

Top Recommended Books for Caregivers:

The 36-hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias by Nancy L. Mace, MA, & Peter V. Rabins, M.D. MPH; Johns Hopkins Press, Seventh Edition 2021.

The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself by Diana B. Denholm, PhD, LMHC. Hunter House, 2012.

Caregiver's Survival Guide: Caring for Yourself While Caring for a Loved One by Robert Yonover, PhD & Ellie Crowe. Skyhorse Publishing, 2018.

When Your Aging Parent Needs Help: A Geriatrician's Step-by-Step Guide to Memory Loss, Resistance, Safety Worries & More by Leslie Kernisan, MD, MPH & Paul Spencer Scott. Better Health While Aging, 2021.

The Caregiver's Companion by Deborah A. Boyle, MSN. Oncology Nursing Society; 1st edition, 2020.

Toolkit for Caregivers: Tips, Skills, and Wisdom to Maximize Your Time Together by Deidre Edwards. Independently published, 2019.

Hope After Stroke for Caregivers and Survivors: The Holistic Guide to Getting Your Life Back by Tsgoyna Tanzman, MA. Bowker My Identifiers.com 2019.

The Courage to Care: Being Fully Present with the Dying by Rev. Linda Bryce, MA. Capucia Publishing, 2021.

The Caregiver's Guide to Cancer: Compassionate Advice for Caring for You and Your Loved One by Victoria Lands, LCSW. Rockridge Press, 2021.

The Caregiver's Guide to Lewy Body Dementia by Helen Buell Whitworth & James Whitworth. Demos Health; 2nd edition, 2020.

Caregiver Overwhelmed: How to Cope with Alzheimer's and Dementia Without Losing Your Mind by Teri Halstead, RN, MSN. Independently published, 2021.

Caregiver Support Groups in Southern Maine

Southern Maine Agency on Aging

info@smaaa.org

1 (207) 396-6500

1 (800) 427-7411

Classes Offered:

Savvy Caregiver (caring for someone with dementia)

Caregiver Respite Program

Kinship Families (for grandparents or other relatives (55+) raising minor children in place of biological parent)

Alzheimer's Association/Maine Chapter

24/7 Helpline (800) 272-3900

www.ALZConnected.org is an online social networking community designed specifically for people with Alzheimer's disease and their caregivers.

Support Groups with caregivers with a loved one with early-stage dementia

Support Groups for people living with younger-onset dementia

Virtual Caregiver Support Group: Frontotemporal Dementia (FTD)

Virtual Adult Child Caregiver Support Group

Online Virtual Support Groups

Caring for Elderly Parents

Caregiving support group on Facebook is a caregiver support group that provides a space to vent frustrations, share information or offer supportive advice for those that are struggling with their new responsibilities.

Memory People is open to those with a condition that causes memory impairment and their caregivers. Memory People's base goal is to provide support, education and awareness for caregivers.

Caregivers Connect provides an online space to inspire, advise and educate whether you're caring for a spouse, family member, or other loved one.

Working Daughter is a virtual community for women that are juggling a career, becoming a caregiver and the rest of their lives all-in-one.

Mental Health America provides a listening ear and offers the mental health support you need.