



## Library Caregiver Resources

To put a hold on a book, follow a link below to the library's online catalogue and log in to your account.

1. [\*A Caregiver's guide: a handbook about end-of-life care\*](#) / Karen MacMillan, 2014. This book has helpful information for those providing care to loved ones dealing with a life-limiting illness, particularly in the home setting.
2. [\*Burnout & compassion fatigue: a guide for mental health professionals and caregivers\*](#) / Christine Florio, 2010. Offers a comprehensive guide to learning about, preventing, and treating burnout and compassion stress and fatigue. Clearly and compassionately written, Florio's book carefully defines the symptoms and suggests ways to decrease or avoid the conditions altogether.
3. [\*Caring for people with challenging behaviors: essential skills and successful strategies in long-term care\*](#) / Stephen Weber Long, 2014. Provides professional and home-based caregivers with easy to understand and powerfully effective ways to prevent, reduce or eliminate challenging behaviors of care recipients.
4. [\*Companioning the bereaved: a soulful guide for caregivers\*](#) / Alan Wolfelt, 2005. Provides a viable alternative to the limitations of the medical establishment, encouraging counselors and other caregivers to aspire to a more compassionate philosophy.
5. [\*Hearing the person with dementia: person-centred approaches to communication for families and caregivers\*](#) / Bernie McCarthy, 2011. Written with both family and professional carers in mind, this book clearly explains what happens to communication as dementia progresses, how this may affect an individual's memory, language and senses, and how carers might need to adapt their approach as a result.
6. [\*Improving care for the end of life: a sourcebook for health care managers and clinicians\*](#) / Joanne Lynn, 2008. If you work in end-of-life care and are tired of seeing patients with unrelieved pain, want to move beyond the living will to comprehensive



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advance care planning, are willing to recognize the role of spirituality in bereavement—just for example—the information you need is here.

7. [\*Supporting a family member with schizophrenia: practical strategies for daily living\*](#) / CAMH, 2017. The support strategies in this manual can help people with the illness to really engage in life—to be able to work, study, enjoy their leisure time and have meaningful relationships.
8. [\*Take good care: finding your joy in compassionate caregiving\*](#) / Cynthia Orange, 2017. An award-winning gem, this book is a rare combination of inspiration and information that invites us to examine our behavior and feelings with an open heart, free from judgment, as we care for others and ourselves.
9. [\*The 36-hour day: a family guide to caring for people who have Alzheimer Disease, related dementias, and memory loss\*](#) / Mace, Nancy, 2012. This book provides all the practical and specific advice you need to make care easier, improve quality of life and lift the whole family's spirits.
10. [\*The art of caregiving \(DVD\)\*](#) / Teepa Snow, 2011. A 2 hour Alzheimer's/Dementia care training DVD on effective approaches to bathing, eating, dressing, transfers and how to respond to certain types of behaviors.
11. [\*The art of Dementia care\*](#) / Daniel Kuhn, 2008. A practical guide intended for all who provide support, encouragement and care for people with Dementia.
12. [\*Trauma stewardship: an everyday guide to caring for self while caring for others\*](#) / Laura van Dernoot Lipsky, 2009. Offers a deep and empathetic survey of the often-unrecognized toll taken on those working to make the world a better place.
13. [\*When someone you know is living in a Dementia care community: words to say and things to do\*](#) / Rachael Wonderlin, 2016. An easy to read guide that answers family members' questions.