

BOOKS FOR CAREGIVERS

My Two Elaines

by Martin J. Schreiber
362.19 SCH

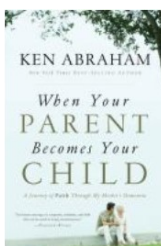
A memoir of Marty Schreiber, former governor of Wisconsin, and the journey of providing care for his wife.



When Your Parent Becomes Your Child

by Ken Abraham
362.196 ABR (book)
CD 362.196 ABR (audiobook)

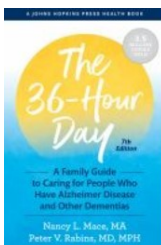
As he chronicles his own mother's degenerative condition, Ken Abraham educates while offering inspiration to help readers cope.



The 36-Hour Day

by Nancy L. Mace
362.1968 MAC

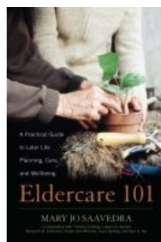
Mace and Robins provide practical and specific advice to make care easier.



Eldercare 101

by Mary Jo Saavedra
362.63 SAA

A guide for families in need of help as they care for their aging loved ones.



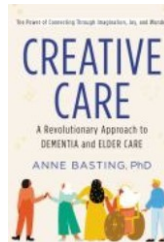
FIND MORE GREAT READS!

[oregonpubliclibrary.org/adults/
booklists](http://oregonpubliclibrary.org/adults/booklists)

Creative Care: A Revolutionary Approach to Dementia and Elder Care

by Anne Davis Basting
616.8 BAS

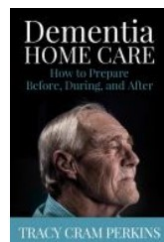
Applying creativity to treating and interacting with those suffering from dementia.



Dementia Home Care

by Tracy Cram Perkins
616.8 PER

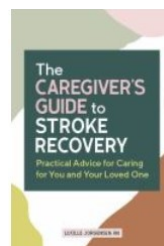
Examination of the role of care giver for Alzheimer's/ Dementia patients that offers help with making informed decisions.



The Caregiver's Guide to Stroke Recovery

by Lucille Jorgensen
616.81 JOR

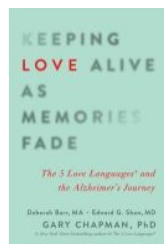
includes support about topics such as medications and treatments, financial and legal decisions, and work-life balance.



Keeping Love Alive as Memories Fade

by Gary D. Chapman
616.831 CHA

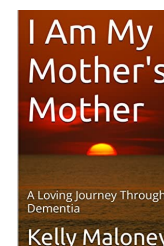
An overview of the love languages and Alzheimer's disease to correlate the love languages with the developments of the stages of AD.



I Am My Mother's Mother

by Kelly Maloney
921 MALONEY

A personal journey of a daughter and her mother from local author Kelly Maloney.

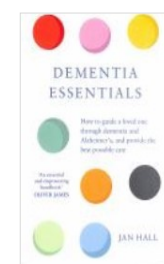


DEMENTIA & ALZHEIMER'S

Dementia Essentials

by Jan Hall
616.8 HAL

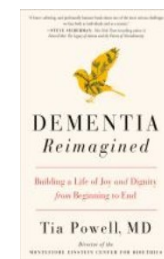
A guide to help you and the person affected navigate the complexities of dementia and Alzheimer's.



Dementia Reimagined

by Tia Powell
616.8 POW

The cultural and medical history of dementia and Alzheimer's disease by a leading psychiatrist and bioethicist.



Creative Engagement

by Rachael Wonderlin
616.83 WON

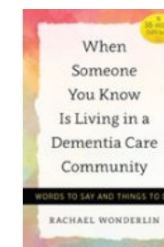
Each activity chapter begins with an overview of how to introduce and implement a specific activity and sections devoted to engagement.



When Someone You Know is Living in a Dementia Care Community

by Rachael Wonderlin
616.83 WON

Wonderlin explains the different kinds of dementia and details the wide range of care communities available for people.



Mayo Clinic on Alzheimer's Disease and Other Dementias

by Johnathan Graff
616.831 GRA

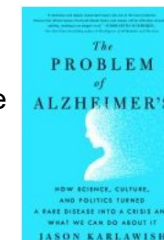
Comprehensive look at the typical symptoms associated with dementia, current findings regarding common causes of the disease, and gives tips.



The Problem of Alzheimer's

by Jason Karlawish
616.831 KAR

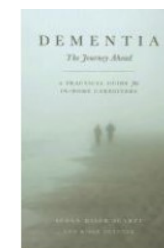
Traces Alzheimer's disease from its discovery and tells the story of the biomedical breakthroughs that may allow it to finally be prevented and treated by medicine.



Dementia: the Journey Ahead

by Susan Scarff
616.831 SCA

Practical advice and emotional support from the patient's diagnosis through final departure.



ONLINE RESOURCES

Alzheimer's Association

alz.org

Leading Alzheimer's care, support, and research.

ALZ Connected

alzconnected.org

Free, online community for everyone affected by Alzheimer's or another dementia.

Alzheimers.gov

alzheimers.gov

The federal government portal to information on Alzheimer's disease and related dementias care, research, and support.

BadgerLink

badgerlink.dpi.wi.gov

Online resources for Wisconsin residents including reliable health information.

Diverse Elders

diverseelders.org/about-us

This website works on connecting marginalized elderly folk and their caregivers with resources.



OREGON PUBLIC LIBRARY

200 N. Alpine Parkway, Oregon, WI 53575
(608) 835-3656 ♦ **OregonPublicLibrary.org**
A member of the South Central Library System

ONLINE RESOURCES CONT.

Forge

forge-forward.org/resources/aging

Forge is a website for trans and non-binary resources. This webpage specifically provides resources on affirming care for elderly Transgender folk and support for their caregivers.

MENTAL HEALTH SUPPORT

Caregiving sometimes requires a little extra support. Included are resources to support the mental health of both the caregiver and elder receiving care.

Psychology Today

psychologytoday.com/us

This directory provides specific subject fields ex: "aging" and "caregiving" where one can find specific mental healthcare support for their individual needs.

Inclusive Therapists

inclusivetherapists.com

Website to connect individuals to inclusive therapists, specifically centered on providing mental health care for marginalized communities. This resource also has a specialties menu where one can find specific mental healthcare support for their individual needs.



RESOURCES FOR ADULT CAREGIVERS

**Oregon Public Library
Book Recommendations**



**SUPPORTING THE
CAREGIVERS OF
DEMENTIA AND**

OregonPublicLibrary.org

Updated 11/23

LOCAL RESOURCES

Aging & Disability Resource Center of Dane County (ADRC)

daneadrc.org

Information about resources and support on all aspects of life related to aging or living with a disability.

Dementia Care Specialist at ADRC

Ellen Taylor

(608) 240-7400

Taylor.Ellen@countyofdane.com

Oregon Area Senior Center

oregonareaseniorcenterwisconsin.com

Provides support, services, and opportunities for older adults to remain as independent as long possible.

- Free case management services
- Adult Day Program three mornings each week

Call (608) 835-5801 for more information.

Oregon Public Library

Memory Kits

oregonpubliclibrary.org/collections/eureka/memory

Memory kits are designed to give a caregiver an opportunity to engage in conversation about life experiences.

UW Madison Research Center

adrc.wisc.edu/

Community friendly info and a podcast highlighting local information.