

## 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; 1<sup>st</sup> 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; 2<sup>nd</sup> 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](mailto:info@smaaa.org)

1 (207) 396-6500 or 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 parent)

### Alzheimer's Association/Maine Chapter

24/7 Helpline (800) 272-3900

[www.ALZConnected.org](http://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.



MAIN OFFICE:  
390 US Route One  
Scarborough, ME 04074

GOSNELL MEMORIAL HOSPICE HOUSE:  
11 Hunnewell Road  
Scarborough, ME 04074

T (207) 289-3640  
Toll Free: (866) 621-7600  
F (207) 883-1040

[hospiceofsouthernmaine.org](http://hospiceofsouthernmaine.org)