

Video and audio resources

Educated Caregiver Video Series – Vol. 1, 2, and 3 created by Life View Resources.

Vol. 1 ó Coping styles

Vol. 2 ó Hand on Skills

Vol. 3 ó Essential Knowledge.

This video is available through the internet at www.lifeviewresources.com

The Family Guide to Long Term Care Video Series Created by Life View Resources,

This set deals with making decisions regarding long term care, choosing an institution, and staying involved. This videotape can be purchased individually or as a series at Life View Resources. Go to www.lifeviewresources.com.

Video Respite Series – Innovative Care giving Resources

These tapes entertain Alzheimer's patients at home or in a group setting so that caregivers can get a break. Call 1-800-249-5600.

Five Wishes – Aging with Dignity.

This video tells you how to plan for and discuss care at the end of life, how to fill out the Five Wishes advance directive, why you need to plan in advance and discuss your wishes with family members and physician, and steps you should take so that your wishes are followed and your human dignity is respected. Call Pat at 1-800-277-8418, ext. 112 or Megan at 1-866-644-4510

For books and other resources on Alzheimer's from the Alzheimer's Association go to:

[http://www.alz.org/we can help resource lists.asp](http://www.alz.org/we_can_help_resource_lists.asp)

For Audio Tapes and Books by Connie Goldman go to Connie Goldman Productions at

<http://www.congoldman.org/Pages/Links.htm>

For Audio Tapes and Books on Caregiving by Pat Samples go to:

<http://patsamples.com/home/>

Radio Story "Fatal crash fuels questions about elderly drivers" by [Bill Catlin](#), Minnesota Public Radio

http://news.minnesota.publicradio.org/features/2003/09/01_catlinb_olddrivers/

Video: *Creating Moments of Joy* by Jolene Brackey, Polk City, IA: Enhanced Moments 1999

Video: *And thou Shalt honorí* PBS: Wiland-Bell Productions 2004

Video: *Caring For Your Parents* Kirk Documentary Group for WGBH Boston 2008

www.shop.wgbh.org 800-949-8670

CD: *Aging with Humor* Minneapolis, MN: Silver Linings, Inc. 2000.

CD: *Caregiving: Caring For Yourself When You Care For Another Adult.* Minneapolis, MN Greenwood Productions, 1997

Internet sites

MinnesotaHelp.Info

<http://www.minnesotahelp.info/public/>

<http://longtermcarechoices.minnesotahelp.info/>

Has several options. Using the "power user" option, you will be able to save your searches. The Long term care choices is also a good starting point. The more you use it, the more uses you will find for it. If you find an error on an agency or file, please inform Senior Linkage Line so they can correct it.



myfamily.com

<http://www.myfamily.com/welcome/>

An online system to connect with your family and store pictures. Sort of a combination between "google/groups" "facebook" and "ancestry" intended specifically for families who want to share family information, stories and photos. This is actually a part of *The Generations Network* which also hosts ancestry.com and rootsweb.com, etc.



National Family Caregivers Association

800.896.3650

www.nfcares.org or www.thefamilycaregiver.org/who_are_family_caregivers/

The National Family Caregivers Association (NFCA) supports, empowers, educates, and speaks up for the more than 50 million Americans who care for a chronically ill, aged, or disabled loved one. NFCA reaches across the boundaries of different diagnoses, different relationships and different life stages to address the common needs and concerns of all family caregivers.



Family Caregiver Alliance

415.434.3388

www.caregiver.org

Family Caregiver Alliance (FCA) supports and assists caregivers through education, research, services and advocacy. Part of California's statewide system of nonprofit Caregiver Resource Centers, FCA offers information, education, publications, care planning, legal/financial consultations and respite assistance.



Administration on Aging

800.677.1116

<http://www.aoa.gov/>

Through information, referral and outreach efforts at the community level, the Administration on Aging (AoA) seeks to educate older people and their caregivers about the benefits and services available to help them.



Home Instead Senior Care

888.484.5759

www.homeinstead.com

Home Instead Senior Care is the world's largest provider of comprehensive, non-medical companionship and home care services for aging adults. These services are provided through a network of franchise offices located throughout the United States, Canada, Japan, Ireland, Portugal, and Australia.



Well Spouse Foundation

800.838.0879

www.wellspouse.org

Well Spouse is a national, not-for-profit membership organization which gives support to wives, husbands, and partners of the chronically ill and/or disabled. Well Spouse support groups meet monthly. Here, members can share their thoughts and feelings openly with others facing similar circumstances in a supportive, non-judgmental environment. WS support groups are also an excellent source for information on a wide-range of practical issues facing spousal caregivers.



National Alzheimer's Association

800.272.3900

www.alz.org

The Alzheimer's Association, the world leader in Alzheimer research and support, is a voluntary health organization dedicated to finding preventions, treatments and, eventually, a cure for Alzheimer dementia. They provide reliable information and care consultation; create supportive services for families; increase funding for dementia research; and influence public policy changes. The Alzheimer's Association nationwide network of chapters offers a broad range of programs and services for people with the disease, families, caregivers and professional care providers.



National Council on Aging "BenefitsCheckUp"

www.benefitscheckup.org

A service of The National Council on Aging, the BenefitsCheckUp helps thousands every day to find programs for people ages 55 and over that may pay for some of their costs of prescription drugs, health care, utilities, and other essential items or services



Caring Today Magazine

www.caringtoday.com

Caring Today Magazine provides readers with straight talk and sound advice on all the issues they face in providing care for family and/or aging parents. Actionable, inspiring and positive in tone, it combines practicality with empathy, grace, encouragement and, whenever possible, humor. An informative, vital resource for the family caregiver.



National Academy of Elder Law Attorneys> (Elder Law Attorney Locator)

www.naela.com

The National Academy of Elder Law Attorneys, Inc. is a non-profit association that assists lawyers, bar organizations and others who work with older clients and their families. Established in 1987, the Academy provides a resource of information, education, networking and assistance to those who deal with the many specialized issues involved with legal services to the elderly and people with special needs.



Next Steps® Estate Planning and Eldercare Issues

www.lifemanagement.com/nextsteps/

With more than 30 years of experience in elder law and estate planning, attorney, author and expert Jan Warner has created Next Steps. Issues covered under NextSteps include long term care and long term health care, Medicaid qualification, patient's rights in nursing homes and hospitals, discharge and transfer issues, senior care, nursing home care, estate planning, retirement planning, health care planning, planning for incapacity, special needs trusts, protecting assets, and much more.



Center for Practical Bioethics, Guidance at the crossroads of decisions

www.practicalbioethics.org

The Center for Practical Bioethics raises and responds to ethical issues in health and healthcare. The site provides good information on end of life issues and can link you to: [Making Your Wishes Known for End of Life Care](#), [Caring Conversations](#), a practical guide to make your medical wishes known when seriously ill or at the end of life, and a [Video](#): Advance Directives and the Center for Practical Bioethics.



Leeza's Place

888.OK.Leeza

www.leezasplace.org

Developed in response to the challenges Leeza Gibbons and her family encountered while seeking specific and needed support, Leeza's Place is a not-for-profit, potent source of information, strength and purpose. Nestled within your own community, Leeza's Place is a multifaceted reprieve - for both caregivers and those recently diagnosed with Alzheimer's Disease - that integrates educational programs, connective social activities, emotional support, and intergenerational programming designed to help you navigate through your community's continuum of care.



Caregiving.com for everyday heroes

<http://www.caregiving.com/>

Insights, Information and Inspirations for Families and Professionals in an Elder Caregiving Role. The Caregiving Years: Six Stages to a Meaningful Journey by Denise Brown

Empowering Caregivers

<http://www.care-givers.com/>

A newsletter and articles and journaling exercises
Good source for humor

**Welcome
to Empowering Caregivers™**

Connecting Generations

www.connecting-generations.org/index.html

100 W. 10th Street, Suite 1115, Wilmington, DE 19801
302.656.2122

They have a nice conversation guide for caregivers. The site has good coverage of Medicare Insurance and is very comprehensive.

Inside Healthcare ó interesting article on doctors ó best practices òcritical conversationsö

<http://www.inside-healthcare.com/content/view/1470/>

AGIS assist guide information services

<http://www.agis.com/>

Your eldercare resource. Includes information on CareGroups Make it Easy for Families to Stay Organized and some great checklists and information on Aging in Place

The One-Stop Resource for Caregivers

<http://www.agis.com/caregiverkit/>

You can download this kit



Independent Home Living

<https://www.ihlcaregiver.com/>

The One-Stop Resource for Caregivers

This is an interactive website for caregivers who are caring for a person(s) living in the greater Twin Cities area.



Caring for Those You Care About

A short on-line course on *Planning for the Care of Aging Parents*

http://www.aarp.org/learntech/family_care/Articles/a2003-04-30-agingparents1.html, also <http://www.aarp.org/family/>



How to Care, your eldercare survival guide

Basics on Family Meetings and general information on how to care.

<http://www.howtocare.com/conversation2.htm>



HowtoCare
your eldercare survival guide

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The *Caregiver's Support Kit*® is a product of the Alzheimer's Project of the National Caregiving Foundation. Your friends who are caregivers may request a *Caregiver's Support Kit* by calling our toll-free number: 1-800-930-1357.

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

Critical conversations about financing long term care

by Marlene S Stum, PhD, University of Minnesota

<http://www.docstoc.com/docs/741121/Critical-Conversations-About-Financing-Long-Term-Care> or http://www.csrees.usda.gov/nea/economics/fsll/publications/long_term_care.ppt

Walgreen's Health Corner

<http://healthcorner.walgreens.com/display/2144.htm>

The Care Guide @ Home, a care management company with a good site. Says "Everything families need to know to understand, plan and manage care for their elderly loved ones at home."

http://www.careguideathome.com/modules.php?op=modload&name=CG_Resources&file=article&sid=869

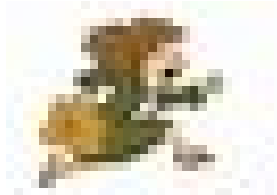


web

ThirdAge Inc. is a leading online lifestage media, marketing and consumer insight company exclusively focused on serving today's dynamic population of adults in mid-life who are intent on living life to its fullest, and marketers who want to build genuine and lasting relationships with them. Generally in their early 40s through late 60s -- and often referred to as Baby Boomers and aging mid-lifers by marketers - they are ThirdAgers. However, has a great video and article on being an older woman by Connie Goldman.
http://www.thirdage.com/about_us

ThirdAge

AND FOR THE PROFESSIONAL



<http://www.friedsocialworker.com/>

Are You A Fried Social Worker®?

If you are suffering from social work burnout, it's time to exercise your sense of humor and your career options!

Book	Author	Type
The Ethical Will	Barry Baines, MD	Self-help
The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own	Gary Barg	Self-Help
Good Daughters	Patricia Beard	Self-Help
Eldercare 911	Susan Beerman, M.S., M.S.W.	Eldercare
A Dignified Life: The Bet Friends Approach to Alzheimer's Care, A Guide to Family Caregivers	Virginia Bell, M.S.W	Alzheimer's
Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive	Claire Berman	Self-Help
Teach Yourself Personal Finance in 24 Hours	Janet Bigham-Bernstel	Finance
When Someone You Love Needs Nursing Home, Assisted Living, or In-Home Care	Robert F. Bornstein, Ph.D.	Long-Term Care
Home Sweet Home	Dennis R. La Buda, M.A.	Independent Living
The Caregiver's Essential Handbook	Sasha Carr, M.S.	Caregiving
The Complete Idiot's Guide to Caring for Aging Parents	Linda Colvin Rhodes, Ed.D.	Caregiving
The Widow's Financial Survival Guide	Nancy Dunnan	Finance
The Ageless Spirit: Reflections on Living Life to the Fullest in Midlife and the Years Beyond	Connie Goldman	Self-Help
The Gifts of Caregiving	Connie Goldman	Self-Help
Tending the Earth, Mending the Spirit	Connie Goldman	Self-Help
Alzheimer's	Howard Gruetzner	Alzheimer's
Fourteen Friends' Guide to Eldercaring	Joan Hunter Cooper	Eldercare
Are Your Parents Driving You Crazy?	Joseph A. Ilardo, PdD., LCSW	Self-Help
The Cost of Caring	Anne M. Johnson	Finance
Gentlecare: Changing the Experience of Alzheimer's Disease in a Positive Way	Moyra Jones	Alzheimer's
Coping With Your Difficult Older Parent	Grace Lebow	Self-Help
The Complete Eldercare Planner	Joy Loverde	Eldercare
Choose the Right Long-Term Care	Attorney Joseph L. Matthews	Long-Term Care
Social Security, Medicare & Government Pensions	Attorney Joseph Matthews	Legal
The Comfort of Home	Maria M. Meyer	Caregiving
How to Care for Aging Parents	Virginia Morris	Caregiving
Pitching In	S.B. Ross	Caregiving
Mayo Clinic on Alzheimer's disease	R. C. Peterson	Alzheimer's
Daily Comforts for Caregivers	Pat Samples	Caregiving
Comfort and Care for the Caregiver	Pat Samples	Caregiving
Family caregivers guide: a comprehensive handbook for caring for your loved one at home.	S. Schonhoff and J.Speaker	Alzheimer's
Eldercare for Dummies	Rachelle Zukerman, PhD	Eldercare

Book	Author	Type
Taking Care of Aging Family Members: A Practical Guide	Wendy Lustbader, Nancy R. Hooyman	Caregiver
The Caregiver Survival Series	James Sherman, Ph.D.	Caregiver
Self-Care Now! 30 Tips to Help You Take Care of Yourself & Minimize Caregiver Burnout	Pauline Salvucci	Caregiver
Overextended and Undernourished: A Self-Care Guide for People in Helping Roles.	Dennis Portnoy	Caregiver
How to Say It to Seniors: Closing the Communication Gap with Our Elders	David Solie	Communication
Living in the Labyrinth: A personal Journey Through the Maze of Alzheimer's	Diana Friel McGowin	Dementia
Smiling Through Your Tears: Anticipating Grief	Harriet Hodgson and Lois Krahn	Caregiving
Caregiver Therapy	Julie Kuebelbeck and Victoria O'Conner	Caregiving
First Steps for Family, Friends and Caregivers	Daniel Kuhn	Aging
The 36-Hour Day	Nancy Mace and Peter Rabins	Dementia
When You're the Caregiver: 12 Things To Do If Someone You Care For Is Ill or Incapacitated	James Miller	Caregiving
Mayo Clinic on Alzheimer's Disease	Ronald Petersen	