMC Senior Services 412-864-2092

www.upmc.com/Services/AgingInstitute/education-and-training/for-caregivers

Building Better Caregivers™ Online Workshop provides information and support. It's a free six-week online workshop for family caregivers of Veterans. You can locate your Caregiver Support Coordinator by visiting <http://www.caregiver.va.gov/> and entering your ZIP code in the ZIP code finder from the U.S. Department of Veteran Affairs. For caregivers of non-veterans, contact Age Well Pgh to register at: 412-422-0400

Powerful Tools for Caregivers 412-454-7899 www.powerfultoolsforcaregivers.org

Six-week class where caregivers gain numerous tools and resources for self-care, managing emotions, self-efficacy and use of community resources. Offered at the Area Agency on Aging, Hope Grows, ParkinsonFoundation, and through UPMC member services.

Mental Health First Aid for Older Adults www.mentalhealthfirstaid.org

This eight-hour certification course teaches the participant to identify the signs of a mental health disorders. The participant gains skills in responding to an emerging mental health issue or crisis. Check online to find a class offered near you.

FamilyLinks Caregiver First Initiative 412-694-6146 <http://caregiverblog.familylinks.org/>

Training and support program for family caregivers and agencies. Assists with resources and tools to balance life with the demands of caregiving. Training topics: Balancing Work with Caregiving, Understanding Dementia, Stress Management, Supporting Caregivers in Workforce; Caregiving 101.

Training Videos

Assessing Caregiver Burden March 2016, 26:31

Gayle Alston, Rosalynn Carter Institute <https://www.youtube.com/watch?v=93ysYLOuCo>

Advanced Directives: Planning Ahead April 2013, 50:52 Dr. Neil Wenger, UCLA Health
<https://www.youtube.com/watch?v=aMm58Ea5XLk&list=PLw0lBK4PlwF5BjvKjJMTnLCQOKZfSMWXD&index=26>

Safe at Home: A Caregiver's Guide November 2013, 18:38
<http://www.youtube.com/watch?v=uSUNMbQz59g>

Down Syndrome and Alzheimer's disease training for Caregivers August 2015, 35:20.
Megan Saunders, RN, University of Vermont <https://www.youtube.com/watch?v=YaundCCFJ7A>

Helping Someone Up after a Fall Sept. 2010, 2:08 Foundation for PSP/CBD & other Brain Disorders
<https://www.youtube.com/watch?v=10jR0zjl19Y>

Professional Caregiver Videos

Helping Seniors with Loss of Independence December 2015, 59:28
<https://www.youtube.com/watch?v=MixmOWD01w>

Home Safety for Seniors May 2016, 57:58
<https://www.youtube.com/watch?v=neCA9GDwiY>

Seniors and Driving June 2016, 58:34
<https://www.youtube.com/watch?v=uL2gkF2lpoo>

Solving Communication Issues Within Families January 2016, 58:21
<https://www.youtube.com/watch?v=6p94QreV8jE>

Senior Nutrition and Mealtime February 2016, 57:25
<https://www.youtube.com/watch?v=7ZvA58904>

Seniors and Medication Management April 2016, 58:19
<https://www.youtube.com/watch?v=Aqkg89luaHQ>

Understanding the Emotional Aspects of Caregiving November 2015, 58:37
<https://www.youtube.com/watch?v=0WhKbXMsp24>

Family Caregiver Alliance's Caregiver College Videos Series

- 1: **Transfer Skills**, October 2011, 6:19 <https://www.youtube.com/watch?v=oB0uPouIcXo>
- 2: **Nutrition**, 6:53 <https://www.youtube.com/watch?v=hrNpX913KkE>
- 3: **Dental Care**, 6:42 <https://www.youtube.com/watch?v=xFG1jtf6Zdg>
- 4: **Bathing & Dressing**, 6:29 <https://www.youtube.com/watch?v=lvQtjY3-bcE>
- 5: **Toileting & Incontinence**, 4:44 <https://www.youtube.com/watch?v=4DvYE12CM0c>
- 6: **Behavioral Issues**, 7:18 <https://www.youtube.com/watch?v=VDOJxKxNKsl>
- 7: **Self-Care**, 5:39 https://www.youtube.com/watch?v=zi_gYDUfOKI

Home Instead Caregiving Training Series

Caregiver Stress, January 2011 (1 of 6), 4:05

<https://www.youtube.com/watch?v=Duc92Lk1BGk&list=PLCBC6F413CFB55A6C>

Facing the Challenges of Being a Family Caregiver: Caregiver Stress (2 of 6),

<https://www.youtube.com/watch?v=OCheUpLqNKY&list=PLCBC6F413CFB55A6C&index=2>

Signs of Stress: Caregiver Stress (3 of 6)

<https://www.youtube.com/watch?v=hETCm99GZ-o&index=3&list=PLCBC6F413CFB55A6C>

Caregiver Depression: Caregiver Stress (4 of 6)

<https://www.youtube.com/watch?v=vBGQQPTyEKg&index=4&list=PLCBC6F413CFB55A6C>

Dealing with Alzheimer's: Caregiver Stress (5 of 6)

https://www.youtube.com/watch?v=wTsykHR5A_4&list=PLCBC6F413CFB55A6C&index=5

De-stress from Caregiving: Caregiver Stress (6 of 6)

<https://www.youtube.com/watch?v=TtxI0hUfurc&index=6&list=PLCBC6F413CFB55A6C>

UCLA Alzheimer's and Dementia Care Program Caregiver Trainings

1: **Introduction**, April 2015, 2:32

https://www.youtube.com/watch?v=SPVf_Ocuvvg0&list=PLw0lBK4PlwF5BjvKjJMTnLCQOKZfSMWXD

2: **Hallucinations**, 4:03

<https://www.youtube.com/watch?v=cpV57QGdU7I>

3: **Refusal to Bathe**, 4:28

<https://www.youtube.com/watch?v=sl3Dc1kERto>

4: **Refusal to Take Medication**, 4:03

<https://www.youtube.com/watch?v=-rB5-AkqpiQ>

5: **Repetitive Behaviors**, 3:45

<https://www.youtube.com/watch?v=PQ7VcyEgVzw>

6: **Repetitive Questions**, 3:56

https://www.youtube.com/watch?v=hke8ek_aHkE

7: **Sundowning**, 3:39

<https://www.youtube.com/watch?v=kskiEKghjAE>

8: **Wandering**, 4:05

<https://www.youtube.com/watch?v=Sw0yEB508ml&index=7&list=PLw0lBK4PlwF5BjvKjJMTnLCQOKZfSMWXD>

WEBSITES & APPS

AARP Family Caregiver Resource Center

www.aarp.org/caregiving

A caregiving resource center with information about locating eldercare, housing options, legal and financial matters, and self-care.

Pennsylvania State Office 866-389-5654

Aging Care www.agingcare.com

On-line magazine and caregiver forum.

Caregivers post questions and issues which are answered by experienced caregivers.

Education classes offered for professionals in senior issues.

Alzheimer's Association www.alz.org/pa

Lists local caregiver support groups and education opportunities for caregivers of a loved one diagnosed with Alzheimer's disease

Alzheimer's Foundation of America/Care Crossroads alzfdn.org/

Offers on-line discussion boards and support groups. Questions are answered by social workers or other professionals.

Aging in Place Technology

www.ageinplacetech.com

Watch features posts reviewing the latest technology for caregivers and older adults.

Aging 2.0 www.aging2.com

Monthly newsletter about updates in technology and aging.

The Briefcase is a web-based resource that psychologists, other professionals or caregivers can use for themselves. [APA's Family Caregiver Briefcase for Psychologists](http://www.apa.org/pi/about/publications/caregivers/briefcase-for-psychologists)

www.apa.org/pi/about/publications/caregivers/index.aspx

Care Zone carezone.com/home

Organizational app, free for iPhone, iPad and Android Tech additions

Caregiver Action Network

www.caregiveraction.org

Explains how to find a support group and how to start difficult conversations. Site also has a caregiver forum

Download the **Caregivers Self-Assessment** to review your responsibilities, role as a caregiver, evaluate your stress level, and make a caregiving plan. [Caregiver Self-Assessment www.va.gov/GERIATRICS/Guide/LongTermCare/Shared_Decision_Making.asp](http://www.va.gov/GERIATRICS/Guide/LongTermCare/Shared_Decision_Making.asp)

Caring Bridge www.CaringBridge.org
calendar function and task scheduling features

Caring.com www.caring.com
Free guide to Alzheimer's care.

Caregiver Magazine www.caregiver.com

Caring Today www.caringtoday.com
Offers self-care guides and other resources for caregivers.

Dementia Caregiver Solutions [Find at iTunes](#)
Informational app for iPhone and iPad

eCareDiary.com www.eCareDiary.com
Tool for organizing caregiver documents, appointments, resources and tasks.

Eldercare Locator www.eldercare.gov
Search by zip code or topic to find eldercare and caregiver resources in your local area.

Elder 411 www.elder411.net/
Information and self-help app for iPhone or iPad

Family Caregiver Alliance National Institute for Mental Health
www.nimh.nih.gov/health/topics/depression/index

Help for Cancer Caregivers
www.helpforcancercaregivers.org
Information about avoiding caregiver burnout, self-care and long-distance caregivers.

AARP Caregiver's Call Center
1-877-333-5885

Age Well Pgh 412-422-0400 1-877-243-1530
www.agewellpgh.org

The Aging Institute
Help and Referral Line:1-866-430-8742

Lotsa Helping Hands
www.lotsahelpinghands.com
Create a network of informal supports by coordinating appointments and caregiving responsibilities.

National Institute on Aging www.nia.nih.gov

United Hospital Fund Next Step in Care
www.nextstepincare.org
Guides to help family caregivers and health care providers work collaboratively planning safe transitions for chronically or seriously ill patients.

Pennsylvania Department of Aging
www.aging.state.pa.us
State repository on regulations of geriatric program. Offers resources and links to other sites.

Rosalynn Carter Institute for Caregiving
www.rosalynncarter.org

Senior Resource Guide Pghseniornews.com/

Strength for Caring
www.strengthforcaring.com
Resource center for stress management, daily tasks, financial planning, housing and other information.

This Caring Home www.ThisCaringHome.org

University of Michigan Depression Center Toolkit depressiontoolkit.org

Well Spouse Association wellspouse.org
On-line resource for spousal caregivers and offers caregiver respite weekends throughout the United States.

HELPLINES

Allegheny Link for senior and disability services 1-866-730-2368
www.alleghenylink.com

NAMI helpline 1-800-950-6264
For help in a crisis text **NAMI** to 741741
www.namiswa.org

Allegheny County Service Coordination

412-350-5460

Program for older adults with functional impairments who are MA eligible and wish to remain safely at home.

Family Caregiver Support Program

412-350-5460

For unpaid family caregivers who provides routine care to a loved one at home. Program offers respite, education, care management, and reimbursement to caregivers of functionally impaired loved one age 60 and older, caregivers of adults with disabilities, or grandparents raising grandchildren.

<http://alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs.aspx>

Ombudsman Program 412-350-5791

Advocates for older adults living in Nursing Facilities, Personal care homes and the community.

OPTIONS Care Management 412-350-5460

Assistance to seniors age 60 or older, needing assistance with activities of daily living who wish to remain living at home.

<http://alleghenycounty.us/Human-Services/Programs-Services/Older-Adults/Care-Management.aspx>

Older Adult Protective Services 412-350-6905

Takes reports of abuse, neglect or financial exploitation of older adults.

Caregiver HQ (Highmark)

412-888-3331 / 1-844-321-2447

Offers resources, guidance, and encouragement

SeniorLine 412-350-5460 / 1-800-344-4319

Seniorline@Alleghenycounty.us

TTY/TDD 412-350-2727

Easter Seals 412-281-7244

<http://www.easterseals.com/explore-resources/for-caregivers/>

Highmark PALS (People Able to Lead Support) 1-800-988-0706

Volunteers provide non-medical assistance to help maintain their independence.

www.ahip.org/Highmark-PALS/

The National Caregiver Support Line

1-855-260-3274

Resource and referral center to assist in finding caregiver information

<https://www.va.gov/opa/pressrel/pressrelease.cfm?id=2047>

Persad Center 1-888-873-7723

5301 Butler Street, Suite 100, Pgh, PA 15201.
Services to the LGBTQ community and people with HIV.

Peer Support & Advocacy Network (PSAN)

412-227-0402

960 Penn Avenue, Suite 1100, Pgh, PA 15222

www.peer-support.org

Warmline for emotional support

1-866-661-WARM (9276)

Warm and Friendly Call Program

412-894-2364

Re: solve Crisis Network

1-888-796-8226

<http://upmc.com/Services/behavioral-health/Pages/resolve-crisis-network.aspx>

United Way of Pennsylvania 211

Dial 2-1-1 or 412-255-1155

www.unitedwayPgh.org

SELF-CARE

Family Caregiver Alliance

800-445-8106

Taking Care of You: Self-care for caregivers

<https://www.caregiver.org/taking-care-you-self-care-family-caregivers>

HelpGuide.org

Tips for finding balance and avoiding caregiver burnout

<http://www.helpguide.org/articles/stress/caregiving-stress-and-burnout.htm>

Hope Grows for Caregiver

Support 412-369-4673

Education, support groups, phone support, and respite for caregivers.

www.hopegrows.net

Companioning You! A Soulful Guide to Caring for Yourself While You Care for the Dying and the Bereaved

by Dr. Alan D. Wolfelt, Ph.D., shows how making self-care a priority can make a caregiver more effective.

ISBN-13: 978-1617221668

Mayo Clinic - Caregiver Stress: Tips for Taking Care of Yourself

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

National Family Training Program- Module 1

Caregiver: Self Care

http://www.caregiver.va.gov/pdfs/Caregiver_Workbook_V3_Module_1.pdf

CARE MANAGEMENT/SERVICE COORDINATION

Whether your connection to assistance and support is called a Service Coordinator, Care Manager, or Supports Coordinator, each works with families to identify needs and to link the older adult and caregiver to support services. They are familiar with a broad array of resources like community, state and federal programs. A Care Manager completes an assessment, develops an individualized care plan, coordinates services, makes visits, and communicates regularly to ensure participant's needs are met.

Allegheny County Service Coordination

412-350-5460

2100 Wharton Street, 2nd Floor, Pgh, PA 15203

www.alleghenycounty.us/Human-Services/Programs-Services/Older-Adults/Aging-Waiver.aspx

Allegheny County Caregiver Support Program

412-350-5460

2100 Wharton Street, 2nd Floor, Pgh, PA 15203

www.alleghenycounty.us/dhs/caregiversupport.aspx

FamilyLinks 412-924-0400

1500 Ardmore Blvd., Suite 501, Forest Hills, PA

15221 www.familylinks.org

LifeSpan 412 464-1300

314 East Eighth Avenue, Homestead, PA 15120

www.lifespanpa.org

Options Care Management 412-350-5460

2100 Wharton Street, 2nd Floor, Pgh, PA 15203

www.alleghenycounty.us/Human-Services/Programs-Services/Older-Adults/Care-Management.aspx

Wesley Family Services

412-447-0128

104 Beta Drive, Pgh, PA 15238

<http://wesleyfamilyservices.org>

LEGAL AND FINANCIAL

Achieva Family Trust

412-995-5000/888-272-7229

711 Bingham St, Pgh, PA 15203

<http://www.achieva.info/achieva-family-trust>

Provides services to help families and individuals with disabilities plan for their future.

Aging Care www.agingcare.com

Financial planning tips for caregivers

APPRISE 412-661-1438

6401 Penn Avenue, Pgh, PA 15206

<http://olderadults.fswp.org/apprise-services>

APPRISE counselors provide Medicare counseling either face to face or over the phone.

PA Serves: Greater Pgh

www.paserves.org

Aging Institute

Preparing for a loved one's financial needs:

<http://www.upmc.com/services/aginginstitute/resources-for-caregivers/pages/financial-planning.aspx>

Legal services and resources:

<http://www.upmc.com/Services/AgingInstitute/resources-for-caregivers/Pages/legal-services-and-resources.aspx>

Bayer Center for Nonprofit management,

LAWLinks 412-397-4057

6001 University Blvd., Moon Township, PA 15108

Elder law, Business, estate planning and healthcare

Caregiver.com

<http://www.caregivers.com/blog/2014/07/6-caregiver-tips-for-senior-financial-planning/>

Caregiver tips for financial planning

Caring Connections 800-658-8898
1731 King St., Suite 100, Alexandria, VA 22314
www.caringinfo.org

Caring Connections is a national initiative to improve care at the end of life. Helps caregivers with planning with PA Advance Directive tools.

Financial Steps for Caregivers / WISER (Women's Institute for a Secure Retirement)

Financial Steps for Caregivers: *What You Need to Know About Money and Retirement* helps identify financial decisions a caregiver. Information on planning for retirement:

<http://www.wiserwomen.org>.

Legal Counsel for the Elderly Legal Hotline

800-262-5297 Elder law, bankruptcy, estate planning and healthcare

National Alliance for Caregiving Provides information on working and caregiving, financial support, retirement planning and social security benefits for caregivers.

www.caregiving.org/resources/finances-work or www.caregiving.org

Neighborhood Legal Services Association

412-255-6700 ext. 216
928 Penn Avenue, Pgh, PA 15222
Elder law, bankruptcy, criminal and divorce

Ursuline Support Services

204 North Highland Avenue, Pgh, PA 15206
888-881-4749 / 412-345-0144
Representative Payee, guardianship, and volunteer bill paying services for fragile older adult

GRANDPARENTS RAISING CHILDREN

Federal Grandparent Support Program

412-350-5460
2100 Wharton Street, 2nd Floor, Pgh, PA 15203
www.alleghenycounty.us/dhs/caregiversupport.aspx

Alliance for Community Respite Care (ACRC)

412-683-7100
1400 South Braddock Avenue, Pgh, PA 15218
Assists families with locating appropriate respite care solutions and offers grants for respite care.

www.classcommunity.org/how-we-help/respice-care-providers

AARP Grandparents Raising Grandchildren

<https://www.aarp.org/relationships/friends-family/info-08-2011/grandfamilies-guide-getting-started.html>

Allegheny County Assistance Office

412-565-2146/800-692-7462
Piatt Place, 301 5th Avenue, Suite 470,
Pgh, PA 15222
Apply for benefits like Temporary Assistance for Needy Families, healthcare, childcare, etc.
<https://www.compass.state.pa.us/>

Allegheny County Head Start Program

412-394-4594/866-214-5437
Allegheny Intermediate Unit, 475 East Waterfront Drive, Homestead, PA 15120
<http://www.aiu3.net/Level3.aspx?id=672>
<http://paheadstart.org/county/allegheny/>

A Second Chance

412-342-0600
8350 Frankstown Road, Pgh, PA 15221
www.asecondchance-kinship.com
Big Brothers Big Sisters of Greater Pgh
412-363-6100
5989 Centre Avenue, Pgh, PA 15206
www.bbbspgh.org

Grandparents of Children with Autism Support Group

Mt. Lebanon Municipal Building, 710 Washington Rd 412-781-4116

YWCA- Child Care Information Services

412-261-2273/800-392-3131
305 Wood Street, Pgh, PA 15222
<https://www.ywcapgh.org/programs/child-care-information-services>
Provides child care information and subsidized childcare for eligible families

Boys and Girls Clubs of Western Pennsylvania www.bgcwpa.org 412-782-5710

Lawrenceville: 412-682-4013
4600 Butler Street, Pgh, PA 15201

Carnegie: 412-276-3151
630 Washington Ave. Carnegie, PA 15106

Duquesne-West Mifflin: 412-466-8262
29 North 3rd Street, Duquesne PA 15110

McKeesport: 412-678-7070
901 Ravine Street, McKeesport, PA 15132

Northern Area: 412-821-5779
100 Howard Street, Pgh PA 15209

Shadyside: 412-681-8575
6 Brownell Place, Pgh PA 15232

McKees Rocks: 412-771-0428
Willow & Deweyville Road, McKees Rocks, PA 15136

Wilkinsburg: 412-243-7711
807 Wallace Ave. Pgh, PA 15221

WORKING CAREGIVERS

Working caregivers have unique challenges in maintaining work/life balance. Employers and caregivers can work collaboratively toward mutually beneficial goals. Employer and caregivers both benefit from eldercare programs. Flexible schedules, support programs, access to counseling, training, resources, stress management, smoking cessation, and other wellness initiatives are ways employers support the mental and physical health of working caregivers.

Best Practices in Workplace Eldercare (March 2012) from the National Alliance for Caregiving
www.caregiving.org/pdf/research/BestPracticesEldercareFINAL.pdf

The Essential Guide to Family & Medical Leave 4th edition, (2016)

Lisa Guerin.

ISBN -10: 14133227356

ISBN-13: 978-1413322743

Juggling Life, Work and Caregiving
(2015)

Amy Goyer.

ISBN-10: 1634251636

ISBN-13:978-1634251631

The Working Family Caregiver: Tips for Balancing Career and Caregiving
(2012)

Denise M. Brown

Free E-book:

<http://www.caregiving.com/ebooks/TheWorkingFamilyCaregiver.pdf>

Supporting Working Caregivers: Case Studies of Promising Practices (2017)

<https://respectcaregivers.org> Report by the ReACT (Respect A Caregiver's Time) Coalition.

Working Caregiver

www.workingcaregiver.com

Videos for Working Caregivers and Employers

https://www.youtube.com/playlist?list=PLUthdkimXSzsHfYY_VuJAyvvyuOTmClqee

"You Are Not Alone series" for the family caregiver. 8 videos by Emblem Health

<https://www.youtube.com/watch?v=da-4GEaWK4I> ***Symptoms of Caregiver Burnout: What every employer needs to know*** 5:46 Three working caregivers share how their caregiving experiences affected physical and emotional well-being.

<https://www.youtube.com/watch?v=yRNfZT6Xe7I> ***Examples of Workplace Supports for Employed Caregivers*** 4:07 Working caregivers are more effective and have greater job satisfaction than other employees with flexible workplaces. The video discusses the employer's role in providing workplace support.

<https://www.youtube.com/watch?v=yQAYAhI5HNA> ***The Employed Family Caregiver Survey: A Tool for Employers*** 5:40 Explains a survey tool that measures employee involvement in family caregiving, and the valuable information employers obtain from the tool.

<https://www.youtube.com/watch?v=BPDdTsSqTTE> ***Employers Benefit from Supporting Employed Caregivers*** 8:22 Three top managers describe the variety of support provided to their employees and the benefits to both employee and employer.

VETERANS ADMINISTRATION(VA)

Allegheny County Department of Veteran

Services 412-621-4357

4141 Fifth Avenue, Oakland, PA 15213

www.alleghenycounty.us/veterans/index.aspx

Representatives are available to help Veterans and their families file claims for benefits.

VA Pittsburgh Healthcare System

1010 Delafield Road, Pgh, PA 15215

Main # 866-482-7488

Respite at Adult Day care available

VA Pittsburgh (Oakland)

412-822-2222

4100 Aliquippa Street, Pgh, PA 15213

Veteran's Crisis Line

1-800-273-8255, press1

VA Pittsburgh

Caregiver Support Coordinator 412-822-2364

VA Pittsburgh Healthcare System

Caregiver Services /Support Groups

855-260-3274

VA National Caregiver Support Line

1-855-260-3274

www.Pgh.va.gov

VA Caregiver website

www.caregiver.va.gov

www.va.gov/GERIATRICS/Guide/LongTermCare/index.asp

CAREGIVING BOOKS



This **symbol** means the book is available at an Allegheny County Library



The Alzheimer's Medical Advisor: A Caregiver's Guide (2017)

Philip Sloane, MD, MPH

Signs and Symptoms of Alzheimer's and tips on dealing with other medical conditions.

ISBN-13: 9781934716663

A Caregiver's Survival Guide: How to Stay Healthy When Your Loved One is Sick (2012)

Kay Marshall Strom

Stories and financial advice beneficial for caregivers caring for an elderly person.

ISBN-10: 0830822305

ISBN-13: 978-0830822300



A Bittersweet Season: Caring for Our Aging Parents-and Ourselves (2012)

Jane Gross

The author shares her journey as caregiver to her mother.

ISBN-10: 030747240X

ISBN-13: 978-0307472403

The Caregivers Financial Survival Guide: Navigating Through the Financial System

(2107) Carolyn Brent

Gives families ways to work together to deal with financial burden.

ISBN-10: 1545498326

ISBN-13: 978-1545498323

The Caregiver's Guide to Self-Care

Jane Meier Hamilton

Activities to help caring for a loved one at home with a strong emphasis on self-care.

ISBN-10: 0741458020

ISBN-13: 978-0741458025

The Comfort of Home Series: A Complete Guide for Caregivers (2007)

Maria Meyer & Paula Derr RN

Resources for caregivers in self-care and stress management.

ISBN-10: 0966476794

ISBN-13: 978-0966476798



Chicken Soup for the Soul: Family Caregivers: 101 Stories of Love, Sacrifice and Bonding (2012) Joan Lunden & Amy Newmark

Stories by caregivers provide encouragement, inspiration and advice for caregivers.

ISBN-10: 1935096834

ISBN-13: 978-1935096832

A Cast of Caregivers: Celebrity Stories to Help You Prepare to Care (2012)

Sherri Snelling

The author interviews celebrities who have been family caregivers and provides advice on stress, guilt, support resources, conversation techniques, and self-care.

ISBN-10: 1452559139

ISBN-13: 978-1452559131

The Cultures of Caregiving: Conflict and Common Ground among Families, Health Professionals, and Policy Makers (2007)

Carol Levine MA & Dr. Thomas Murray PhD

Authors offer suggestions to bring the medical health system and caregiver on the same page.

ISBN-10: 0801887712

ISBN-13: 978-0801887710



The Dementia Caregiver: A Guide to Caring for Someone with Alzheimer's Disease and Other Neurocognitive Disorders (2016)

Marc E. Agronin

The author guides readers on the changing roles of being a caregiver to someone with Alzheimer's by gaining resources to care for oneself and their loved one.

ISBN-10: 1442231912

ISBN-13: 978-1442231917



Dementia with Lewy bodies and Parkinson's disease dementia: patient, family, and clinician working together for better outcomes (2014)

Eric Ashlskog

The author, a clinician and researcher on Parkinson's disease and Dementia with Lewy Bodies, gives readers information on treating these complicated conditions.

ISBN-10: 0199977569

ISBN-13: 978-0199977567

Ice Cream in the Cupboard: A True Story of Early Onset Alzheimer's (2017)

Pat Moffett

A story of how a husband took care of his wife who had Alzheimer's disease.

ISBN-10: 0974227862

ISBN-13: 978-0974227863



Doing the Right Thing: Taking Care of Your Elderly Parents, Even If They Didn't Take Care of You (2006)

Robert Satow PhD

This book talks about the emotions of being a caregiver for one's parents, especially when there are unresolved issues which come to light during the role reversal of caregiver and care receiver.

ISBN-10: 1585424625

ISBN-13: 978-1585424627



The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent (2006)

Barry Jacobs PsyD

The author offers ways to move through the emotional burden of caregiving by gaining support throughout the caregiving journey, broaching difficult topics and avoiding isolation.

ISBN-10: 1572307293

ISBN-13: 978-1572307292



The Essential Guide to Caring for Aging Parents (2012) Linda Rhodes

Practical and comprehensive guide for caregiver information.

ISBN-10: 1615641912

ISBN-13: 978-1615641918

Ethnicity and the Dementias Book (2006)

Gwen Yeo & Dolores Gallagher-Thompson
This manual includes assessment of dementia in diverse populations, such as families of different ethnicities and LGBT populations.

ISBN-10: 0415954053

ISBN-13: 978-0415954051

Family Caregiving Across the Lifespan (2012)

Eva Kahana & May L. Wykle

Examines multigenerational caregiving families and the roles each has in caring for a chronically ill loved one at home.

ISBN-10: 0803944314

ISBN-13: 978-0803944312



***Inside the Dementia Epidemic: A Daughter's Memoir* (2012)**

Martha Stettinius

The author advocates for better dementia care, more funding for research, and greater supports for caregivers.

ISBN-10: 0984932607

ISBN-13: 978-0984932603



***Making Toast: A Family Story* (2011)**

Roger Rosenblatt

The author addresses grief and loss of his child while becoming a parent to his three young grandchildren.

ISBN-10: 0061825956

ISBN-13: 978-0061825958

***Mayo Clinic on Alzheimer's Disease* (2013)**

Ronald C. Peterson

Information the impact of Alzheimer's on brain functions and how to care for a loved one.

ISBN-10: 1893005224

ISBN-13: 978-1893005228



***Meditations for Caregivers: Practical, Emotional, and Spiritual Support for You and Your Family* (2016)**

Barry J. Jacobs & Julia L. Mayer

Meditations for common caregiving challenges.

ISBN-10: 0738219029

ISBN-13: 978-0738219028

***Murky Water: A Caregiver's Guide to Dealing with Dementia* (2017)**

Lori Trotter

A guide for caregiver's taking care of a loved one with Alzheimer's disease.

ASIN: B071VSV59H

***Normal Doesn't Live Here Anymore: An Inspiring Story of Hope for Caregivers* (2011)**

Barb Owen & Race Owen

Stresses the importance of self-care when in the role of family caregiver.

ISBN-10: 1456474294

ISBN-13: 978-1456474294

No Saints Around Here: A Caregiver's Days

(2014)

Susan Allen Toth

The author's personal account as a caregiver for her husband who had Parkinson's disease and the struggle to keep him at home as dementia sets in.

ISBN-10: 0816692866

ISBN-13: 978-0816692866



***Passages in Caregiving: Turning Chaos into Confidence* (2011)**

Gail Sheehy

The author describes the emotional burden of caring for her husband, who died of cancer, and insight into navigating the health care system.

ISBN-10: 0061661201

***Put Your Mask on First: The Caregiver's Guide to Self-Care* (2016)**

Dr. Gary Bradt & Scott Silknitter

Clinicians advocate to improve the quality of life for the family caregiver.

ISBN-10: 194328590X

ISBN-13: 978-1943285907

***The Sandwich Generation: Caring for Oneself and Others at Home and at Work* (2017)**

Ronald J. Burke and Lisa M. Calvano.

Information about balance competing roles.

ISBN-10: 1785364952

ISBN-13: 978-1785364952

***Self-Care for Caregivers: A Twelve-Step Approach* (2011)**

Pat Samples

Provides caregivers with information on how to balance daily struggles with emotional needs.

ISBN 1-56838-560-9

eBook ISBN 978-1-61649-125-3



***Alzheimer's in America: the Shriver Report on Woman and Alzheimer's* (2011)**

Maria Shriver

Provides a picture of the impact of Alzheimer's on family caregivers. It includes research, policies and diversity issues.


ISBN-10: 1451639872

ISBN-13: 978-1451639872

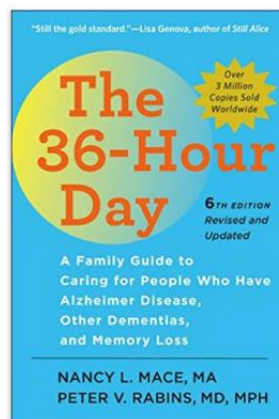
***Caring for the Caregiver
Helping those who help others*** (2009)
Roy Harris
Providing support, empathy, and edifying
advice for the caregiver
ASIN: B0036BWR1A


***Heart of a Caregiver: Touching Lives with
Compassion and Care*** (2011)
Paula J. Fox
Poetry which pays tribute to caregivers.
ISBN-10: 1608101355
ISBN-13: 978-1608101351

***Navigating Eldercare: A Practical Guide for
Informal & Family Caregivers*** (2016)
Linda Rhodes
Comprehensive information for caregivers.

 ***Still Alice: A Novel*** (2014)
Lisa Genova
A novel, made into a movie, of a 50-year old
Harvard linguistics professor who is diagnosed
with early onset Alzheimer's disease.
ISBN-10: 1501106422
ISBN-13: 978-1501106422


***Understanding difficult behaviors: some
practical suggestions for coping with
Alzheimer's disease and related illnesses***
(2007)
A. Robinson & B. Spencer
A guide on how to deal with difficult behaviors,
to understand the challenges and some
communication strategies.
ISBN-10: 0978902009
ISBN-13: 978-0978902001




 ***The 36-Hour Day: A
Family Guide to Caring
for People with
Alzheimer's Disease,
Other Dementias, and
Memory Loss in Later
Life*** (2017)
Nancy L. Mace & Peter V.
Rabins

Information on emotional
issues, finances, daily
dementia care, and nursing homes or other
residential options.
ISBN-10: 1421422239
ISBN-13: 978-1421422237

***Strength for the Moment: Inspiration for
Caregivers*** (2012)
Lori Hogan
Stories from over 50 caregivers.
ISBN-10: 0307887006
ISBN-13: 978-0307887009

 ***They're Your Parents Too: How siblings
can survive their parent's aging without
driving each other crazy*** (2010)
Francine Russo
This book demonstrates how to navigate the
stress and conflicts of sibling disagreements
when caring for an aging parent.
ISBN-10: 0553806998
ISBN-13: 978-0553806991

 ***Who Says Men Don't Care*** (2011)
James Gambone PhD & Rhonda Travland MS
A manual, specifically written for male
caregivers that includes resources and types of
illnesses and diseases.
ISBN-10: 1460906888
ISBN-13: 978-1460906880

***To provide additional resources or to update information for future additions of this guide,
please email: Brenda.Slagle@alleghenycounty.us***