



## Bibliography

**Albom, Mitch. *Tuesdays with Morrie*.** New York: Broadway Books, 1997.

*The main character, Morrie, suffering from ALS, explores care receiving and living life fully.*

***Alzheimer's Disease and Related Disorders Newsletter*.** Chicago: Alzheimer's Disease and Related Disorders Association.

800-621-0379 or your local Alzheimer's chapter.

**Armstrong, Lance, and Sally Jenkins. *It's Not About the Bike: My Journey Back to Life*.** New York: Berkley Books, 2000.

*This is Lance Armstrong's story of his battle with cancer, his "support team," and a bit about his life as a bicycle racer.*

**Babcock, Elise NeeDell. *When Life Becomes Precious: The Essential Guide for Patients, Loved Ones, and Friends of Those Facing Serious Illnesses*.** New York: Bantam Books, 1997.

*This guide contains hundreds of tips for helping patients and caregivers deal with cancer.*

**Barg, Gary. *The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own*.** Sterling, VA: Capital, 2003.

*Barg defines a family member's role in developing a care plan for a loved one in today's health care system.*

**Bolen, Jean Shinoda. *Close to the Bone*.** New York: Touchstone, 1996.

*This therapist tells of women battling cancer and their support systems through the lens of Jungian theory and mythology.*

**Carter, Rosalynn, and Susan MaGolant. *Helping Yourself Help Others: A Book for Caregivers*.** New York: Times Books, 1996.

*The authors identify strategies, support groups, programs, organizations, and books to assist caregivers of the elderly and mentally ill.*

**Coposselo, Cappy, and Sheila Warnock. *Share the Care*.** New York: Simon & Schuster, 2004.

*This guide is useful for creating a "caregiver family" to meet the daily challenges of providing care, especially focusing on cancer.*

**Cughlan, Patricia. *Facing Alzheimer's: Family Caregivers Speak*.** New York: Ballantine Books, 1993.

*Cughlan describes the personal experiences of many families.*

**Dass, Ram. *Still Here: Embracing Aging, Changing and Dying*.** New York: Riverhead Books, 2000.

*A psychological guru describes his life and the life-changing and enhancing wisdom he encountered after his stroke.*

**Duda, Deborah. *Coming Home*.** Santa Fe, NM: John Muir Publications, 1984.

*This is a guide to dying at home with dignity.*



**Fransson, Catherine.** E-mail to “Spirit Stones” mailing list, Number 148, August 2005.

*This is Pastor Fransson’s last essay in a series of reflections she wrote while caring for her parents in their final days of life.*

**Garfield, Charles, Cindy Spring, and Sedonia Cahill.** *Wisdom Circles: A Guide to Self-Discovery and Community Building in Small Groups*. New York: Hyperion, 1998.

**Gibson, John, and Bonnie Brown Hartley.** *The Dynamics of Aging Families: A Handbook for Adult Children*. Venice, FL: Cambio Press, 2006.

*The authors give practical explanations and hypothetical scenarios of family dynamics for adult children and aging parents, with one half of the book written for adult children and one half written for their aging parents.*

**Gibson, John, and Bonnie Brown Hartley.** *Health-Care Issues of Aging Families: A Handbook for Adult Children*. Venice, FL: Cambio Press, 2006.

*The authors give practical explanations and hypothetical scenarios for adult children and aging parents on how to be prepared for changing health, with one half of the book written for adult children and one half written for their aging parents.*

**Himes, Christine, Elizabeth N. Oettinger, and Dennis E. Kenny.** *Aging in Stride*. Seattle: Caresource Healthcare Communications, Inc., 2004.

*This excellent resource is a thorough guide for older adults.*

**Hooyman, Nancy, and Wendy Lustbader.** *Taking Care of Your Aging Family Members: A Practical Guide*. New York: Free Press, 1994.

*The authors give practical, sensitive, and expert guidance that will help in dealing with myriad issues of aging family members.*

**How to Hire Helpers: A Guide for Elders and Their Families.** Seattle: The Church Council of Greater Seattle, Taskforce on Aging.

*This excellent brochure about health-care decisions for aging adults and their families is available by calling*

**Hughes, Pat M.** *Gracious Space*. Seattle: Center for Ethical Leadership, 2004.

*Hughes has written a delightful little book about creating space in our lives, relationships, and world.*

**James, John W., and Frank Cherry.** *The Grief Recovery Handbook: A Step-by-Step Program for Moving Beyond Loss*. New York: Harper & Row Publishers, 1988.

*The authors have developed a practical and sensitive guidebook.*

**Kenny, Dennis E., and Elizabeth N. Oettinger, editors.** *The Family Care Book: A Comprehensive Guide for Families of Older Adults*, 1991.

*This award-winning resource is independently published and available from <http://www.caresource.com> [1].*

**Living.** A newsletter published by Providence Mount Saint Vincent (the Mount), 4831 35th Ave SW, Seattle, ; <http://www.providence.org> [2].

**Lowe, Elizabeth.** *Care Pooling: How to Get the Help You Need to Care for the Ones You Love*. San Francisco: Berrett-Koehler Publishers, 1993.



*Lowe has written a practical guide to organizing help for both everyday and extraordinary caregiving.*

**Lundberg, Gary, and Joy Lundberg. *I Don't Have to Make Everything All Better*.** New York: Viking Press, 1999.

*Learn to improve one-to-one communication in a variety of situations.*

**Lustbader, Wendy. *Counting on Kindness: The Dilemmas of Dependency*.** New York: The Free Press, 1991.

*This is an excellent book about feelings for both caregivers and especially care receivers.*

**Mace, Nancy L., and Peter V. Rabins. *The 36-Hour Day*.** Baltimore: Johns Hopkins University Press, 1991.

*This practical and helpful guide is for caregivers of relatives with some form of dementia.*

**Massie, Lynne. *I'll Be Here Tomorrow: Transforming Tragedy into Triumph*.** Tumwater, WA: Cymitar Press, 2004.

*Just what the title says.*

**Menten, Ted. *Gentle Closings: How to Say Good-Bye to Someone You Love*.** Philadelphia: Running Press, 1991.

*Menten guides the reader through coping with the loss of a loved one, exploring survivor guilt issues, and stages of grief.*

**Miller, D. Patrick. *A Little Book of Forgiveness: Challenges and Meditations for Anyone with Something to Forgive*.** Berkeley: Fearless Books, 1994.

**Monroe, Peggy, with Judy Gough and Tim Grendon. *Circles of Care*.** Seattle, WA: AIDS Caregiver Support Network, 1998.

*This well-focused guide is for those who want to support AIDS patients.*

**Morris, Virginia. *How to Care for Aging Parents: A Complete Guide*.** New York: Workman Publishing, 1996.

*This is a smart, compassionate, timely book for anyone with aging family members.*

**Mundy, Michaelene. *Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss*.** St. Meinrad, IN: Abbey Press, 1998.

**Nesmith, Alison. *When You Care: Perspectives from 15 Years of Care Sharing*.** Bellevue, WA: Overlake Hospital Medical Center, 2003.

**Oliver, Mary. *Long Life: Essays and Other Writings*.** Cambridge, MA: Da Capo Press, 2004.

*Oliver selects personal essays and other writings related to her observations and experiences with growing older.*

**Porter-O'Grady, Tim, and Cathleen Krueger Wilson. *The Health Care Teambook*.** St. Louis, MO: Mosby, 1998.

*This book informs, engages, and invites care professionals to participate in team work for the benefit of aging parents—and themselves.*

**Resnick, Barbara. *Restorative Care Nursing for Older Adults: A Guide for All Care Settings*.** New York: Springer Publishing Center, 2004.

*The author describes the tools needed to establish a restorative care program. This presents a philosophical basis, rather than a particular plan.*



**Romney, Rodney.** "Making Friends with Our Own Death." May 17, 2005.

<http://www.writersden.com/rodneyromney> [3].

*The Rev. Dr. Rodney Romney, now retired, was an American Baptist pastor for 40 years, most recently at Seattle First Baptist Church.*

**Royer, Ariela.** *Life with Chronic Illness*. Westport, CT: Praeger Publishers, 1998.

*The author explores social and psychological dimensions of living with chronic illnesses.*

**Rupp, Joyce.** *Praying Our Good-Byes*. Notre Dame, IN: Ave Maria Press, 1988.

*This loving, prayerful guide illustrates how to say good-bye in a variety of life situations.*

**Schnall, Maxine.** *What Doesn't Kill You Makes You Stronger: Turning Bad Breaks Into Blessings*.

Cambridge, MA: Perseus Publishing, 2002.

*A good resource on making the best of tragedy.*

**Seniors' Digest.** Seattle-King County Advisory Council on Aging and Disability Services;

<http://www.seniorsdigest.org> [4].

*This service publishes an online magazine for adults over age fifty-five, their families, and the network of volunteers and professionals who work with them.*

**Siebert, Al.** *The Resiliency Advantage: Master Change, Thrive Under Pressure, and Bounce Back From Setbacks*. San Francisco: Berrett-Koehler, 2005.

*Award-winning guide to becoming more resilient. A must-read for every adult.*

**Siebert, Al.** *The Survivor Personality*. New York: Perigee, 1996.

*This is the classic book on "bouncing back."*

**Staudacher, Carol.** *Men and Grief*. Oakland, CA: New Harbinger Publications Inc., 1991.

*Staudacher has written a guide for men surviving the death of a loved one.*

**Sutton Holder, Jennifer, and Jann Aldredge-Clanton.** *Parting: A Handbook for Spiritual Care Near the End of Life*. Chapel Hill, NC: University of North Carolina Press, 2004.

*A sensitive and helpful guide.*

**Take Care! Self Care for the Family Caregiver.** A quarterly newsletter published by the National Family Caregivers Association.

*For newsletter and membership information (available at no cost to family caregivers in the United States), contact the association at <http://www.nfcacares.org> [5] or 800-896-3650.*

**Time to Decide: Information about Health-Care Decisions for Aging Adults and Their Families.** Seattle: The Church Council of Greater Seattle, Taskforce on Aging.

**Today's Caregiver.** A free online newsletter.

*Caregivers can request the newsletter or purchase a subscription to the print magazine at*



**Wilber, Ken. *Grace and Grit: Spirituality and Healing in the Life and Death of Treya Killam***

*Wilber*. Boston: Shambhala Publications, 2001.

*Ken Wilber recounts this touching true story of love and tenderness about his wife, Treya, who died of cancer when they were newly married.*

**Zerah, Aaron. *As You Grieve***. Notre Dame, IN: Sorin Books, 2001.

*The author gives comforting words to the grieving from faith traditions around the world.*

### [CONTACT US](#)

Unless otherwise indicated, all content on this site is licensed under a [Creative Commons 3.0 US License](#).

**Source URL:** <https://personalsafetynets.com/content/bibliography>

### Links

- [1] <http://www.caresource.com>
- [2] <http://www.providence.org/>
- [3] <http://www.writersden.com/rodneyromney>
- [4] <http://www.seniorsdigest.org/>
- [5] <http://www.nfcacares.org/>
- [6] <http://www.caregiver.com/>