

Annotated Bibliography

Caregivers

Books

American Medical Association Guide to Home Caregiving. New York: J. Wiley & Sons, 2001.

Covers topics such as giving medications, providing a healthful diet, symptoms to monitor, wound care, incontinence, risks of immobility, dealing with specific illnesses, paying for home healthcare, providing long-term care, and care for the caregiver. Includes a resource list.

Berman, Claire. **Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive.** 2nd edition. New York, NY: Henry Holt, 2001.

This guide focuses on the importance of caregivers taking care of themselves as well as their parents.

Caregiving Sourcebook. Detroit, MI: Omnigraphics, 2001.

This compendium of information from various government agencies and organizations provides an overall look at caregiving in America, including caregiving responsibilities and concerns, caregiving for specific conditions and diseases, care environments, legal and financial information, and insurance information. Includes a directory of additional resources.

Carr, Sasha, and Sandra Choron. **Caregiver's Essential Handbook: More Than 1,200 Tips to Help You Care for and Comfort the Seniors in Your Life.**

Chicago, IL: Contemporary Books, 2003.

Offers tips on such issues as finances, home safety, health and travel.

DeGraff, Alfred H. **Caregivers and Personal Assistants: How to Find, Hire and Manage the People Who Help You (or Your Loved One!).** 3rd edition. Fort Collins, CO: Saratoga Access, 2002.

Offers specific strategies for recruiting, hiring and managing paid help providers. Includes information for help recipients, seniors, family caregivers, paid aides, agency staff, and counselors.



Meyer, Maria M., with Paula Derr. **The Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers.**

2nd edition. Portland, OR: CareTrust Publications LLC, 2002.

A basic, easy-to-understand guide to home healthcare. Part 1 focuses on preparing to become a caregiver and includes information on such issues as making the home safe and comfortable, financial and legal decisions that may arise, and communication with doctors, nurses, and other health professionals. Part 2 provides information on day-to-day issues such as activities of daily living, avoiding caregiver burnout, diet and nutrition, hospice care, and body mechanics for positioning, moving and transfers. Part 3 is a collection of resources.

Periodicals

Caregiving Newsletter. Park Ridge, IL: Tad Publishing Co.

A monthly newsletter that has information on such topics as the emotional issues of caregiving, hiring home health help, purchasing home medical equipment supplies, and avoiding caregiver burnout. For more information, visit www.caregiving.com or call 773/334-5794.

Today's Caregiver. Hollywood, FL: Caregiver Media Group.

A national magazine dedicated to caregivers. For more information, visit www.caregiver.com or call 800/829-2734.



Web Resources

Caregiving.com

www.caregiving.com

This site, which is produced by the Center for Family Caregivers, offers online support groups, weekly tips, and informative resource materials.

Eldercare Locator

www.eldercare.gov

Produced by the U.S. Administration on Aging, this locator service helps identify local services for seniors and their caregivers. Searchable by state and zip code, results generally include a local Information and Referral agency, the Area Agency on Aging, and the State Unit on Aging. These agencies can provide further information about local services available.

ElderWeb

www.elderweb.com

This site provides information on long-term care to professionals and family members. Links are provided to medical, housing, legal, and financial information.

Family Caregiver Alliance

www.caregiver.org

A nonprofit organization, the Family Caregiver Alliance provides support to caregivers.

MedlinePlus: Caregivers

www.nlm.nih.gov/medlineplus/caregivers.html

MedlinePlus, a service of the U.S. National Library of Medicine and the National Institutes of Health, has compiled links to information for caregivers. Subject headings include General/Overviews, Coping, Specific Conditions, Dictionaries, Directories, Law and Policy, Statistics, and Seniors.

National Alliance for Caregiving

www.caregiving.org

This nonprofit alliance of organizations provides support for caregivers and the professionals that assist them.

National Family Caregivers Association

www.nfcacares.org

This grassroots organization works to educate, support and empower caregivers. Its Web site offers an array of statistical and educational materials.

Resource Directory for Older People

www.nia.nih.gov/resource

A collaborative effort of the National Institute on Aging and the Administration on Aging, this directory is a database of national and state-level agencies, resource centers, professional societies, private groups, and volunteer programs for older adults and geriatric professionals.

Diabetes and Vascular Disease

Books

Ahroni, Jessie H. **101 Foot Care Tips for People with Diabetes.** Alexandria, VA: American Diabetes Association, 2000.

Foot problems that can lead to an amputation are a common occurrence in people with diabetes. This book offers advice on how to minimize the risk of such problems through proper foot care, exercise and good footwear.

American Diabetes Association Complete Guide to Diabetes. 3rd edition. Alexandria, VA: American Diabetes Association, 2002.

This guide provides a comprehensive overview of major issues related to diabetes, including types of diabetes, management of diabetes, healthcare, insulin, eating, fitness, complications, emotional issues, diabetes in the workplace, and new medications and therapies.

Milchovich, Sue K., and Barbara Dunn-Long. **Diabetes Mellitus: A Practical Handbook.** 8th edition. Boulder, CO: Bull Publishing Company, 2003.

Provides information on all aspects of diabetes, including diet, exercise, insulin and complications.

Rapaport, Wendy Satin. **When Diabetes Hits Home: The Whole Family's Guide to Emotional Health.** Alexandria, VA: American Diabetes Association, 1998.

This book looks at how a diagnosis of diabetes for one family member affects the emotional health of the whole family. Different chapters are written for parents, siblings, couples, and even grandparents, teachers, friends and baby sitters.

Senneff, John A. **Numb Toes and Aching Soles: Coping with Peripheral Neuropathy.** San Antonio, TX: Medpress, 1999.

A guide to the types of peripheral neuropathy, its causes, symptoms, tests for it, conventional and alternative treatments, and ways of coping day-to-day.



Take Charge of Your Diabetes. 3rd edition. Atlanta, GA: U.S. Dept. of Health and Human Services; Centers for Disease Control and Prevention, 2003.

Primarily written for those with adult-onset diabetes, this book describes health problems often encountered by people with diabetes and offers tips for alleviating them.

The Uncomplicated Guide to Diabetes Complications. 2nd edition. Alexandria, VA: American Diabetes Association, 2002.

This guide includes a large listing of diabetes complications and ways to prevent and treat them. Complications covered include eye disease and blindness, skin and dental problems, feet and amputations, stroke, gastrointestinal problems, heart disease, sexual concerns, kidney disease, neuropathy, and psychosocial complications. Chapters are devoted to peripheral vascular disease, neuropathy, and peripheral neuropathy.



Touchette, Nancy. ***The Diabetes Problem Solver: Quick Answers to Your Questions About Treatment & Self-Care.*** Alexandria, VA: American Diabetes Association, 1999.

This book looks at diabetes and health problems related to diabetes, along with symptoms, treatments and prevention.

University of Mexico Diabetes Care Team. ***101 Tips for Staying Healthy with Diabetes (& Avoiding Complications).*** 2nd edition. Alexandria, VA: American Diabetes Association, 1999.

Offers tips, techniques, and strategies for preventing and treating complications related to diabetes.

Periodicals

Diabetes Forecast. Alexandria, VA: American Diabetes Association.

This monthly publication offers up-to-date information on diabetes research and treatment, as well as tips for coping daily with diabetes. Also covers diet, exercise, support and care. Available with a membership to the American Diabetes Association. For more information, visit

www.diabetes.org/diabetes-forecast.jsp?WTLPromo=HOME_forecast&vms=130499984328 or call 1-800/806-7801.

Diabetes Interview. Fairfax, CA: King's Publishing, Inc. This monthly resource for people with diabetes offers articles on healthful living, as well as coverage of new products, research, and treatment options. For more information, visit www.diabetesworld.com or call 1-800/488-8468.

Diabetes Self-Management. New York, NY: R.A. Rapaport Publishing, Inc.

A bimonthly publication that contains instructive how-to articles for people with diabetes on such topics as diet, exercise, treatment and emotional issues. For more information, visit www.diabetesselfmanagement.com or call 1-800/234-0923.

Web Resources

American Association of Diabetes Educators

www.diabeteseducator.org

Offers general diabetes information, as well as a searchable database that can be used to find a diabetes educator.

American Diabetes Association

www.diabetes.org

National nonprofit organization whose stated mission is “to prevent and cure diabetes and to improve the lives of all people affected by diabetes.” Includes a link to diabetes statistics for seniors.

American Heart Association

www.americanheart.org

A national association with the mission to reduce disability and death from cardiovascular diseases and stroke.

CDC Diabetes Public Health Resource

www.cdc.gov/diabetes

Produced by the Centers for Disease Control and Prevention, this site has links to frequently asked questions about diabetes, statistical information, and other informational documents.

Joslin Diabetes Center

www.joslin.org

A nonprofit organization affiliated with Harvard Medical School, the Joslin Diabetes Center is a diabetes research, treatment and education institution. This site provides information for beginners, general overviews, and information about management and research.

Legs For Life

www.legsforlife.org/main.shtml

A national screening program for peripheral vascular disease.



National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

www.niddk.nih.gov

The NIDDK, part of the National Institutes of Health, conducts and supports research on diabetes and other diseases. This site provides health information, news, and information on clinical trials.

Vascular Disease Foundation

www.vdf.org

A nonprofit agency, the VDF works to increase awareness about the prevention, diagnosis and management of vascular disease.

Vascular Web

www.vascularweb.org

Provides information on vascular disease and vascular conditions, along with a find-a-physician search capability.

General Health

Books

Kandel, Joseph, and Christine Adamec. *The Encyclopedia of Senior Health and Well-Being*. New York: Facts on File, Inc., 2003.

This is a general reference source that covers medical and life issues of the senior population.

The Johns Hopkins Medical Guide to Health After 50: The Latest Recommendations from the Hopkins Specialists. New York: Rebus, Inc., 2002.

This guide to health concerns of people over 50 provides information on warning signs, diagnostic steps, and treatment options for major medical problems that are likely to affect the aging population.

Periodicals

AARP The Magazine. Washington, DC: AARP.

This bimonthly magazine comes with a membership to AARP. One section of the magazine is devoted to health. For more information, visit www.aarpmagazine.org or call 1-888/687-2277.

MedlinePlus: Diabetes

www.nlm.nih.gov/medlineplus/diabetes.html

MedlinePlus, a service of the U.S. National Library of Medicine and the National Institutes of Health, has compiled links to information on diabetes. Subject headings include General/Overviews, Alternative Therapy, Anatomy/Physiology, Clinical Trials, Coping, Diagnosis/Symptoms, Disease Management, Prevention/Screening, Research, Specific Conditions, Treatment, Genetics, Statistics and Seniors.

National Diabetes Information Clearinghouse

www.diabetes.niddk.nih.gov

A service of the National Institute of Diabetes and Digestive and Kidney Diseases, this clearinghouse provides general information on diabetes, treatments, complications and clinical trials. It will also take inquiries about diabetes-related issues via phone, e-mail, fax and mail.

The Johns Hopkins Medical Letter: Health After

50. Palm Coast, FL: Medletter Associates, Inc.

A monthly newsletter focused on people over 50 that provides the latest news and developments in modern healthcare. For more information, visit www.hopkinsafter50.com/html/bs/bsHA50.php or call 386/447-6313.

Web Resources

AARP

www.aarp.org

AARP provides a wealth of information specifically for seniors on a variety of topics, including health and wellness. Free access is available to the Ageline Database, which has summaries of books, journal and magazine articles, research reports, and videos on topics about seniors and aging.

familydoctor.org: Seniors

www.familydoctor.org/seniors.xml

This site is provided by the American Academy of Family Physicians and has articles on common conditions in older adults, active living, mental health, staying healthy, managing your medical care, and end-of-life care.

FirstGov for Seniors

www.seniors.gov

This government site, maintained by the Social Security Administration, has information for seniors on a variety of topics including health and general services.

Healthy Aging: Health Information for Older Adults

www.cdc.gov/aging/health_issues.htm

A site from the CDC that has general health information and statistics pertinent to older adults.

healthfinder: justforyou – Seniors

www.healthfinder.gov/justforyou/justforyou.asp?KeyWordID=172&branch=1

Developed by the U.S. Department of Health and Human Services together with other federal agencies, healthfinder is a source for finding government and nonprofit health and human service information.

MayoClinic.com: Senior Health Center

www.mayohealth.org/home?id=4.1.3



This site provides articles on staying healthy and happy as you age, specific information on various diseases and conditions, and a drug search tool to find out more about particular medications.

MedlinePlus: Seniors' Health Topics/Issues

www.nlm.nih.gov/medlineplus/seniorshealth.html

www.nlm.nih.gov/medlineplus/seniorshealthissues.html

MedlinePlus, a service of the U.S. National Library of Medicine and the National Institutes of Health, has compiled links to health information for seniors.

NIHSeniorHealth.gov

www.nihseniorhealth.gov

This is a web site for older adults developed by the National Institute on Aging and the National Library of Medicine. It addresses several health topics with general background information, open-captioned videos, quizzes and frequently asked questions (FAQs).



Seniors' Health

www.health.nih.gov/search.asp?category_id=27
Senior health topics from the National Institutes of Health.

U.S. Administration on Aging (AoA)

www.aoa.dhhs.gov
The AoA, part of the U.S. Department of Health and Human Services, offers an overview of topics, programs and services related to aging. A special section of the site is designated for elders and families.

Limb Loss

Books

A Survivor's Guide For The Recent Amputee. Winter Park, FL: United Amputee Services Association, Inc., 2002.

This book provides the amputee with pertinent information regarding amputation, caring for the residual limb, prostheses, returning to daily activities, and a variety of other topics. It also offers encouragement from others who have traveled the same road.

Wallace, Carol S. ***Challenged by Amputation: Embracing a New Life.*** Carmichael, CA: Inclusion Concepts, 1995.

This book can help patients during the amputation process. It not only dedicates chapters to important issues that come up after the actual surgery, it prepares the patient for an amputation ahead of time.

Wallace, Carol S. ***Selecting and Working with a Prosthetist.*** Fair Oaks, CA : Wallace & Associates, 2002.

This book guides people through the process of getting and using a prosthetic limb.

Wallace, Carol S. ***What to Expect Before and After.*** Fair Oaks, CA : Wallace & Associates, 2002.

This book provides basic information about what to expect before, during, and after amputation surgery. It describes some of the challenges amputees face and the resources that are available to help.

Winchell, Ellen. ***Coping With Limb Loss.*** Garden City Park, NY: Avery Publishing Group, 1995.

This is a book for anyone who has undergone an amputation. It gives practical advice on how to deal with emotions, doctors and other issues following an amputation. It also provides a list of resources and contacts.



Periodicals

inMotion magazine. Knoxville, TN: Amputee Coalition of America.

An award-winning bimonthly magazine that addresses the needs and concerns of amputees and those who care for and about them. Call 1-888/267-5669 for more information.

Web Resources

Amputee Coalition of America (ACA)

www.amputee-coalition.org

The ACA is a national, nonprofit amputee consumer educational organization representing people who have experienced amputation or are born with limb differences. The ACA operates the National Limb Loss Information Center (NLLIC), which provides comprehensive resources for people with limb loss, as well as their families, friends, and the healthcare professionals involved in their lives.

surviving limb loss

www.survivinglimbloss.org

This is the online version of a series of pamphlets developed by the Landmine Survivors Network to educate amputees and their families on all aspects of amputation. The series includes information on amputation surgery, rehabilitation, emotional issues, getting back to work, and information for families.

