



## SJCG Library Caregiver Resources

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. [\*\*\*Addict in the house: a no-nonsense family guide through addiction & recovery\*\*\*](#) / Robin Barnett, 2016. A step-by-step guide to dealing with a loved one's addiction, coping with the emotional hurdles of having an addicted family member, and making informed decisions on how to best help them-- and yourself.
3. [\*\*\*Bearing the unbearable: love, loss, and the heartbreaking path of grief\*\*\*](#) / Cacciatore, 2017. A companion for life's most difficult times, revealing how grief can open our hearts to connection, compassion, and the very essence of our shared humanity.
4. [\*\*\*Burnout & compassion fatigue: a guide for mental health professionals and care givers\*\*\*](#) / Christine Florio, 2010. Offers a comprehensive guide to learning about, preventing, and treating burnout and compassion stress and fatigue.
5. [\*\*\*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.
6. [\*\*\*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.
7. [\*\*\*Creative engagement: a handbook of activities for people with Dementia\*\*\*](#) / Wonderlin, Rachael, 2020. Informs caregivers about dementia and provides many activities for them to do with a memory-impaired older adult they are caring for.



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8. [\*Ducks in a row: health care reimagined\*](#) / Sue Robins, 2022. This book offers a fresh take on health care transformation – a shift from the corporate model back to the foundation of caring for each other as human beings. Based on the authors work in patient engagement, this book shares wisdom and practical advice for those who rail against the status quo and yearn for authentic change.
9. [\*Fierce self-compassion: how women can harness kindness to speak up, claim their power, and thrive\*](#) / Kristen Neff, 2021. Drawing on research, her personal life story and empirically supported practices, the author of Self-Compassion shows women how to reclaim balance within themselves and use fierce and tender self-compassion to ensure their own wholeness and well-being.
10. [\*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.
11. [\*Loving someone with a serious mental illness: caring for your loved one and yourself on the journey to mental health recovery\*](#) / Katherine Ponte, 2025. A vital resource for families, this book will help you recognize the signs and symptoms of mental illness, maintain and improve communication between you and your loved one, better understand your loved one's feelings and emotions and make room for self-care.
12. [\*Neglected no more: the urgent need to improve the lives of Canada's elders in the wake of a pandemic\*](#) / Andre Picard, 2021. A hard look at how we came to embrace mass institutionalization, and lays out what can and must be done to improve the state of care for our elders, a highly vulnerable population with complex needs and little ability to advocate for themselves.
13. [\*Practical Dementia care\*](#), 3<sup>rd</sup> edition / Peter Rabins, 2016. This is a comprehensive, yet practical guide to the care and management of patients with dementia from time of diagnosis to the end of life.



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14. [\*Reichel's care of the elderly: clinical aspects of aging\*](#), 8<sup>th</sup> edition / Busby-Whitehead, 2022. The book begins with a general approach to the management of older adults, followed by a review of common geriatric syndromes, and proceeding to an organ-based review of care.
15. [\*Stop walking on eggshells: taking your life back when someone you care about has Borderline Personality Disorder\*](#) / Paul Mason, 2020. This guide will help people with friends and family members suffering from BPD understand this difficult disorder, set boundaries, and help their loved ones to stop relying on dangerous behaviors.
16. [\*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.
17. [\*Surviving Schizophrenia: a family manual\*](#) / Torrey, E. Fuller, 2019. In clear language, this much-praised and important book describes the nature, causes, symptoms, treatment, and course of schizophrenia and also explores living with it from both the patient's and the family's point of view.
18. [\*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.
19. [\*Talking about death won't kill you: the essential guide to end-of-life conversations\*](#) / Kathy Kortez-Miller, 2018. This practical handbook will equip readers with the tools to have meaningful conversations about death and dying.
20. [\*The 36-hour day: the compassionate guide to caring for someone with Dementia\*](#), 7<sup>th</sup> edition / Mace, Nancy, 2021. 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.



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21. [\*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.
22. [\*The art of Dementia care\*](#) / Daniel Kuhn, 2008. A practical guide intended for all who provide support, encouragement and care for people with Dementia.
23. [\*The Bipolar Disorder survival guide: what you and your family need to know\*](#) / Miklowitz, 2019. Provides strategies for managing your illness or supporting a loved one with the disorder. Learn specific steps to cope with mood episodes, reduce recurrences, avoid misdiagnosis, get the most out of treatment, resolve family conflicts, and make lifestyle changes to stay well.
24. [\*The complete family guide to addiction: everything you need to know now to help your loved one and yourself\*](#) / Thomas Harrison, 2019. The purpose of this book is to explain addiction and to help families and friends to deal with it successfully. People who are struggling with addiction can also use this book to understand their situation and the resources that are available to help them.
25. [\*The complete guide for family caregivers\*](#) / Caroline Tapp-McDougall, 2020. Written by one of Canada's foremost experts on eldercare, this book provides the advice people need to make smart decisions both with and for their loved ones, including housing, finances, medical needs, independence, mobility and estate planning.
26. [\*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.
27. [\*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.