



Allegheny County Family Caregiver Resource Guide

Do you have the tools you need to enhance your caregiving experience?

Nonprofessional, “family” caregivers are essential in helping older loved ones age in place. Being a caregiver can be a demanding, frustrating, and a rewarding experience. This guide is designed to provide valuable information for caregivers in taking care of an older adult, individuals with a disability, and themselves.



Caregiver Resources

Working caregivers

Self-care

Training/Education

Respite

**IN COOPERATION WITH
ALLEGHENY COUNTY
DEPARTMENT OF HUMAN
SERVICES / AREA
AGENCY ON AGING**

COUNTY OF



ALLEGHENY

RICH FITZGERALD
COUNTY EXECUTIVE

Dear Family Caregiver,

We are pleased to present to you the ***Allegheny County Caregiver Resource Guide***. This reference booklet was produced in cooperation with The Allegheny County Department of Human Services / Area Agency on Aging. It is designed to provide you, the caregiver, with resources for caring for yourself and an older loved one at home.

This resource guide is set up in easy to access sections on important areas like support groups, educational opportunities, websites, community programs, caregiver books, working caregivers, grandparents as caregivers, self-care, and of course, respite. We hope you find this tool helpful in your journey caring for your loved one.

Additional information and resources can be found in the Allegheny County Senior Resource Guide, which is available through the Area Agency on Aging SeniorLine by calling 412-350-5460. SeniorLine staff are equipped to answer questions on aging resources and provide consultation; no matter how simple or complex your needs are. Useful caregiver information is also available online at:

<http://www.alleghenycounty.us/dhs/caregiversupport.aspx>.

The Caregiver Resource Guide was a collaborative effort of the 2016 Caregiver Resource Committee:

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Allegheny County Department of Human Services / Area Agency on Aging

2100 Wharton Street, 2nd Floor • Pittsburgh, PA 15203

Phone 412-350-5460 • www.alleghenycounty.us/dhs/caregiversupport.aspx

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CAREGIVER SUPPORT GROUPS

General Caregiver Support Groups

Age Well Pittsburgh	
Jewish Family and Children's Services of Pittsburgh	412-422-7200
5743 Bartlett Street, Pittsburgh, PA 15217	
Plum Senior Center	412-795-2330
499 Center-New Texas Road, Pittsburgh PA 15239	
Monongahela Valley Hospital	724-258-1000
1163 Country Club Road, Monongahela, PA 15063	
SARAH Adult Day Services (Forest Hills)	412-271-3600
2030 Ardmore Boulevard, Pittsburgh, PA 15221	
Three Rivers Family Hospice	1-800-282-0300
1195 Jacks Run Road, North Versailles, PA 15137	www.threerivershospice.org
Westmoreland County Area Agency on Aging	724-830-1827
200 S Main Street, Greensburg PA 15601	www.co.westmoreland.pa.us/aging

Alzheimer's Disease Support Group

Alzheimer's Outreach Center (Hill House)	412-692-2722
1835 Center Avenue, Pittsburgh, PA 15219	
Alzheimer's Association, Greater PA Chapter	412-261-5040
1100 Liberty Ave, Suite E-201, Pittsburgh, PA 15222	www.alz.org/pa
Anathan Club (Squirrel Hill)	412-422-9454
300 JHF Drive, Pittsburgh, PA 15217	
Arden Courts (Clairton)	412-384-0300
380 Wray Large Road, Jefferson Hills, PA 15025	
Arden Courts (Monroeville)	412-380-1300
120 Wyngate Drive, Monroeville, PA 15146	
Arden Courts (Ross Twp.)	412-369-7887
1125 Perry Highway, Pittsburgh, PA 15237	www.hcr-manorcare.com
Asbury Place	412-571-5032
700 Bower Hill Road, Pittsburgh, PA 15243	www.asburyheights.org
Broadmore Assisted Living	412-564-4558 / 412-221-0202
3275 Washington Pike, Bridgeville, PA 15017	
Calvary Episcopal Church	412-727-7082 / 412-365-2086
315 Shady Ave, Pittsburgh, PA 15206	
Concordia Fox Chapel	412-767-5808 / 412-380-2589
931 Rt. 910, Cheswick, PA 15024	
County Meadows	412-257-2855
3560 Washington Pike, Bridgeville, PA 15017	
Destination Wellness Pittsburgh Mills Mall- Allegheny Valley Hospital	724-274-5202 /
Pittsburgh Mills Mall Route 28, Tarentum, PA 15084	724-226-7150
Harbor Assisted Living	412-571-13100 / 412-451-8976
1320 Greentree Road, Pittsburgh, PA 15220	
Harbor Assisted Living	412-380-2589
2689 Mosside Blvd., Monroeville, PA 15146	
Juniper Village	412-244-9901
107 Fall Run Road, Forest Hills, PA 15221	

Lifestep Adult Day 383 New Castle Rd – Care Lounge, Butler, PA	724-283-1010
Marian Manor 2695 Winchester Drive Bldg.-Ground. Board Rm, Pittsburgh, PA 15220	412-440-4367
McKeesport Hospital Crawford Bldg., 1500 Fifth Avenue, 5th floor, McKeesport, PA 15130	412-664-2098/412-664-2183
Mt. Vernon of South Park 1400 Riggs Rd, South Park, PA 15229	412-655-3535
Outlook Pointe at Saxonburg 100 Bella Drive, Saxonburg, PA 16056	724-352-2827
Paramount Senior Living 5785 Baptist Road, Bethel Park, PA 15102	412-833-3500
Prime Time Adult Day Services 44 Highland Road, Room 29, Bethel Park, PA 15102	412-835-6661/412-835-3940
Richard Morgan Redstone Highlands 12921 Lincoln Way, North Versailles, PA 15642	724-864-5811
South Hills Assembly 2725 Bethel Church Road, Bethel Park, PA 15102	412-583-3402
Sunrise of Upper St. Clair 500 Village Drive, Upper St Clair, PA 15241	412-831-2200
St. Clair Hospital 1000 Bower Hill Rd, Pittsburgh, PA 15243	412-942-4000
St. Stephens Henning House 405 Frederick Ave, Sewickley, PA 15143	412-741-1790
Sunrise of McCandless 900 Lincoln Club Drive, Pittsburgh, PA 15237	412-441-1241
Sweetbriar Place 211 Sweetbriar Place, Pittsburgh, PA 15211	412-559-5419
The Pines of Mt. Lebanon 1537 Washington Road, Pittsburgh, PA 15228	412-341-4400
UPMC McKeesport Family Education Room, D-Level, 1500 Fifth Avenue, McKeesport, PA 1513	412-664-2183
UPMC St. Margaret Chapel 815 Freeport Road, Pittsburgh, PA 15215	412-784-5054/412-784-5050
Valley Care Adult Services 650 Cherrington Parkway, Moon Township, PA 15108	412-749-5257
Willow Heights 32 Heckel Road, McKees Rocks PA 15136	412-331-6139
Woodside Place of Oakmont, Inc. 1215 Hulton Road, Oakmont, PA 15239	412-826-6500 www.srcare.org

Mental Health Support Groups for Caregivers

Milestone 712 South Avenue, Pittsburgh, PA 15221	412-243-3400 www.milestonecentersinc.org
NAMI McKeesport Area Frale Building, Room 22, 4000 University Dr., White Oak, PA 15131	412-373-7977 www.namiswa.org
NAMI/Beulah Presbyterian Church 2500 McCrady Rd, Room 206, Churchill, PA 15235	412-421-3656/412 271-1339
Western Psychiatric Institute and Clinic 3501 Forbes Ave, 6th Floor, Pittsburgh, PA 15213	412-624-0481

Bereavement Support Groups

<i>Anchorpoint Counseling Ministry</i> 800 McKnight Park Drive #802, Pittsburgh, PA 15237	412-366-1300
<i>A Caring Place</i> 620 Stanwix Street, Pittsburgh, PA 15222	888-224-4673
<i>Coping with Grief Support Group</i> Excelsa Health Hospital, Greensburg or Latrobe	1-877-771-1234
<i>Family Hospice Bereavement Department</i> 50 Moffett Street, Mt. Lebanon, PA 15243	412-572-8829 www.familyhospicepa.org
<i>Family Hospice Bereavement Department</i> Baldwin Community United Methodist Church 5001 Baptist Road, Whitehall, PA 15236	412-572-8829 www.familyhospicepa.org
<i>Family Hospice & Palliative Care</i> 5001 Baum Boulevard #430, Pittsburgh, PA 15213	800-513-2148 www.familyhospice.com
<i>Forbes Hospice</i> 4800 Friendship Avenue, Pittsburgh, PA 15224	800-381-8080
<i>Forbes Hospice</i> Forbes Regional Hospital, 2570 Haymaker Road (Monroeville)	412-578-6795
<i>Gateway Hospice</i> 9380 McKnight Rd #201, Pittsburgh, PA 15237	412-536-2020
<i>Good Grief Center</i> 2717 Murray Avenue, Pittsburgh, PA 15217	412-224-4700 www.goodgriefcenter.com
<i>Good Samaritan Hospice</i> 3500 Brooktree Road, Wexford, PA 15090	724-933-8888
<i>Jewish Community Center</i> 200 JHF Drive, Pittsburgh, PA 15217	412-422-5700
<i>Memorial Park Presbyterian Church</i> 8800 Peebles Road, Allison Park, PA 15101	412-364-9492
<i>St. Peter</i> 4048 Brownsville Rd, Pittsburgh, PA 15227	412-881-4100/412-881-9022
<i>St. Rosalia-Lazarus</i> 411 Greenfield Avenue, Pittsburgh, PA 15207	412-421-5766
<i>St. Robert Bellarmine</i> 1313 5th Avenue, East McKeesport, PA 15035	412-824-2644
<i>Three Rivers Hospice</i> 1195 Jacks Run Road, North Versailles, PA 15137	800-282-0306

Caregivers of Stroke Patients Support Group

<i>Ursuline Support Services</i> 2717 Murray Avenue, Pittsburgh, PA 15217	412-224-4700 www.ursulinesupportservices.org
<i>Jefferson Regional Medical Center</i> 565 Coal Valley Road, Room 3SW, Jefferson Hills, PA 15025	1-800-652-3370 www.jeffersonregional.com

Caregivers of Veterans Support Group

<i>Caregiver of Veterans Support Groups</i> Speak with a Caregiver Support Coordinator	1-855-260-3274
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RESPIRE

What is Respite? Respite is planned or emergency care provided to an individual with special needs in order to provide temporary relief to family caregivers who are caring for that individual. The length of respite can be for a few minutes to a few days. Respite can take place in the home, at an adult day care center, a senior center, nursing home, or other places. Respite provides a family caregiver with a valuable break from the responsibilities of caregiving. Receiving respite allows the caregiver to run errands, catch up on sleep, address their own medical needs, or just some time to relax.

Alliance for Community Respite Care

412-683-7100

1400 South Braddock Avenue, Pittsburgh, PA 15218

Assists families with locating appropriate respite care solutions, holds an annual respite resource fair, and periodically offers grants for respite care for a limited time based on budget.

www.classcommunity.org/how-we-help/respite-care-providers

ARCH National Respite Network

1-919-490-5577

Helps caregivers find respite resources in their area.

www.ACRCrespite.org

East End Cooperative Ministry

412-361-5549

6140 Station Street, Pittsburgh, PA 15206

This respite care program offers shelter and non-medical respite care for adults who are unable to return to their homes. It allows up to 12 adults at a time a place to heal after hospital discharge.

www.eecm.org

Epilepsy Foundations of Western Pennsylvania

412-322-5880/1800-361-5885

1501 Reedsdale Street, Suite 3002, Pittsburgh, PA 15233

Temporary respite care for families who care for individuals with uncontrolled seizures

www.efwp.org

Eldercare locater

1-800-677-1116

National site which helps caregiver find local resources

www.eldercare.gov

In Service of Seniors

412-345-7420

6401 Penn Avenue, 2nd Floor, Pittsburgh, PA 15206

Provides volunteers to assist frail adults age 60 or older with occasional assistance with services like going grocery shopping, paying bills, do yard work, shovel snow, home safety check, run errands, and give rides to medical appointments. Caregivers benefit from a break from these caregiving tasks.

www.olderadults.fswp.org

Jewish Association on Aging Nighttime Memory Care Program

412-422-9454

200 JHF Drive, Pittsburgh, PA 15217

<http://jaapgh.org/care/alzheimers-dementia-care/nighttime-memory-care/>

An overnight respite program for adults with Alzheimer's disease or dementia.

Allegheny County Senior Companion Program

412-350-4061

1 Smithfield Street, Pittsburgh, PA 15222

www.alleghenycounty.us/dhs/inhome.aspx

Senior Companions are older adults who provide friendly visitors for older adults who would benefit from companionship. The program gives respite to caregivers.

Nursing Homes Which Provide Respite

Forbes Center for Rehabilitation and Healthcare 6655 Frankstown Avenue, East Liberty, PA 15206	412-665-3232
Highland Park Care Center 745 N. Highland Avenue, East Liberty, PA 15206	412-362-6622
Kane Glen Hazel 955 Rivermont Drive, glen Hazel, PA 15207	412-422-5263
UPMC Canterbury Place 310 Fisk Street, Lawrenceville, PA 15201	412-622-9000
Reformed Presbyterian Home 2344 Perrysville Avenue, Pittsburgh, PA 15214	412-321-4139
ManorCare Health Services 550 S. Negley Avenue, Shadyside, PA 15232	412-665-2400
ManorCare Health Services Shadyside 5609 Fifth Avenue, Shadyside, PA 15232	412-362-3500
ManorCare Health Services Northside 2170 Rhine Street, Spring Hill, PA 15212	412-323-0420
Charles M. Morris Nursing and Rehabilitation Center Jewish Association on Aging 200 JHF Drive, Squirrel Hill, PA 15217	412-420-4000
UPMC Heritage Place 5701 Phillips Avenue, Squirrel Hill, PA 15217	412-422-5100
The Commons at Squirrel Hill 2025 Wightman Street, Squirrel Hill, PA 15217	412-421-8443
Vincentian De Marillac 5300 Stanton Avenue, Stanton Heights, PA 15206	412-361-2833
Kane McKeesport 100 Ninth Street, McKeesport, PA 15132	412-422-5263
Riverside Care Center 100 Eighth Avenue, McKeesport, PA 15132	412-664-8860
Golden Living Center 4142 Monroeville Blvd., Monroeville, PA 15146	412-856-7570
HCR ManorCare Monroeville 885 MacBeth Drive, Monroeville, PA 15146	412-856-7071
Concordia of Monroeville 4363 Northern Pike, Monroeville, PA 15146	412-373-3900
Woodhaven Care Center 2400 McGinley Road, Monroeville, PA 15146	412-856-4770
Eldercrest Nursing Center 2600 West Run Road, Munhall, PA 15120	412-462-8002
Oakmont Center for Nursing and Rehabilitation 26 Ann Street, Oakmont, PA 15139	412-828-7300
Presbyterian Senior Care - The Willows 1215 Hulton Road, Oakmont, PA 15139	412-828-5600
LGAR Health and Rehabilitation Center 800 Elsie Street, Turtle Creek, PA 15145	412-825-9000
Longwood at Oakmont 500 Route 909, Verona, PA 15147	877-558-4692
UPMC Senaca Place 5360 Saltsburg Road, Verona, PA 15147	412-798-8000
Village at Pennwood 909 West Street, Wilkinsburg, PA 15221	412-723-3662

Concordia at Rebecca Residence 3749 Cedar Ridge Road, Allison Park, PA 15101	724-444-0600
Highland Center 1050 Broadview Blvd., Brackenridge, PA 15014	724-224-9200
Harmarville Care Center 715 Freeport Road, Cheswick, PA 15024	724-274-3773
Consulate Health Care of Cheswick 3876 Saxonburg Blvd., Cheswick, PA 15024	412-767-4998
St. Barnabas 5827 Meridian Road, Gibsonia, PA 15044	724-443-0700
Kane Ross 110 McIntyre Road, Ross Township, PA 15237	412-422-5263
HCR ManorCare North Hills 1105 Perry Highway, Ross Township, PA 15237	412-369-9955
North Hills Health and Rehab Center 194 Swinderman Road, Wexford, PA 15090	724-935-3781
Wexford Healthcare Center 9850 Old Perry Highway, Wexford, PA 15090	412-366-7900
Baldwin Health Center 1717 Skyline Drive, Baldwin, PA 15227	412-885-8400
HCR ManorCare 60 Highland Road, Bethel Park, PA 15102	412-831-6050
Meadowcrest Nursing Center 1200 Braun Road, Bethel Park, PA 15102	412-854-5500
Country Meadows 3590 Washington Pike, Bridgeville, PA 15017	412-257-2474
HCR ManorCare 1848 Greentree Road, Green Tree, PA 15220	412-344-7744
Jefferson Hills Manor 448 Old Clairton Road, Jefferson Hills, PA 15025	412-653-1128
Lawson Nursing Home 540 Coal Valley Road, Jefferson Hills, PA 15025	412-466-1125
Asbury Heights 700 Bower Hill Road, Mt. Lebanon, PA 15243	412-341-1030
Baptist Homes 489 Castle Shannon Blvd., Mt. Lebanon, PA 15234	412-563-6550
Concordia of the South Hills 1300 Bower Hill Road, Mt. Lebanon, PA 15243	412-278-1300
Golden Living Center 350 Old Gilkeson Road, Mt. Lebanon, PA 15228	412-257-4444
Southwestern Nursing and Rehabilitation Center 500 Lewis Run Road, Pleasant Hills, PA 15122	412-466-0600
Kane Regional Center 300 Kane Blvd., Scott Township, PA 15243	412-422-5263
Friendship Village of South Hills 1290 Boyce Road, Upper St. Clair, PA 15241	724-941-3100
HCR ManorCare 505 Weyman Road, Whitehall, PA 15236	412-884-3500
West Hills Health and Rehab 951 Broadhead Road, Coraopolis, PA 15108	412-269-1101
Caring Heights Community Care and Rehab 234 Coraopolis Road, Coraopolis, PA 15108	412-331-6060

Respite from Home Health Agencies

<i>Advantage Home Health Services, LLC</i>	412-440-0142
<i>Anova Home Healthcare</i>	412-859-8801
<i>Aseracare Home Health and Hospice</i>	412-376-9472
<i>BAYADA Home Health Care</i>	412-374-1440
<i>Bridges Home Health</i>	412-380-0711
<i>Care at Home Preferred</i>	412-967-1111
<i>Care Unlimited</i>	412-367-3620
<i>Cedars Home Health Care</i>	412-380-9500
<i>Celtic Healthcare</i>	800-355-8894
<i>Concordia Visiting Nurses</i>	877-352-6200
<i>Diversified Health Care</i>	412-784-8888
<i>Extended Family Care</i>	412-241-7292
<i>Family Home Health</i>	412-856-4000
<i>Family Hospice and Palliative Care</i>	412-572-8800
<i>Forbes Hospice</i>	412-578-6788
<i>Gallagher Home Health</i>	412-279-7800
<i>Gentiva Health Services</i>	412-920-1900/800-999-5178
<i>HealthSouth Harmarville Home Health Agency</i>	412-826-2799
<i>Heartland Home Health Care</i>	412-928-2126
<i>Home Helpers</i>	412-364-4663
<i>Interim Health Care</i>	800-447-2030/412-436-2200
<i>Landmark Home Health Care</i>	724-444-6767
<i>Liken Health Care</i>	412-816-0113
<i>Loving Care Agency</i>	412-922-3435
<i>Maxim Healthcare Services</i>	412-687-2838
<i>Northern Home Care</i>	412-781-1175, ext. 2060
<i>Nursefinders of Western Pennsylvania</i>	412-429-5880
<i>Omni Home Care</i>	412-276-5030
<i>Paramount Home Health Services</i>	412-650-3107
<i>Personal Touch Home Care</i>	412-681-1044
<i>PRN Health Service Inc.</i>	412-824-2181/ 800-860-8222
<i>Renaissance Home Care</i>	412-563-5055
<i>Sandin Home Health Services</i>	412-816-2325
<i>St. Barnabas Home Care</i>	724-444-5502
<i>UPMC/Jefferson Regional</i>	888-860-2273
<i>UPMC Private Duty Nursing (UPMC Respite Services)</i>	866-430-8742
<i>West Penn Allegheny Home Care</i>	412-330-4211

Respite at Adult Day Centers

<i>Allentown Adult Daycare Services</i> 2201 Salisbury Street, Allentown, PA 15210	412-431-0557
<i>Anathan Club</i> 300 JHF Drive, Squirrel Hill, PA 15217	412-422-9454
<i>Baldwin Seniors Program TAC*</i> 5225 Grace Street, Baldwin, PA 15236	412-882-5015
<i>Blind and Vision Rehabilitation Services of Pittsburgh*</i> 1816 Locust Street, Pittsburgh, PA 15219	412-368-4400
<i>Catholic Youth Association Stephen Foster Center</i> 286 Main Street, Lawrenceville, PA 15201	412-621-3342

Center for Community Supports* 86 Coraopolis Road, Coraopolis, PA 15108	412-771-3614
Chartiers Center / Intellectual and Developmental Disabilities* 2866 Glenmore Avenue, Dormont, PA 15216	412-344-7155
Community LIFE 301 Meade Street, East End, PA 15221	412-436-1298
Community LIFE 491 East Eighth Avenue, Homestead, PA 15120	412-464-2101
Community LIFE 1305 Fifth Avenue, McKeesport, PA 15132	412-664-1448
Community LIFE 702 Second Avenue, Tarentum, PA 15084	724-230-3240
Easter Seals 875 Greentree Road, 6 Parkway Center #150, Pittsburgh, PA 15220	412-281-7244, ext. 237
Easter Seals/Harmarville 370 Guys Run Road, Cheswick, PA 15024	412-826-4939
Elizabeth Seton Center 1900 Pioneer Avenue, Brookline, PA 15226	412-344-4777
Family Services of Western PA 104 Beta Drive, Pittsburgh, PA 15238	412-447-0009
LIFE Pittsburgh 1200 Reedsdale Street, Pittsburgh, PA 15233	412-388-8042
LIFE Pittsburgh Three Allegheny Center, 1 st Floor, Pittsburgh, PA 15212	412-388-8042
LIFE Pittsburgh 875 Greentree Road, One Parkway Center, Suite 100, Green Tree, PA 15220	412-388-8050
Mon Yough Community Services, Inc. Senior Connection 500 Market Street, McKeesport, PA 15132	412-675-8426
New Beginnings Older Adult Program/Intellectual and Developmental Disabilities* 1301 Fifth Avenue, 1 st Floor, East McKeesport, PA 15035	412-823-0600
New Horizon Senior Center* 10147 Frankstown Road, Penn Hills, PA 15235	412-247-4902
Partners for Quality Citizen Care Walden Center* 1225 Lewis Avenue, Coraopolis, PA 15108	412-264-8755
Penn Hills Senior Center 147 Jefferson Road, Penn Hills, PA 15235	412-244-3415
Pittsburgh Mercy Health Systems 105 Braunlich Drive, Ross Township, PA 15237	412-931-2287
Prime Time Adult Services* Christ United Meth. Church, 44 Highland Road, Bethel Park, PA 15102	412-835-6661
SarahCare 2030 Ardmore Blvd., Forest Hills, PA 15221	412-271-3600
Valley Care Adult Day Services 345 Maplewood Avenue, Ambridge, PA 15003	724-266-9626
Valley Care Adult Day Services 650 Cherrington Parkway, Moon Township, PA 15108	724-266-9626
VA Pittsburgh Healthcare System 1010 Delafield Road, Pittsburgh, PA 15215	866-482-7488/412-822-2222
Woodside Place in Oakmont 1215 Hulton Road, Oakmont, PA 15139	412-828-5600

**Special needs center. Call facility for specific details.*

TRAINING/EDUCATION

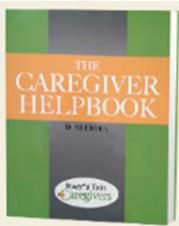
The Aging Institute of UPMC Senior Services

412-864-2092

Offers caregivers a variety of trainings such as *INSPIRE: Inspiring New Solutions and Providing Individualized Resources and Education* and the *Powerful Tools for Caregivers* series.

www.upmc.com/Services/AgingInstitute/education-and-training/for-caregivers

Building Better Caregivers™ Online Workshop provides information and support. It's a free six-week online workshop for family caregivers of Veterans. You can locate your Caregiver Support Coordinator by visiting <http://www.caregiver.va.gov/> and entering your ZIP code in the ZIP code finder from the U.S. Department of Veteran Affairs. For caregivers of non-veterans, contact **Age Well Pittsburgh** to register at 412-422-0400.



Powerful Tools for Caregivers

412-350-4996

Six-week class where caregivers gain numerous tools and resources for self-care, managing emotions, self-efficacy and use of community resources. Offered at the Area Agency on Aging and other agencies.

Mental Health First Aid Training

412-350-4996

This eight-hour course teaches the participant to identify the signs of a mental health disorders. As a mental health first aider, the participant gains the skills in responding to an emerging mental health issue or crisis. Check online to find a class offered near you.

www.mentalhealthfirstaid.org

FamilyLinks Caregiver First Initiative

412-924-0400

Individual training and support program for family caregivers. Assists family caregivers with resources and tools to balance life with the demands of caregiving.

www.familylinks.org

Online Training Videos/Resources

<http://www.youtube.com/watch?v=uSUNMbQz59g> **Safe at Home: A Caregiver's Guide** 18:38 minutes

Offers caregivers with simple, inexpensive suggestions for making basic home modifications and general home safety. The guide is intended for families caring for loved ones in the middle and advanced stages of dementia.

<http://www.youtube.com/watch?v=YDDSk-L-R90> **Understanding Dementia: The Caregivers Notebook** 9:45

Information on caring for an individual with Dementia.

<https://www.youtube.com/watch?v=zArxah854Ng> **Diversity in Caregiving: LGBT Caregivers** 6:07

Due to societal discrimination, the LGBT community seeks support from supportive caregivers within the community. This video discusses how to care for each other and finding ways to be supported by employers.

<http://www.youtube.com/watch?v=s2iOTptXD1M> **How to manage your stress.** 5:43

Tips and strategies to managing stress and avoiding burnout.

<http://www.youtube.com/watch?v=9VKox-wy4fU> **Caregiver Training Series: How to give a body bath.** 7.25

Demonstrates how to bathe your care receiver.

<http://www.youtube.com/watch?v=m18shMbpsQQ> **Changes in personality and Behavior in a demented patient.** 10.11

Tips on how to manage difficult behaviors and to deal with personality changes in individuals with dementia.

<http://www.caregiverstress.com/caregiving-topics/>: provides a number of resources, tips and professional webinars.

<http://www.asaging.org/series/103/family-caregiver-support-web-seminar-series>: free webinars available to caregivers and professionals.

<http://www.aarp.org/home-family/caregiving/?intcmp=SKYBOX4ENG> : educational webinars and additional caregiving tips and resources.

<http://www.helpingyoucare.com/caregiverscollege%E2%84%A2/classes-courses-webinars-for-caregivers>: Provide lectures, courses and webinars for caregivers.

<http://www.caregivers.com/caregiver-wellness/caregiver-support-veterans/>: free webinars for caregivers of veterans.



Family Caregiver Alliance's Caregiver College Videos

<https://www.youtube.com/watch?v=oB0uPouIcXo> **Ch. 1: Transfer Skills** 6:19
Tips and instructions on how to lift and transfer a loved one with limited mobility.

<https://www.youtube.com/watch?v=hrNpX913KkE> **Ch. 2: Nutrition** 6:53

<https://www.youtube.com/watch?v=xFG1jtf6Zdg> **Ch. 3: Dental Care** 6:42
Information on assisting someone with oral care.

<https://www.youtube.com/watch?v=lvQtjY3-bcE> **Ch. 4: Bathing & Dressing** 6:29
Caregiver's guide to bathing and dressing a loved one.

<https://www.youtube.com/watch?v=4DvYE12CM0c> **Ch. 5: Toileting & Incontinence** 4:44
Helping someone with toileting.

<https://www.youtube.com/watch?v=VDOJxKxNKsI> **Ch. 6: Behavioral Issues** 7:18
Tips for caregivers on managing difficult behaviors.

https://www.youtube.com/watch?v=zi_gYDUfOKI **Ch. 7: Self-Care** 5:39
Describes the importance of self-care in their role as caregiver.

SELF-CARE

Companioning You! A Soulful Guide to Caring for Yourself While You Care for the Dying and the Bereaved
by Dr. Alan D. Wolfelt, Ph.D., shows how making self-care a priority can make a caregiver more effective.

Family Caregiver Alliance Taking Care of You: Self-care for caregivers 800-445-8106

<https://www.caregiver.org/taking-care-you-self-care-family-caregivers>

HelpGuide.org Tips for finding balance and avoiding caregiver burnout

<http://www.helpguide.org/articles/stress/caregiving-stress-and-burnout.htm>

Hope Grows for Caregiver Support

Education, support and respite for caregivers

412-369-4673

www.hopegrows.net

Mayo Clinic Caregiver Stress: Tips for Taking Care of Yourself

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

Department of Veteran Affairs

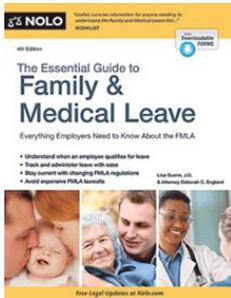
National Family Training Program- Module 1 Caregiver: Self Care

[http://www.caregiver.va.gov/pdfs/Caregiver Workbook V3 Module 1.pdf](http://www.caregiver.va.gov/pdfs/Caregiver%20Workbook%20V3%20Module%201.pdf)

www.caregiver.va.gov

WORKING CAREGIVERS

Working caregivers have unique challenges in maintaining work/life balance. The impact is increased stress, poor health, loss of wages and retirement savings, unemployment, and increased likelihood of living in poverty. For employers, the impact is absenteeism, loss of productivity, increased health care costs, employee retention, and cost of recruiting and training replacements. Employers and caregivers can work collaboratively toward mutually beneficial goals. To support working caregivers, employers must attempt to understand their unique needs. Both can benefit from training programs on retirement planning, insurance benefits, Family Medical Leave Act, and employer programs and policies. Access to eldercare resources and referrals and flexible work schedules are essential. Peer-led support programs, access to counseling, stress management, smoking cessation, and other wellness initiatives are ways to support mental and physical health. Employer and working caregivers both benefit from robust Eldercare Programs.



Best Practices in Workplace Eldercare (March 2012) from the National Alliance for Caregiving www.caregiving.org/pdf/research/BestPracticesEldercareFINAL.pdf

The Essential Guide to Family & Medical Leave Deborah C. England and Lisa Guerin. Provides information on who qualifies for leave, how much leave one can take and employee/employer obligations.

Good Grief Center

412-224-4700

Grieving can place a lot of stress on a person and affect productivity and workplace morale.

Juggling Life, Work, and Caregiving

Amy Goyer

The author shares personal experience as a caregiver and professional expertise from working for AARP.

The Working Family Caregiver: Tips for Balancing Career and Caregiving

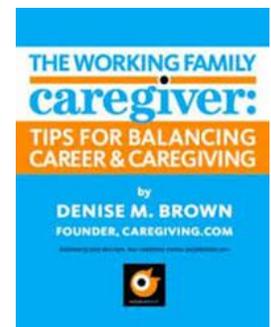
Free E-book:

Denise M. Brown

<http://www.caregiving.com/ebooks/TheWorkingFamilyCaregiver.pdf>

Working Caregiver

www.workingcaregiver.com



Videos for Working Caregivers and Employers

https://www.youtube.com/playlist?list=PLUthdkimXSzsHfYY_VuJAyvyuOTmClqee

"You Are not Alone series" for the family caregiver. 8 videos by Emblem Health

<https://www.youtube.com/watch?v=da-4GEaWK4I> **Symptoms of Caregiver Burnout: What every employer needs to know** 5:46 minutes. Three working caregivers share how their caregiving experiences affected physical and emotional well-being.

<https://www.youtube.com/watch?v=yRNfZT6Xe7I> **Examples of Workplace Supports for Employed Caregivers** 4:07 Working caregivers are more effective and have greater job satisfaction than other employees with flexible workplaces. The video discusses the employer's role in providing workplace support.

<https://www.youtube.com/watch?v=yQAYAhI5HNA> **The Employed Family Caregiver Survey: A Tool for Employers** 5:40 Explains a survey tool that measures employee involvement in family caregiving, and the valuable information employers obtain from the tool.

<https://www.youtube.com/watch?v=BPDdTsqTTE> **Employers Benefit from Supporting Employed Caregivers** 8:22 Three top managers describe the variety of support provided to their employees and the benefits to both employee and employer.

LEGAL AND FINANCIAL

Aging Care

www.agingcare.com

Financial planning tips for caregivers

Achieva Family Trust

412-995-5000/888-272-7229

711 Bingham St, Pittsburgh, PA 15203

<http://www.achieva.info/achieva-family-trust>

Provides services to help families and individuals with disabilities plan for their future.

Aging Institute

Preparing for a loved one's financial needs

<http://www.upmc.com/services/aginginstitute/resources-for-caregivers/pages/financial-planning.aspx>

Legal services and resources <http://www.upmc.com/Services/AgingInstitute/resources-for-caregivers/Pages/legal-services-and-resources.aspx>

APPRISE

412-661-1438

6401 Penn Avenue, Pittsburgh, PA 15206

<http://olderadults.fswp.org/apprise-services>

APPRISE counselors provide Medicare counseling either face to face or over the phone.

Bayer Center for Nonprofit management, LAWLinks

412-397-4057

6001 University Blvd., Moon Township, PA 15108

Elder law, Business, estate planning and healthcare

Caregiver.com <http://www.caregivers.com/blog/2014/07/6-caregiver-tips-for-senior-financial-planning/>

Caregiver tips for financial planning

Caring Connections

800-658-8898

1731 King St., Suite 100, Alexandria, VA 22314

www.caringinfo.org

Caring Connections is a national initiative to improve care at the end of life. It helps caregivers with planning by guiding them through Pennsylvania Advance Directive tools.

Financial Steps for Caregivers / WISER (Women's Institute for a Secure Retirement)

Financial Steps for Caregivers: *What You Need to Know About Money and Retirement* helps identify financial decisions a caregiver may encounter personally and for their loved one. Information on planning for a secure retirement is found at:

<http://www.wiserwomen.org>.

Legal Counsel for the Elderly Legal Hotline

800-262-5297

Elder law, bankruptcy, estate planning and healthcare

National Alliance for Caregiving Provides information on working and caregiving, financial support, retirement planning and social security benefits for caregivers.

www.caregiving.org/resources/finances-work or www.caregiving.org

Neighborhood Legal Services Association

412-255-6700 ext. 216

928 Penn Avenue, Pittsburgh, PA 15222

Elder law, bankruptcy, criminal and divorce

PA Serves: Greater Pittsburgh

www.paserves.org

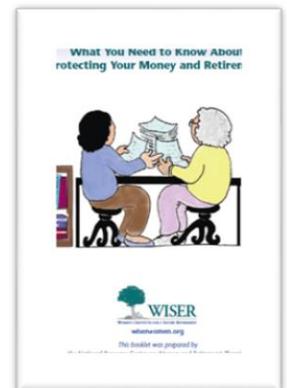
Ursuline Support Services

412-345-0144

204 North Highland Avenue, Pittsburgh, PA 15206

888-881-4749

Representative Payee, guardianship, and volunteer bill paying services for fragile older adults



Elder Law Attorneys

Zacharia and Brown

4500 Walnut Street, McKeesport, PA 15132
111 West McMurray, Road, McMurray, PA 15317

412-751-5670
www.pittsburghelderlaw.com
724-942-6200

Julian Gray Associates

954 Greentree Road, Pittsburgh, PA 15220

412-458-6000/ 888-402-5680
www.grayelderlaw.com

Sherrard, German, and Kelly, P.C.

535 Smithfield Street, Suite 300, Pittsburgh, PA 15222

412-258-6737
www.sgkpc.com/attorneys/robert-k-sweitzer

Sikov and Love, P. A

428 Forbes Avenue, Suite 1400, Pittsburgh, PA 15219

412-567-1236/877-897-8025
www.sikovaandlove.com

Skyes Elder Law, LLC.

615 Washington Road, Suite 304, Pittsburgh, PA 15228

412-531-7123
www.elderlawofpgh.com

GRANDPARENTS RAISING CHILDREN

Allegheny County Family Caregiver Support Program

2100 Wharton Street, 2nd Floor, Pittsburgh, PA 15203
www.alleghenycounty.us/dhs/caregiversupport.aspx

412-350-5460

A Second Chance

8350 Frankstown Road, Pittsburgh, PA 15221
www.asecondchance-kinship.com

412-342-0600

Family Resources Warmline

Helpline for family caregivers not being able to leave home for meetings.

412-641-4546

Grandparent Information Center

National support help line for grandparents raising grandchildren.

888-687-2277

Penn State Cooperative Extension

<http://extension.psu.edu/kinship/programs/allegheny>

TECHNOLOGY/APPS

Care Zone

Organizational app, free for iPhone, iPad and Android

Elder 411

Information and self-help app for iPhone or iPad

Dementia Caregiver Solutions Informational app for iPhone and iPad

RX Personal Caregiver

Organizational app for iPhone only

Unfrazzle

Informational and organizational app, free for iPhone, iPad, and Android.

PROGRAMS AND HELPLINES

Age Well Pittsburgh www.agewellpgh.org	412-422-0400 1-877-243-1530
The Aging Institute Help and Referral Line:	1-866-430-8742
Allegheny County Family Caregiver Support Program For family caregivers who provide daily, hands on care to a loved one in the home. Provides respite, education, care management, and reimbursement to caregivers of functionally impaired loved ones age 60 and older, caregivers of adults with disabilities, or grandparent raising grandchildren. http://alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs.aspx	412-350-5460
Allegheny County Ombudsman Program Advocates for older adults living in Nursing Facilities, Personal care homes and the community.	412-350-5791
Allegheny County OPTIONS Care Management Program OPTIONS provides assistance to individuals who are age 60 or older and need assistance with activities of daily living, who wish to remain independent in their home. http://alleghenycounty.us/Human-Services/Programs-Services/Older-Adults/Care-Management.aspx	412-350-5460
Allegheny Link to Aging and Disability Resources www.alleghenylink.com	1-866-730-2368 TTY/TDD 412-350-5205
Allegheny County Older Adult Protective Services To report abuse, neglect or financial exploitation of an older adult in the county.	412-350-6905
Caregiver HQ Program through Highmark which offers resources, guidance, and encouragement to family caregivers	1-844-321-2447
Easter Seals http://www.easterseals.com/explore-resources/for-caregivers/	412-281-7244
Highmark PALS (People Able to Lead Support) Volunteers provide non-medical assistance to help maintain their independence. www.ahip.org/Highmark-PALS/	1-800-988-0706
The National Caregiver Support Line Resource and referral center to assist caregivers, Veterans and others seeking caregiver information	1-855-260-3274
Peer Support and Advocacy Network Warm and Friendly Call Program	412-894-2364
Persad Center 5301 Butler Street, Suite 100, Pittsburgh, PA 15201. Services to the LGBTQ community and people with HIV.	1-888-873-7723
Pennsylvania Aging Waiver Program Program for older adults with functional impairments who are income eligible who wish to remain safely at home.	412-350-5460
Re:solve Crisis Network	1-888-796-8226
SeniorLine Seniorline@Alleghenycounty.us	412-350-5460 / 1-800-344-4319 TTY/TDD 412-350-2727

United Way of Pennsylvania 211

www.unitedwaypittsburgh.org

Dial 2-1-1 or 412-255-1155

VA Caregiver Support Line

www.pittsburgh.va.gov

1-855-260-3274

Veteran's Crisis Line

1-800-273-8255, press 1

Warmline for emotional support

1-866-661-9276

CARE MANAGEMENT /SERVICE COORDINATION

Whether your connection to assistance and support is called a Service Coordinator, Care Manager, or Supports Coordinator, depends on the type of program in which the participant is enrolled. Each works with older adults and their families to identify needs and to link the older adult and caregiver to the specific support services that enhance well-being. They are familiar with a broad array of resources like community, state and federal programs. By providing services and supports, Care Managers help to reduce the stress of caregivers and help make the caregiving process as positive as possible. And serve as an invaluable resource to you. A Care Manager conducts comprehensive assessments, develop individualized care plans, coordinate services, makes visits and communicates regularly, and continuously monitor services to ensure needs and goals are met.

Allegheny County Aging Waiver Service Coordination

2100 Wharton Street, 2nd Floor, Pittsburgh, PA 15203

www.alleghenycounty.us/Human-Services/Programs-Services/Older-Adults/Aging-Waiver.aspx

412-350-5460

Allegheny County Family Caregiver Support Program

2100 Wharton Street, 2nd Floor, Pittsburgh, PA 15203

www.alleghenycounty.us/dhs/caregiversupport.aspx

412-350-5460

FamilyLinks

1500 Ardmore Blvd., Suite 501, Forest Hills, PA 15221

www.familylinks.org

412-924-0400

Family Services of Western Pennsylvania

401 N. Highland Avenue; Suite 150, Pittsburgh, PA 15206

<http://fswp.org/>

412-345-7425

LifeSpan

314 East Eighth Avenue, Homestead, PA 15120

www.lifespanpa.org

412 464-1300

Options Care Management

2100 Wharton Street, 2nd Floor, Pittsburgh, PA 15203

www.alleghenycounty.us/Human-Services/Programs-Services/Older-Adults/Care-Management.aspx

412-350-5460

ONLINE RESOURCES

AARP Family Caregiver Resource Center

www.aarp.org/caregiving

A caregiving resource center with information about locating eldercare, housing options, legal and financial matters, and self-care. Pennsylvania State Office 866-389-5654

Aging Care

www.agingcare.com

On-line magazine and caregiver forum. Caregivers post questions and issues which are answered by experienced caregivers. Education classes offered for professionals in senior issues.

Alzheimer's Association

www.alz.org/pa Local website

Lists local caregiver support groups and education opportunities for caregivers of a loved one diagnosed with Alzheimer's disease

Alzheimer's Foundation of America/Care Crossroads

<http://alzfdn.org/>

Offers on-line discussion boards and support groups. Questions are answered by social workers or other professionals.

APA's Family Caregiver Briefcase for Psychologists

www.apa.org/pi/about/publications/caregivers/index.aspx

The Briefcase is a web-based resource that psychologists, other professionals or caregivers can use for themselves.

Caregiver Action Network

www.caregiveraction.org

Explains how to find a support group and how to start difficult conversations. Site also has a caregiver forum.

Caregiver Self-Assessment

[www.va.gov/GERIATRICS/Guide/LongTermCare/Shared Decision Making.asp](http://www.va.gov/GERIATRICS/Guide/LongTermCare/Shared%20Decision%20Making.asp)

Download the Caregivers Self-Assessment to review your responsibilities, role as a caregiver, evaluate your stress level, and make a caregiving plan.

Caring.com

www.caring.com

Free guide to Alzheimer's care.

Caregiver Magazine

www.caregiver.com

Caring Today

www.caringtoday.com

Offers self-care guides and other resources for caregivers.

Depression Help guide

www.helpguide.org/home-pages/depression

Provides strategies to prevent depression and information on recognizing the signs.

Eldercare Locator

www.eldercare.gov

Search by zip code or topic to find eldercare and caregiver resources in your local area.

eCareDiary.com

www.eCareDiary.com

Tool for organizing caregiver documents, appointments, resources and tasks.

Family Caregiver Alliance

www.caregiver.org

Education, advocacy, connecting caregivers

Family Caregiver Alliance National Institute for Mental Health

www.nimh.nih.gov/health/topics/depression/index

Guide to Long Term Care for Veterans

www.va.gov/GERIATRICS/Guide/LongTermCare/index.asp

The shared decision making section provides valuable tools in making long term care plans and choices.

Help for Cancer Caregivers

www.helpforcancer caregivers.org

Information about avoiding caregiver burnout, self-care and long distance caregivers.

Lotsa Helping Hands

www.lotsahelpinghands.com

Create a network of informal supports by coordinating appointments and caregiving responsibilities.

Medicare

<https://www.medicare.gov/campaigns/caregiver/caregiver.html>

National Institute on Aging

www.nia.nih.gov

United Hospital Fund Next Step in Care

www.nextstepincare.org

Guides to help family caregivers and health care providers work collaboratively planning safe transitions for chronically or seriously ill patients.

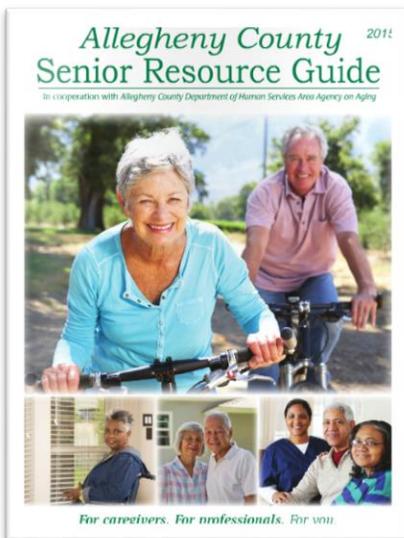
Pennsylvania Department of Aging

www.aging.state.pa.us

State repository on regulations of geriatric program. Offers resources and links to other sites.

Rosalynn Carter Institute for Caregiving

www.rosalynncarter.org



Senior Resource Guide

<http://issuu.com/pghseniornews/docs/2015alleghenyguide-2?e=8324297/11137395>

Strength for Caring

www.strengthforcaring.com

Resource center for stress management, daily tasks, financial planning, housing and other information.

This Caring Home

www.ThisCaringHome.org

University of Michigan Depression Center

Depression Toolkit

<http://depressiontoolkit.org>

Well Spouse Association

On-line resource for spousal caregivers and offers caregiver respite weekends throughout the United States.

<http://wellspouse.org/>

CAREGIVER BOOKS

The American Medical Association Guide to Home Caregiving

Angela Perry, Md.

Expert information from the AMA on a variety of caregiving topics and issues.

The Alzheimer's Action Plan: The Experts' Guide to the Best Diagnosis and Treatment for Memory Problems

P. Murali Doraiswamy and Lisa Gwyther

This manual provides families and professionals caring for those with dementia diagnostic guidelines, treatment methods, and what to expect during the various stages.

A Bittersweet Season: Caring for Our Aging Parents-and Ourselves

Jane Gross

The author shares what she learned during her journey as caregiver to her aging mother.

A Caregiver's Survival Guide: How to Stay Healthy When Your Loved One is Sick Kay Marshall Strom
The author shares stories and financial advice beneficial for those caregivers caring for an elderly.

The Caregiver's Guide: Helping Elderly Relatives Cope with Health and Safety Problems Caroline Rob, R.N.

This book services as a guide with tips, advice and information for caregivers to keep their older loved one safe at home.

The Caregiver's Guide to Self-Care Jane Meier Hamilton

This book offers activities to help those caring for loved ones at home with a strong emphasis on self-care.

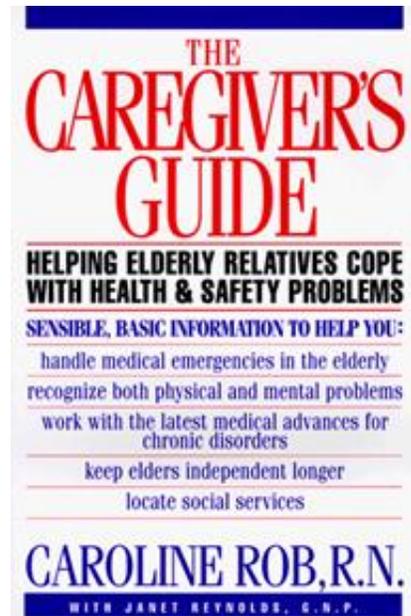
Caring for Aging Parents Richard P. Johnson, Ph.D.

This book helps caregivers find information and support to address the impact of caring for an elder parent.

Caring for Your Parents: The Complete Family Guide

Hugh Delehanty and Elinor Ginzler

A caregiving guide covering various topics on planning for a family approaching to caregiving.



The Comfort of Home Series: A Complete Guide for Caregivers Maria Meyer and Paula Derr, R.N.

The authors offer helpful resources for caregivers in self-care and stress management.

A Cast of Caregivers Sherri Snelling

The author interviews celebrities who have been family caregivers and provides advices on stress, guilt, support resources, conversation techniques, and self-care.

Chicken Soup for the Soul: Family Caregivers Joan Lunden and Amy Newmark

Stories by family caregivers provide the encouragement, inspiration and advice for caregivers.

Complete Guide to Caring for Aging Loved Ones Henry Holstege and Robert Rickse

This book assists with understanding your multiple roles as a caregiver, coping with emotions, finding quality care and services, financial and legal advice, and other caregiving topics.

The Cultures of Caregiving: Conflict and Common Ground among Families, Health Professionals, and Policy Makers Carol Levine, Dr. Thomas Murray, Dr. Christine K. Cassel

The authors offers suggestion to bring the medical health system with the family caregiver on the same page.

The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent Barry Jacobs PsyD

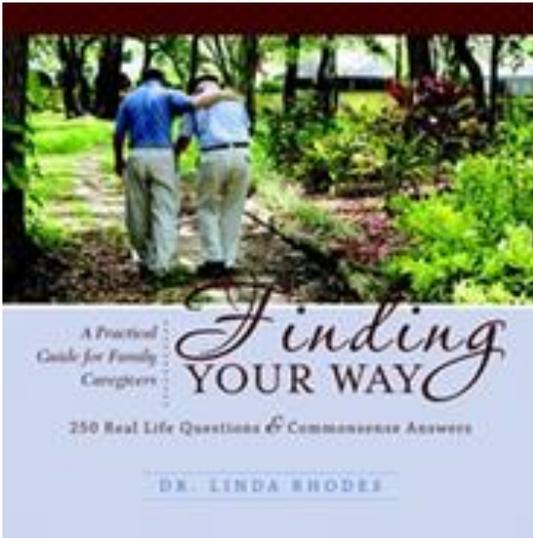
The author offers ways to move through the emotional burden of caregiving by gaining support throughout the caregiving journey, broaching difficult topics and avoiding isolation.

Ethnicity and the Dementias Book Gwen Yeo and Dolores Gallagher-Thompson

Written by experts in their fields, this manual includes assessment of dementia in diverse populations, working with families of different ethnicities and LGBT populations.

Family Caregiving Across the Lifespan Eva Kahana, David E. Biegel & May L. Wykley

This book examines multigenerational caregiving families and the roles each has in caring for a chronically ill loved one at home.



A Family Caregiver Speaks Up Suzanne Geffen Mintz
 Tips for dealing with the complex healthcare system and the effects of public policy are found in the caregiving book.

Finding Your Way: A Practical Guide for Family Caregivers Dr. Linda Rhodes
 A guide for family caregivers which breaks questions and answer up by topic.

Handbook on Dementia Caregiving: Evidence-Based Interventions for Family Caregivers Richard Schultz
 Intervention approaches, research, assessment and caregiving tools for family caregivers.

Hospital Stay Handbook Jari Hollard Buck
 The author tells the story of how she took care of her seriously ill

husband and helps them both survive.

Ice Cream in the Cupboard: A True Story of Early Onset Alzheimer's Pat Moffett
 The story of how a husband took care of his wife who was diagnosed with Alzheimer's disease.

Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease
 Joanne Koenig Coste
 The author describes a new method, called habilitation, in enhancing communication of someone with Alzheimer's disease by relating to patients in their own reality.

Making Toast: A Family Story Roger Rosenblatt
 The author addresses grief and loss of his child while becoming a parent to his three young grandchildren.

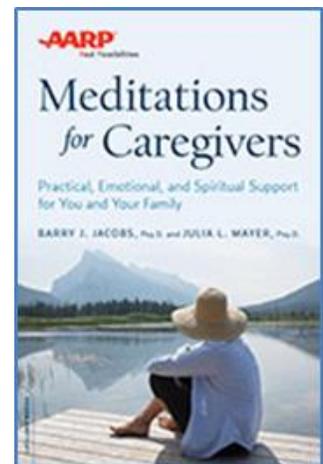
Mayo Clinic on Alzheimer's disease Ronald Peterson(ed.)
 This book is for caregivers of someone with Alzheimer's disease. Information on the impact on brain functions and how to properly care for your loved one.

Meditations for Caregivers: Practical, Emotional, and Spiritual Support for You and Your Family Barry J. Jacobs & Julia L. Mayer
 Just released in July, 2016, this book offers meditations for common caregiving challenges.

Normal Doesn't Live Here Anymore Barb Owen
 The author stresses the importance of self-care when someone takes on the role of family caregiver.

Passages in Caregiving: Turning Chaos into Confidence Gail Sheehy
 The author describes the emotional burden of caring for her husband who died of cancer. She provides insight into navigating the complex health care system.

Self-Care for Caregivers: A Twelve-Step Approach Pat Samples
 This book provides caregiver with information on how to balance daily struggles with the caregiver's emotional needs.



The Shriver Report: A Woman's Nation Takes on Alzheimer's

Maria Shriver

This book provides a picture of the impact of Alzheimer's on family caregivers. It includes research, policies and diversity issues.

Still Alice

Lisa Genova

A novel, made into a movie, of a 50-year old mother, wife and Harvard professor who started suffering symptoms and was diagnosed with Alzheimer's.

Strength for the Moment: Inspiration for Caregivers

Lori Hogan

The author narrates the stories of over 50 caregivers.

Take Care Tips: How to Care for Yourself While You're Taking Care of Others

Jennifer Antkowiak

The author's experience and professional expertise is shared in dealing with the stress of taking care of a loved one and managing other responsibilities.

The 36-Hour Day: A Family Guide to Caring for People with Alzheimer's Disease, Other Dementias, and Memory Loss in Later Life

Nancy L. Mace and Peter V. Rabins

This book gives information on emotional issues, finances, daily dementia care, and nursing homes or other residential living options.

They're Your Parents Too!

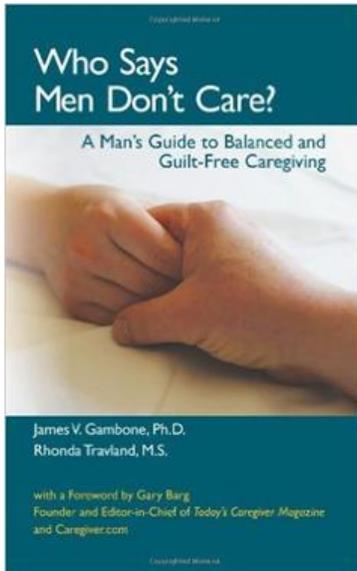
Francine Russo

This book demonstrates how to navigate the stress and conflicts of siblings' disagreements when caring for an aging parent.

Understanding difficult behaviors: some practical suggestions for coping with Alzheimer's disease and related illnesses

A. Robinson, B. Spencer, and L. White

This book is a guide on how to deal with difficult behaviors, how to understand the challenges and communication strategies.



When the Time Comes: Families with Aging Parents Share Their Struggles and Solutions

Paula Span

Stories of several families who are suddenly faced with loved ones who are too ill to live alone and not ready for a nursing home. It describes how each family overcomes emotional challenges and makes the right decision for their family.

Who Says Men Don't Care

James V. Gambone PhD. and Rhonda W. Travland, M.S.

A manual, specifically written for male caregivers that includes resources and types of illnesses and diseases.

For additional resources or to update information found in this guide, please email

Brenda.Slagle@alleghenycounty.us