

UW Benefits Work/Life Eldercare Library

Author	Title	Year	Call #	Annotation
Mace, Nancy L., Rabins, Peter V.	36-Hour Day (The)	1999	E-1	This is an excellent book for families who are caring for persons with dementia - Alzheimer disease, related dementing illnesses and memory loss in later life. It offers excellent guidance and clear information of the kind that the family needs ... and suggests that a compassionate sense of humor often helps.
Wei, Jeanne & Sue Levkoff	Aging Well: The Complete Guide to Physical and Emotional Health	2000	E-14	Drawing upon the expertise of top specialists at Harvard Medical School, this book provides practical prescriptions for staying healthy and minimizing the effects of aging. Readers get indepth discussions of specific health problems in the heart, lungs, skin, brain, urogenital system, nervous system and other pans of the body, as well as a wide range of psychological issues. They learn how to benefit from the latest medical prescriptions for preventing cancer, hypertension, depression, cancer, heart disease, respiratory ailments, and a host of other conditions associated with aging, and receive expert advice and guidance on how to work with health professionals, HMOs, and insurance companies.-- Includes self-care and caregiving advice
Brownfield, Erin	As the Baby Boomers Age (Perspectives on)	2000	E-2	Almost half of the active labor force in the US is now made up of one generation - baby boomers born between 1946 and 1964. 76 million people were born during those years. This demographic trend has profound implications for workplaces, communities, government programs, and American society. People assuming responsibilites for eldercare will be like an avalanche.
Loverde, Joy	Complete Eldercare Planner (The)	1997	E-3	As families age, more and more adult children will be caring for older parents. Often, caregiving responsibilities begin as a result of a sudden illness, hospitalization, or other crisis. Faced with a multitude of caregiving obligations, families seek information to help them make essential decisions about their relative's future. To guide families through the care-planning process, Loverde, an elder care consultant, has compiled a workbook covering such issues as finances, legal concerns, insurance, housing, medical care, and death and dying.
Lebow, Grace; Barbara Kane; & Irwin Lebow	Coping with your Difficult Older Parent: A Guide for Stressed-Out Children	1999	E-16	For the first time, here's a common-sense guide from professionals, with more than two decades in the field, on how to smooth communications with a challenging parent. Filled with practical tips for handling contentious behaviors and sample dialogues for some of the most troubling situations, this book addresses many hard issues
Lustbader, Wendy	Counting on Kindness: the Dilemmas of Dependency	1991	E-4	While many books offer advice about physical and financial arrangements for family members caring for aging relatives or those with chronic illness, few have discussed the feelings of those who are receiving care. Counting on Kindness explores issues of power and dependency and offers hope to those requiring help and to helpers alike as they seek to balance their needs in practical and moral equilibrium.
Satow, Roberta, Ph.D.	Doing the Right Thing: Taking care of Your Elderly Parents Even If They Didn't Take Care of You	2005	E-21	Doing the Right Thing shows readers how to identify and overcome old and often destructive patterns that continue to underlie present-day adult relationships with our aging parents. It helps us to understand that it is normal and okay to feel ambivalent about our new role – and demonstrates how to set limits when necessary without feeling guilty.

UW Benefits Work/Life Eldercare Library

Author	Title	Year	Call #	Annotation
Scharlach, Andrew E., Lowe, Beverly F., Schneider, Edward L.	Elder Care and the Work Force: Blueprint for Action	1991	E-5	This book provides an overview of elder care as as an emerging issue with significant public and private implications and details concrete steps that employers, community agencies and public planners can take to better meet America's elder care needs while also bolstering productivity in the work force.
Cassidy, Thoman M.	Elder Care: What to Look For, What to Look Out For	2004	E-19	With the most up-to-date information on in-home care, assisted living facilities, Social Security, Medicare and Medicaid, the author takes the guesswork out of decision- making. Including a definitive list of national, state and Internet resources for assistance with elder-care issues and dilemmas, ElderCare meets the changing needs of today's growing mature population and unlocks the secrets to healthy and serene golden years.
Zukerman, Rachelle	Eldercare for Dummies	2003	E-6	Minimize anxiety and stress and make the later years golden. This sensitive, reassuring guide provides strategies for assessing older person's needs, arranging for care, ensuring their safety and enhancing quality of life - all while respecting their dignity.
Richards, Marty	Eldercare: The Best Resources to Help You Help Your Aging Parents	1999	E-7	In this guidebook, you will find concise reviews of nearly 200 consumer-oriented resources, including books, websites, and videotapes, designed to help you help your aging relatives. This book is your guide to understanding the challenges - and the joys - of eldercare. Use it to decide which solutions work best for you and those you care about.
Estate Planning Council of Seattle	Estate Planning - 3rd Ed	1991	E-8	Collection of articles that address facts of life, property, and death. They review planning opportunities and alternatives in deciding where your property goes after you die, how to plan for disability, how to buy life insurance, how to minimize estate and gift taxes, how you can use trusts, and how to plan for retirement.
Preston, Thomas A.	Final Victory	2000	E-9	Let's face it,we're all going to die eventually. Dying afterall is as natural to life as breathing. <i>Final Victory</i> shows how you can take charge of life's end and set the stage for a peaceful and dignified death with invaluable information on the dying process, the limits of modern medicine, and what living wills can and cannot accomplish. It contains knowledge that is the antidote for much of the pain and suffering associated with death and dying..
Walter H. Ettinger, Brenda Mitchell, Steven N. Blair	Fitness after 50: It's Never Too Late to Start	1996	E-10	A fitness program that incorporates geriatric medicine and exercise into a daily routine for those over 50.
Morris, Virginia	How to Care for Aging Parents	1996	E-17	Compassionate, timely, and thoroughly researched, How to Care for Aging Parents tackles all the tough subjects: how to avoid "parenting" your parent, understanding what happens to the body in old age, easing caregiver guilt, getting help finding a nursing home, preparing for the time to say good-bye. Virginia Morris, a health-care journalist who cared for her own father through a terminal illness, has given us an indispensable source of information and support.
Solie, David, M.S., P.A.	How To Say It to Seniors	2004	E-20	A practical guide to bridging the generation gap when talking with older adults – especially about important matters. Often they tend to fret over inconsequential details, or simply, cut the conversation short before anything has been resolved. Geriatric psychology expert David Solie offers help in removing the typical communication blocks we have with the elderly. By sharing his insight into the later stages of life, Solie helps us understand the unique perspective of seniors, and gives us the tools to relate to them.

UW Benefits Work/Life Eldercare Library

Author	Title	Year	Call #	Annotation
Ellis, Neenah	If I Live to be 100: Lessons from the Centenarians	2002	E-15	If I Live to Be 100 is a remarkable book, beautifully written and elegantly wise, that takes us inside the world of the very old and invites us to learn from them firsthand the art of living well for an exceptionally long period of time.
Viorst, Judith	Necessary Losses	1986	E-11	Personal experience, great literature liberally quoted here, and study of psychoanalytic theory are combined in this far-ranging, somewhat rambling book by Redbook columnist Viorst to demonstrate that growing and aging involve a succession of conscious and unconscious losses, including the loss of youth. Citing examples, and starting with the loss of the mother-child connection, she indicates that only by learning to relinquish people, places, situations and emotions that concern us at stages of life from childhood to old age can we develop a positive identity and self-image.
Kubler-Ross, Elizabeth	On Death and Dying	1969	E-12	One of the most important psychological studies of the late twentieth century, this remarkable book explores the now-famous five stages of death. Through sample interviews and conversations, the author gives the reader a better understanding of how imminent death affects the patient, the professionals who serve the patient and the patient's family, bring hope to all who are involved.
Thomas, Jane Powell	Parenting Your Parents	2000	E-13	The author shares her story of caring for her aging parents and is doing so leads the reader through those important issues facing a family with aging parents - Legal, medical, financial, personal and emotional. In doing so, she shows the reader that with planning you can have a balanced life while experiencing this major life transition.
Carr, Sasha, M.S., Choron, Sandra	The Caregivers Essential Handbook	2003	E-18	Fifty-four million adults find themselves falling into the role of full- or part-time caregiver for an aging or disabled family member. The Caregiver' Essential Handbook offers useful tips for meeting the changing needs of loved ones and helps the reader manage the seemingly insurmountable issues one solution at a time.