

Caregiving

[Checklist for Family Caregivers](#) by: Sally Balch Hurme, J.D.

Caregiving is inevitably fraught with complex issues—emotional as well as medical, financial, and legal. This wonderful 240-page book has many fill-in-the-blank pages, checklists, and advice to help you organize the responsibilities that caregivers face. It can be ordered from the American Bar Association by clicking on the book title above or through your local bookseller.

[Share The Care – How to Organize a Group to Care for Someone Who is Seriously Ill](#) by: Cappy Capossela

Whether you're a burned out caregiver or a novice caregiver, or a friend who wants to help, you can benefit from a system that lets everyone share responsibilities, creates a strong support network among the individual caregivers and leads to making a profound difference in someone's life.

Since 1995, *Share The Care™ (STC)* has been the highly regarded guidebook and resource used by caregivers and their friends, neighbors, co-workers and acquaintances as a loving, pragmatic approach to caregiving that can succeed no matter what the challenge.

You Don't Have to Do It Alone. 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 solution: a unique group approach that can turn a circle of ordinary people into a powerful caregiving team. *Share The Care* shows you how to:

- Create a caregiver "family" from friends, real family members, neighbors, coworkers, and acquaintances.
- Hold a meeting to organize your group, and introduce members to the Share The Care systems that guarantee every job will be done and no one person will have to do too much.
- Discover the hidden talents within the group, make the most of their resources, cope with group issues, and stay together in the face of adversity.

Included here are valuable guidelines, compassionate suggestions, and a simple-to-use workbook section that together offer support to free the patient from worry and the caregivers from burnout. *Share The Care* offers friends and family the best answer ever to the frequently asked question "What can I do?".

[The 36-Hour Day – A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss](#) by: Nancy L. Mace, MA & Peter V. Rabins, MD, MPH

The central idea of this book is that much can be done to improve the lives of people with dementia and those caring for them. People with Dementia face a host of challenges, and this book will help family members and caregivers address these challenges and simultaneously cope with their own emotions and needs. It is the trusted reference that families turn to first - and over and over - for guidance and support in caring for someone with Alzheimer's disease. It can be ordered from Amazon.com or through your local bookseller.