Central Ohio Area Agency on Aging
BOOKS, VIDEOS, AND WEBSITES
for Caregivers

Counties Served
Delaware
Fairfield
Fayette
Franklin
Licking
Madison
Pickaway
Union

614-645-7250
1-800-589-7277
www.coaaa.org

Your Aging and Disability Resource Network

Updated January 2018
This information is provided by the: The National Family Caregiver Support Program.

This is a nationally funded program operated in Central Ohio by the Central Ohio Area Agency on Aging (COAAA). It offers caregiver workshops and funds services designed to assist caregivers on a short term basis. The services include: information and assistance, counseling, respite, and other supplemental services.

Request a copy or download our other guides:

- Central Ohio Older Adults Resource Guide
- The Caregiver Toolbox
- Central Ohio Independent Housing & Home Repair Guide
- Central Ohio Long Term Care & Hospice Guide
- Central Ohio Private Homecare Guide
- Central Ohio Utility Guide
- Central Ohio Prescription Guide
- Central Ohio Transportation Guide
- Central Ohio Support Group Guide
- Central Ohio Respite Guide (NEW)
- Central Ohio Moving and Transitions Guide (NEW)

The COAAA also provides monthly Caregiver Support Groups & Information Sessions. For more information call 800-589-7277 or visit [www.coaaa.org](http://www.coaaa.org). Or in your county, call one of these agencies:

- **Delaware**-SourcePoint 740-363-6677
- **Fairfield**-Meals on Wheels Older Adult Alternatives 740-681-5050
- **Fayette**-Community Action Commission of Fayette Co. 740-335-7282
- **Franklin**-Franklin Co. Office on Aging 614-525-6200
- **Licking**-Licking Co. Aging Program 740-345-0821 or 1-800-452-0097
- **Madison**-Madison Co. Senior Center 740-852-3001
- **Pickaway**-Pickaway County Senior Center 740-474-8831
- **Union**-Union County Senior Services 937-644-1010
# Books, Videos & Websites For Caregivers

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This resource manual is brought to you by the Central Ohio Area Agency on Aging. Any unauthorized use and/or duplication of this material without the prior express and written permission from the Central Ohio Area Agency on Aging is strictly prohibited.

This manual is not a substitute for professional advice and care. If you have specific needs, please see a professional provider. Links to websites are provided for convenience and do not constitute or imply endorsement. Every reasonable effort is taken to ensure accurate information, however we cannot guarantee completeness or timeliness. COAAA assumes no responsibility for outcomes resulting from the use of information contained in this manual.
Caregiving-General Resources

Videos-To View on the Web or Purchase DVD Copies

- [www.videocaregiving.org](http://www.videocaregiving.org)-Produced by Terra Nova Films. Contains a wide variety of very useful video topics to view on a computer at no cost.
- [www.mmlearn.org](http://www.mmlearn.org)-a wide variety of video topics available for caregivers to view on a computer at no cost.
- [www.caregiving.va.gov](http://www.caregiving.va.gov)-The Veterans Administration has produced some very good videos for those in various caregiving circumstances. They also have several publications. Also can call 800-260-3274.
- [www.lifeview resources.com](http://www.lifeview resources.com)-can purchase several caregiver videos including “The Educated Caregiver Series”
- [www.YouTube.com](http://www.YouTube.com)-has some useful videos on caregiving issues—be careful to choose to watch those that are from professional organizations. Many are available to view at no cost.
- Health and Medication information-[www.medlineplus.gov](http://www.medlineplus.gov)- comprehensive website of the US government which contains easy to read information on diseases, medications and treatments. Has some interactive videos and slide shows to view on a computer at no cost.

Books

Coping and Wellness Issues

- Caring For Yourself While Caring for Your Aging Parents: How to Help--How to Survive, Cappy Capossela & Deborah Brody Ed., 2005.
- Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own, Gary Barg, 2003.

Decision-Making/Planning

- Share the Care: How to Organize a Group to Care for Someone Who is Seriously Ill, Cappy Capossela & Sheila Warnocki, 2004.
- Legal Issues in the State of Ohio—www.proseniors.org
  - This web site has very comprehensive and easy to understand fact sheets on legal and benefit issues for residents of Ohio.
- End of Life Conversations—www.theconversationproject.org
  - This website has toolkits and materials for holding important conversations in families and also in faith congregations.
- End of life decision making, www.agingwithdignity.org
- Hospice and End of Life Information, www.midwestcarealliance.org
- Informational videos on Medicare, www.medicare.gov
Death and Dying

- Sacred Passage: How to Provide Fearless, Compassionate Care for the Dying, Margaret Coberly, 2003.

Grief & Grieving

- Loving Someone Who has Dementia: How to Find Hope While Coping with Stress and Grief, Pauline Boss, 2011.
- I Wasn’t Ready to Say Goodbye: Surviving, Coping & Healing after the Death of a Loved One, Brook Noel, Pamela D. Blair, 2008.
**Just for Children**


**Making the Home Accessible**

- **Home Modification Information—At [www.homemods.org](http://www.homemods.org)**, A website out of University of Southern California’s Andrus School. It is rich with information about home modifications and universal design information for people with disabilities.

- **No Cost Online Fact sheets:**
  - A Home Fall Prevention Checklist for Older Adults, [www.cdc.gov](http://www.cdc.gov)
  - Homefit Guide, [www.aarp.org](http://www.aarp.org)
  - Rebuilding Together Safe at Home Checklist, [www.aota.org](http://www.aota.org)
Resources on Specific Diseases

Dementia/Alzheimer’s Disease

- YouTube channels-
  - UCLA Health-Caregiver Training: 8 part series on Dementia Behaviors
  - Rural MIRECC-People with Dementia Addressing Challenging Behaviors
  - Pines of Sarasota Retirement Community
  - Alzheimer Support Network
- www.teepasnow.com. Teepa Snow is an occupational therapist who has many DVD materials that provide a practical guide to many daily activities. Type her name into YouTube to review some of them. They are available for purchase as well.

- The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer’s, Related Dementing Illnesses and Memory Loss in Later Life
  Nancy L. Mace & Peter V. Rabins, 2011

- I Still Enjoy a Good Laugh: A Guide for the Journey Through Alzheimer’s Disease
  Sharon Gregoire, 2009.

- Dancing on Quicksand: A Gift of Friendship in the Age of Alzheimer’s

- Love is Ageless — Stories About Alzheimer’s Disease

- Moving a Relative with Memory Loss
  Laurie Shite and Beth Spencer, 2006.

- What If It Is Not Alzheimer’s?: A Caregiver’s Guide to Dementia

- A Caregiver’s Guide to Alzheimer’s Disease: 300 Tips for Making Life Easier

- A Dignified Life: The Best Friend’s Approach to Alzheimer’s Care
  A Guide for Family Caregivers
  Virginia Bell & David Troxel, 2002.

- Alzheimer’s Early Stages: First Steps for Family, Friends and Caregivers
  Daniel Kuhn & David Bennett, 2003.
Parkinson’s Disease


Respiratory Impairments

- Coping with COPD: Understanding and Living with Chronic Obstructive Pulmonary Disorder, Elaine Fantle Shimberg & Thomas Perry, 2003.

Stroke

How to Find What Assistance is Available?

- **Eldercare Locator**- 800-766-1116 ([www.eldercare.gov](http://www.eldercare.gov)) Free information on services anywhere in the United States.
- **Free Long Term Care Assessment**- 1-800-589-7277 ([www.coaaa.org](http://www.coaaa.org)) Free in home consultation to help families make long term care choices.
- Some counties in Ohio have local tax funded services for older adults. They may also be served by a local county agency which administers these funds and programs.
- Many counties & local communities have Senior & Disabled Citizen Service Handbooks which list a wide variety of services.

What Are Area Agencies on Aging (AAA)?

- Established by the Federal Government in the Older Americans Act of 1965. Every part of the US and our territories are served by an AAA (over 670).
- Most states have multi-county regions served by an AAA. Ohio has 12 regions which are pictured to the right (called Planning & Service Areas-PSA for short). To see a more detailed map of the regions in Ohio, go to [www.ohioaging.org](http://www.ohioaging.org)

Area Agencies on Aging in OHIO: What Do We Do?

- **Fund** Community Based Services (under Title 3 of the Older Americans Act)
- **Provide Information, Assistance & Education** to older adults, adults with disabilities and their families on a variety of issues like long term care services, housing & health and wellness
- **Advocate** on behalf of older adults, adults with disabilities and their families.
- **In Ohio, Administer** the programs designed to allow those over 60 who are eligible for Medicaid and otherwise would be living in a nursing facility to receive care in the community. Also may provide services to those under 60 with disabilities who qualify for these programs.
The Central Ohio Aging and Disability Resource Network (ADRN) is a collaborative effort of the Central Ohio Area Agency on Aging and community partners, designed to streamline access to long-term services and supports that promote community living, personal choice and independence for older adults and all persons with disabilities regardless of age. Central Ohio Community Partners Include:

**CareStar Case Management Agency**

**Centers for Independent Living**

- **MOBILE: Center for Independent Living** (Mid Ohio)
  690 High Street, Columbus, OH 43206

- **SOCIL (Southeastern Ohio Center for Independent Living)**
  Fairfield County Office, 418 South Broad Street, Lancaster, OH 43130
  (740) 689-1494
  Hocking County Office, 1369 East Front Street Logan, OH 43138 740-380-1475,
  www.socil.org

- **CDE Center for Disability Empowerment**
  510 E. North Broadway, Columbus, OH 43214, 614-575-8055
  www.disabilityempowerment.net

**Senior Service Providers**

- **SourcePoint**, 800 Cheshire Dr., Delaware, OH 43015,
  740-363-6677, www.mysourcepoint.org

- **Meals on Wheels Older Adult Alternatives of Fairfield Co**, 253 Boving Rd.,
  Lancaster, OH 43130, 740-681-5050, www.mowfc.org

- **Fayette County Commission on Aging**, 1179 S. Elm St., Washington Court
  House, OH 43160, 740-335-2159, www.fayettecoa.com

- **Franklin Co. Office on Aging**, 280 E. Broad St., 3rd Floor, Columbus, OH 43215,
  614-525-6200, www.officeonaging.org

- **Licking Co. Aging Program**, 1058 E. Main St., Newark, OH 43055,

- **Madison Co. Senior Center**, 280 W. High St., London, OH 43140,
  740-852-3001, www.mcsenior.org

- **Pickaway County Senior Center**, 2105 Chickasaw Dr., P.O. Box 565,
  Circleville, OH 43113, 740-474-8831 www.pickawayseniors.org

- **Union County Senior Services**, 940 London Ave., Marysville, OH 43040,
  937-644-1010, www.co.union.oh.us
Learn How to Be a Healthier You at Healthy U!

Healthy U is a free, 6-week workshop proven to help people with diabetes, asthma, arthritis, heart disease and other lifelong conditions to self-manage their symptoms and live healthier, happier lives.

For more information, contact 614-645-7250 or 1-800-589-7277 or visit www.coaaa.org

Healthy U - Because it’s never too late to learn how to be a healthier you!

Sponsored by the Central Ohio Area Agency on Aging

Navigating the Medicare system can be difficult.

Our experts at the Central Ohio Area Agency on Aging are ready to answer your Medicare questions!

Call us today to receive free unbiased information to help you make informed decisions.

We do not represent or sell insurance products.

Funded in part by: Franklin County Office on Aging

Your Aging and Disability Resource Network

1-800-589-7277 | www.coaaa.org