

## Web Sites

---

### Caregivers (MedlinePlus) –

Reliable health information from the National Library of Medicine.

<https://medlineplus.gov/caregivers.html>

### Caregiver Information (Medicare) –

For an understanding of how Medicare works and the various benefits covered by different plans.

<https://www.ehealthmedicare.com/medical-caregiver-articles/medicare-information-caregivers/>

### Caregiver's Resources (USA.gov) –

Directories for home care services, hospice, and assisted living.

[www.usa.gov/doctors](http://www.usa.gov/doctors)

### Family Caregiver Alliance –

Information on education, research, services and advocacy.

<https://www.caregiver.org/>

## Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

## Contact Us

Call (608) 775-5995 or  
(800) 362-9567, ext. 55995

Visit us online at  
[gundersenhealth.org/libraries](http://gundersenhealth.org/libraries)

Email:

[mooneylibrary@gundersenhealth.org](mailto:mooneylibrary@gundersenhealth.org)

John & Nettie Mooney Library –  
La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East,  
With the Stanek Cancer Library  
Level 2, East Building

# Caregiver Resources

## John & Nettie Mooney Libraries

April 2019

Gundersen Lutheran Medical Center, Inc.  
Gundersen Clinic, Ltd.  
Gundersen Boscobel Area Hospital and Clinics  
Gundersen Moundview Hospital and Clinics  
Gundersen Palmer Lutheran Hospital and Clinics  
Gundersen St. Joseph's Hospital and Clinics  
Gundersen Tri-County Hospital and Clinics

**GUNDERSEN**  
HEALTH SYSTEM®

## Books

---

### Caregiver materials have a call number beginning with DD 200 to DD 209.

The 36-hour day: a family guide to caring for persons with Alzheimer disease related dementing illnesses / Nancy Mace. (2006)

A bittersweet season: caring for our aging parents-- and ourselves / Jane Gross. (2011)

Caring for an aging parent / edited by Sheryl Garrett. (2006)

Caregiver resources: from independence to a memory care unit / Laura Town (2015)

The caregiver's companion: caring for your loved one medically, financially and emotionally while caring for yourself / Carolyn Brent. (2015)

A caregiver's guide to dementia: using activities and other strategies to prevent, reduce and manage behavioral symptoms / Laura Gitlin. (2014)

The caregiver's path to compassionate decision making: making choices for those who can't / Viki Kind (2010)

The caregiver's toolbox: checklists, forms, resources, mobile apps, and straight talk to help you provide compassionate care / Carolyn Hartley. (2015)

The caregiving wife's handbook: caring for your seriously ill husband, caring for yourself / Diana Denholm. (2012)

The comfort of home: a complete guide for caregivers / Maria Meyer. (2007)

The complete eldercare planner: where to start, which questions to ask, and how to find help / Joy Loverde. (2009)

Coping with your difficult older parent: a guide for stressed out children / Grace Lebow. (1999)

Creating moments of joy: along the Alzheimer's journey / Jolene Brackey. (2017)

The dementia caregiver: a guide to caring for someone with Alzheimer's disease and other neurocognitive disorders / Marc E. Agronin (2015)

Dr. Ruth's guide for the Alzheimer's caregiver: how to care for your loved one without getting overwhelmed and without doing it all by yourself / Ruth Westheimer (2012)

The emotional survival guide for caregivers: looking after yourself and your family while helping an aging parent / Barry Jacobs. (2006)

The fearless caregiver: how to get the best care for your loved one and still have a life of your own / Gary Barg. (2003)

How to say it to seniors: closing the communication gap with our elders / David Solie. (2004)

Mom, Dad, can we talk?: insight and perspectives to help us do what's right for our aging parents / Dick Edwards. (2009)

My two Elaines: learning, coping, and surviving as an Alzheimer's caregiver / Martin J. Schreiber (2017)

## CDs & DVDs

---

The educated caregiver [DVD] / LifeView Resources. (2004)

The grit and grace of being a caregiver: maintaining your balance as you care for others [DVD] (2000)