The dynamic of age in America has shifted dramatically over the last 60 to 80 years and its impact on the family is clear. With more Americans living well beyond their 70s, more adult children are now left in a position where they have to be caregivers for their aging parents. When adult children step into the role of caregiver for an aging parent, dealing with the situation can be a challenge.

The Newton Free Library has a large collection of books to assist caregivers. New books are constantly being added to the collection. Other libraries in the Minuteman Library Network also have books on this subject. The book call number is underlined at the end of each entry, which contains the publication date. Ask a Reference Librarian if you need help in locating a particular title.

Abraham, Ken. **When Your Parent Becomes Your Child.** 362.196 A15W 2012

Arrington, Candy. **When Your Aging Parent Needs Care.** 248.861 A77W 2009

Berman, Raeann. **Caring For Your Aging Parents: An Emotional Guide To Nurturing Your Loved Ones While Taking Care of Yourself.** 649.8 B45C 2009

Brent, Carolyn A. **The Caregiver's Companion: Caring For Your Loved One Medically, Financially and Emotionally While Caring For Yourself.** 362.24 B75C 2015

Brown, Nina W. **Children of the Aging Self-Absorbed: A Guide To Coping With Difficult, Narcissistic Parents and Grandparents.** 305.2 B81C 2015

Chast, Roz. **Can't We Talk About Something More Pleasant?** 741.092 C388.CH 2014

Epstein, Lita. **The 250 Eldercare Questions Everyone Should Ask.** 362.6 E63T 2009

Gross, Jane. **A Bittersweet Season: Caring For Our Aging Parents--and Ourselves.** 306.874 G91B 2011

Hogan, Paul. **Stages of Senior Care: Your Step-By-Step Guide To Making the Best Decisions.** 362.61 H67S 2010

Houle, Marcy Cottrell. **The Gift of Caring: Saving Our Parents From the Perils of Modern Healthcare.** 362.198 H81G 2015

James, Vaughn E. **The Alzheimer's Advisor: A Caregiver's Guide To Dealing With the Tough Legal and Practical Issues.** 344.73 J23A 2009

Kennedy, Laurel. **The Daughter Trap: Taking Care of Mom and Dad.** 649.8 K38D 2010

Kirk, Michael (Director). **Caring for Your Parents.** (videorecording). 2008 DVD 649.808 C19C

Lauber, Rick. **The Successful Caregivers Guide.** 649.8 L36S 2015
Mindszenthy, Bart J. Parenting Your Parents: Straight Talk About Aging In the Family. 306.874 M66P 2013
Quan, Kathy. The Everything Guide To Caring For Aging Parents: Reassuring Advice To Help You Support Your Loved Ones. 362.6 Q25E 2009
Tucker, Michael. Family Meals: Coming Together To Care For An Aging Parent. 306.874 T79F 2009
Westheimer, Ruth K. Dr. Ruth's Guide for the Alzheimer's Caregiver: How To Care For Your Loved One Without Getting Overwhelmed - And Without Doing It All Yourself. 616.831 W52D 2012
Whouley, Kate. Remembering the Music, Forgetting the Words: Travels With Mom In the Land of Dementia. 616.831 W62R 2011
Wolfelt, Alan D. Healing Your Grieving Heart When Someone You Care About Has Alzheimer's: 100 Practical Ideas For Families, Friends, and Caregivers. 362.196 W83H 2011

INTERNET RESOURCES
http://www.agingwisely.com/long-distance-caregiving/ A Florida Elder Care Services agency presents useful lists that a long-distance adult child can use to make sure that the parents get the services they need.
http://www.mass.gov/elders/caregiver-support/elders/ The Official Web site of the Massachusetts Executive Office of Elder Affair, with many helpful suggestions and an extensive list of links to helpful external web resources.
http://www.pbs.org/newshour/updates/youre-sharing-care-aging-parents/ A sibling’s guide to caring for aging parents prepared for the PBS Newshour program, with many suggestions, a listing of information resources, and many Internet links for more information.
https://www.dshs.wa.gov/altsa/home-and-community-services/caring-aging-parent The Washington State Department of Social and Health Services has a very informative Web site, which provides some general information and Internet links that can be useful for residents of any state.

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