**Resource List**

**Care for the Caregiver**

**Books**

*A Bittersweet Season: Caring for Our Aging Parents—and Ourselves* (Jane Gross)

*A Guide to Elder Planning: Everything You Need to Know to Protect Your Loved Ones and Yourself* (Steve Weisman)

***Being Mortal: Medicine and What Matters in the End* (Atul Gawande)**

*Creating Moments of Joy for the Person with Alzheimer’s or Dementia: A Journal for Caregivers*

(Jolene Brackey)

*How to Care for Aging Parents: A One-Stop Resource for All Your Medical, Financial, Housing, and Emotional Issues (*Virginia Morris)

*Juggling Life, Work and Caregiving* (Amy Goyer)

*Losing Your Parents, Finding Yourself: The Defining Turning Point of Adult Life*

(Victoria Secunda)

***The Mindful Caregiver: Finding Ease in the Caregiving Journey* (Nancy L. Kriseman)**

*The Caregivers: A Support Group’s Stories of Slow Loss, Courage and Love* (Nell Lake)

*The Caregiving Trap* (Pamela D. Wilson)

*The Caregiver’s Wife Handbook* ( Diana B. Denholm)

*The Complete Elder Care Planner: Where to Start, Which Questions to Ask, and How to Find Help* (Joy Loverde)

*The Common Sense Guide to Dementia for Clinicians and Caregivers*

(Anne Lipton and Cindy Marshall)

**Websites for Self-Care**

[www.umassmed.edu/cfm](http://www.umassmed.edu/cfm)

UMass Medical School Mindfulness Based Stress Reduction (MBSR)

[www.contemplativemind.org/practices/recording](http://www.contemplativemind.org/practices/recording)

The Center for Contemplative Mind in Societyfree audio downloads of mindfulness meditations of various lengths

<http://dharma.org>

Insight Meditation Retreat Center in Barre, MA.

[www.helpguide.org/mental/stress\_management](http://www.helpguide.org/mental/stress_management)

Provides helpful hints for coping with stress

**Sound recordings**

\*\*[www.themeditationpodcast.com](http://www.themeditationpodcast.com)

Free downloadable podcast “Basic Meditation.” There are several other podcasts. You may also want to try “Peace.” Click on *Episodes* to access the podcasts.

\*\*[www.meditationoasis.com](http://www.meditationoasis.com)

Free audio recordings on meditation and relaxation

\*\*<http://marc.ucla.edu/>

UCLA Mindful Research Center website. Free guided meditations

[www.massgeneral.org/bhi](http://www.massgeneral.org/bhi)

Henry Benson’s program. On-line resource for relaxation CDs, etc.

[www.mindfulnet.org](http://www.mindfulnet.org)

Great resource including a comprehensive list of research studies

[www.mindful.org](http://www.mindful.org)

Basic information and home to Mindful Magazine

[www.nih.gov](http://www.nih.gov)

National Institute of Health website that provides information on a variety of health topics including stress

<http://nccam.nih.gov/health/meditation>

National Institute of Health Center on Complementary and Alternative Medicine; research on meditation practice and health outcomes

\*\*[www.palousemindfulness.com](http://www.palousemindfulness.com)

Free online Mindfulness Based Stress Reduction (MBSR) program

[www.sleepfoundation.org/](http://www.sleepfoundation.org/)

Excellent resource on sleep. Ignore the advertisements

[www.wholeperson.com](http://www.wholeperson.com)

Catalog of relaxation CDs and resources on stress management

**Phone Apps**

 **Calm App (**www.**calm**.com)

**The Mindfulness App** by MindApps ($1.99) https://itunes.apple.com/au/app/the-mindfulness-app/id417071430?mt=8

**Rhythm Free: A Mindfulness App** by Durham DBT (free) https://itunes.apple.com/us/app/rhythm-a-mindfulness-app/id703122837?mt=8

**Medivate** (free tools) http://medivate.com/

**Headspace App** and subscription ($7.99 per month for 1 year subscription) <https://itunes.apple.com/au/app/the-mindfulness-app/id417071430?mt=8>

 **Bhuddify App** (bhuddify.com)

**Websites for Help with Care Recipient**

<https://ncea.acl.gov/> (1-855-500-3537)

National Center for Elder abuse

[www.aarp.org](http://www.aarp.org)

General information on insurance and other resources for elders

\*\*[www.agingwithdignity.org](http://www.agingwithdignity.org) (1-888-594-7437)

Five Wishes document

[www.aoa.gov](http://www.aoa.gov)

Administration on Aging benefits and services

[www.alz.org](http://www.alz.org)

Information, resources and slide show of brain decline with Alzheimers disease

[www.archrespite.org(1-919-490-5577)](http://www.archrespite.org(1-919-490-5577))

Locator for finding respite care in your area

[www.agingresearch.org/COVID19safety](http://www.agingresearch.org/COVID19safety)

[www.caregiving.com](http://www.caregiving.com)

Blog for caregivers

[www.caremanager.org](http://www.caremanager.org)

Geriatric care managers

driveable.com (1-855-365-3748)

Assessment Test for drive ability of cognitively impaired

[www.edenalternative.org/](http://www.edenalternative.org/resource)

The Eden Alternative® is an international, non-profit 501(c)3 organization dedicated to creating quality of life for Elders and their care partners, wherever they may live.

[www.eldercare.gov](http://www.eldercare.gov)

www.eldercareacl.gov

Referral to agencies nationwide

[www.mass.gov/dph/qtool2/](http://www.mass.gov/dph/qtool2/)

Nursing home rating guide

[www.nadsa.org](http://www.nadsa.org) (1-877-745-1440)

National Adult Day Care Services. Find one in your area

[www.napsa-now.org](http://www.napsa-now.org)

National Adult Protective Services for elders and adults with disabilities

[www.rosalynncarter.org](http://www.rosalynncarter.org)

Rosalynn Carter Institute for Caregivers

[www.sageusa.org](http://www.sageusa.org)

Services for the LGBTQ elder community

[www.seniorsbluebook.com](http://www.seniorsbluebook.com)

Information about agencies and programs in regions of greater Boston area

[www.wellspouse.org](http://www.wellspouse.org)

Support for spousal caregivers

[www.vnacarenetwork.org](http://www.vnacarenetwork.org)

Guide to visiting nurse associations and services

**Helplines**

Alzheimers Association Helpline 1-800-272-3900

Elder Abuse Hotline 1-800-922-2275

Mass. Senior Legal Helpline 1-866-778-0939

Ombudsperson for Institutionalized Elderly 1-877-582-6995

Social Security Medicare Claims 1-800-633-4227

*Catherine Collins RN/MS 2021*