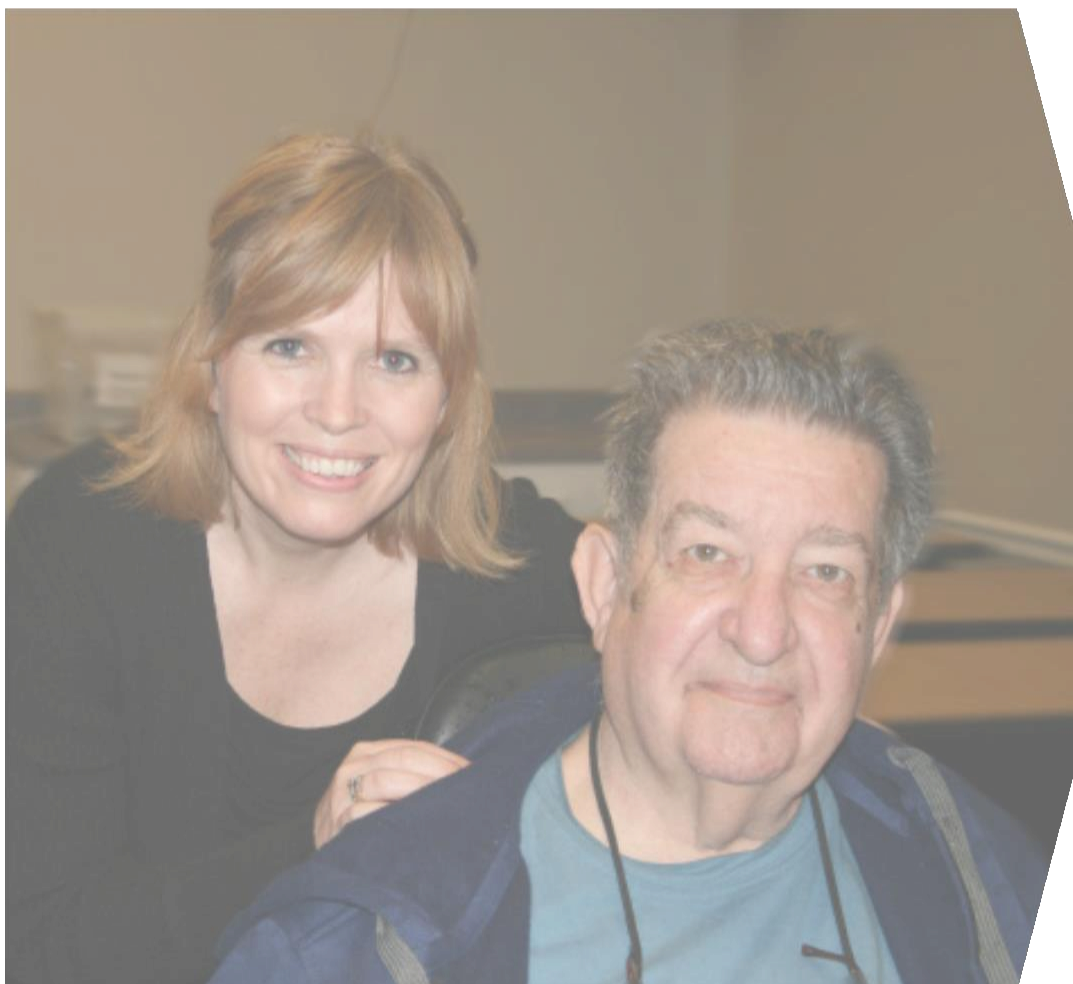
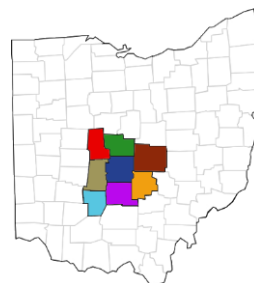


Central Ohio Area Agency on Aging **BOOKS, VIDEOS, AND WEBSITES** for Caregivers



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

**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 from our website www.coaaa.org under the RESOURCE Tab:

- Central Ohio Older Adults Resource Guide
- The Caregiver Toolbox
- Books, Videos and Websites for Caregivers
- Central Ohio Senior 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
- Central Ohio Moving and Transitions Guide
- Central Ohio HIRING In Home Care Guide(NEW)
- Central Ohio Kinship Care Guide(NEW)

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

- **Delaware**-SourcePoint 740-363-6677
- **Fairfield**-Meals on Wheels of Fairfield County 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 & Fact Sheets-To View on the Web or Purchase DVD Copies

- **www.mmlearn.org**-a wide variety of video and handouts on topics available for caregivers to view on a computer at no cost.
- **www.caregiver.va.gov**-The Veterans Administration has produced some very good videos and fact sheets for those in various caregiving circumstances. Call 800-260-3274 for caregiver questions and access to VA Caregiver services.
- **www.lifeviewresources.com**-Can purchase several caregiver videos including "The Educated Caregiver Series" & "A Family Guide to Alzheimer's Disease."
- **www.YouTube.com**-has some useful videos on caregiving issues—be careful to choose to watch those that are from professional organizations. Most are available to view at no cost.
- **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

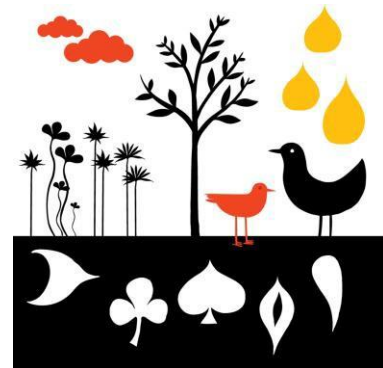
- **The Comfort of Home: An Illustrated Step by Step Guide for Caregivers.** Maria Meyer & Paula Deer, CareTrust Publications, 4th Ed., 2016. Also has a number of guides for people with particular illnesses & diseases-go to www.comfortofhome.com for more information.
- **Taking Care of Aging Family Members,** Wendy Lustbader and Nancy Hooyman, 1994.
- **The Caregiver Helpbook: Powerful Tools for Caregiving,** M Cleland and V. Schmall, 2013.
- **How to Care for Aging Parents, 3rd Ed.,** Virginia Morris, 2014.
- **Passages in Caregiving,** Gail Sheehy, 2010.
- **My Journey Through Eldercare: The Search for Peace and Meaning,** Bonnie Atwood. 2018.
- **Mom Loves You Best: Forgiving & Forging Sibling Relationships,** Cathy Jo Cress and Kali Cress Peterson, 2010.
- **They're Your Parents Too! How Siblings Can Survive Their Parents Aging without Driving Each Other Crazy,** Francine Russo, 2010.

Decision-Making/Planning

- **The Complete Eldercare Planner: Where to Start, Which Questions to Ask, & How to Find Help**, Joy Loverde, 2009.
- **The Blueprint to Age Your Way: Gather Your Information, Document Your Wishes, & Avoid the Unthinkable**, Debbie Pearson, 2017.
- **A Beginners Guide to the End: Practical Advice for Living Life and Facing Death**, BJ. Miller and S. Berger, 2019.
- **The Art & Science of Caregiving: Stories of Inspiring Elders with an End of Life Guidebook**. Annelise Schinzinger, 2019.
- **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.fivewishes.org.**
- **Informational videos and fact sheets on Medicare, www.medicare.gov.**

Death and Dying

- **Embracing Our Final Days: A Journey of Care to the End.** Lucy Smith and Mary Ann Evans, 2018.
- **Final Gifts: Understanding the Special Awareness Needs and Communications of the Dying**, Maggie Callahan and Patricia Kelley, 2012.
- **The End-of-Life Handbook**, David Feldman, 2008.
- **Midwife for Souls: Spiritual Care for the Dying**, Kathy Kalina, 2007.
- **Sacred Passage: How to Provide Fearless, Compassionate Care for the Dying**, Margaret Coberly, 2003.



Grief & Grieving

- **Ambiguous Loss: Learning to Live with Unresolved Grief**, Pauline Boss. 1999.
- **Loving Someone Who has Dementia: How to Find Hope While Coping with Stress and Grief**, Pauline Boss. 2011.
- **Disenfranchised Grief: New Directions, Challenges, and Strategies for Practice**, Ken Dolka, 2002.
- **On Grief and Grieving**, David Kessler and Elizabeth Kubler-Ross. 2005.
- **Getting Back to Life When Grief Won't Heal**, Phyllis Kosminsky. 2007.
- **Nobody's Child Anymore: Grieving, Caring and Comforting When Parents Die**, Barbara Bartocci, 2000.
- **When Men Grieve: Why Men Grieve Differently & How You Can Help**, Elizabeth Levang, 1998.
- **I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing after the Death of a Loved One**, Brook Noel and Pamela D. Blair, 2008
- **Orphaned Adult: Understanding & Coping with Grief and Change after the Death of Our Parents**, Alexander Levy, 2000.

Just for Children

- **When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving and Other Losses**, John W. James and Russell Friedman, 2002.
- **Always My Grandpa: A Story for Children about Alzheimer's Disease**, Linda Scacco, 2005.
- **Striped Shirts and Flowered Pants: A Story About Alzheimer's Disease for Young Children**, Barbara Schnurbush, 2007.
- **I Miss Grandma Workbook: Teaching Children About Alzheimer's Disease Photographic Edition**, Michael Basso, 2011.
- **When My Grandma Sings**, Robena Eqemonye, 2010.
- **My Heart Hurts: A Grief Workbook for Children**, Karen Jagers, 2017.



Making the Home Accessible

- **Build Your Spaces: How to Create an Accessible Home for You, Your Family and Your Future.** Julie Sawchuk, 2019.
- **The Accessible Home: Designing for All Ages and Abilities,** Deborah Pierce, 2012.
- **Accessible Home: Updating Your Home for Changing Physical Needs,** The Editors of Creative Publishing International, 2003.
- **Home Accessibility–300 Tips for Making Life Easier,** Shelley Peterman Schwarz, 2011.
- **Practical Improvements for Older Homeowners,** Rick Peters, 2009.
- **Universal Design,** Barbara Kruger, 2010.
- **Home Modification Information– 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.
- **Downloadable Fact Sheets:**
 - A Home Fall Prevention Checklist for Older Adults, www.cdc.gov.
 - Homefit Guides, www.aarp.org.

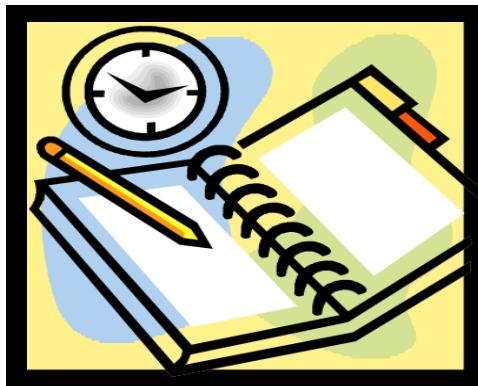
Resources on Specific Diseases

Dementia/Alzheimer’s Disease

- **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 You Tube 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 and Peter V. Rabins, 2011.
- **Love is Ageless — Stories About Alzheimer’s Disease,** Jessica Bryan, 2003.
- **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,** Lisa Radin and Gary Radin, 2008.
- **A Caregiver’s Guide to Alzheimer’s Disease: 300 Tips for Making Life Easier,** P. Callone, B. Vasiloff, R. Brumbach and J. Manternach, 2005.
- **A Dignified Life: The Best Friend’s Approach to Alzheimer’s Care, A Guide for Family Caregivers,** Virginia Bell and David Troxel, 2002.
- **The Alzheimer Disease Caregiver’s Handbook: What to Remember When They Forget.** Sally Burbank and Sue Bell, 2018.

Parkinson's Disease

- **Everything You Need to Know About Parkinson's Disease**, Lianna Marie, 2015.
- **A Parkinson's Primer: An Indispensible Guide to Parkinson's Disease for Patients and Families**, John Vine, 2017.
- **Saving Milly: Love, Politics and Parkinson's Disease**, Morton Kondracke, 2001.
- **Living Well with Parkinson's**,
G. Atwood, R. Feldman, L. Green Hunnewell and R. Saucier Moore, 2007.
- **The Muhammed Ali Center: 100 Questions and Answers About Parkinson's Disease**,
Abraham N. Lieberman, 2009.



Stroke

- **Healing the Broken Brain: Leading Experts Answer 100 Questions About Stroke Recovery**, Dr. Mike Dow et al., 2017.
- **Living In An Alien Body: Surviving Stroke**, Carla McCloskey, 2020.
- **Living With Stroke: A Guide For Families - Help and Hope for All Those Troubled by Stroke**, Richard Senelick, Peter Rossi and Karla Dougherty, 2010.
- **The Stroke Recovery Book: A Guide for Patients and Families**, Kip Burkman, 2010.
- **The Family Guide to Surviving Stroke and Communication Disorders**
Dennis Tanner, 2007

How to Find What Assistance is Available?

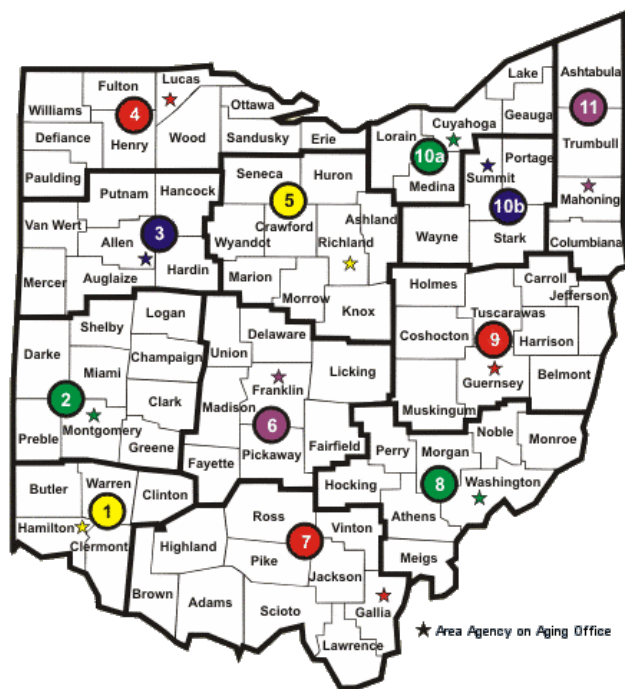
- **Eldercare Locator**- 800-766-1116 (www.eldercare.acl.gov) Free information on services anywhere in the United States.
- **Free Long Term Care Assessment**- 1-800-589-7277 (www.coaaa.org) **Free in home consultation** to help families make long term care choices.
- Some counties in Ohio **have local 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



- **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.



Area Agencies on Aging in Ohio by Multi-County Area

Council on Aging of SW Ohio (Area 1)

175 Tri County Parkway
Cincinnati, OH 45246
800-252-0155 or 513-721-1025

Area Agency on Aging, PSA 2

40 W. Second Street, Suite 400
Dayton, OH 45402
800-258-7277 or 937-341-3000

Area Agency on Aging 3, Inc.

2423 Allentown Rd.,
Lima, OH 45805
800-653-7277 or 419-222-7723

Area Office on Aging of NW Ohio (Area 4)

2155 Arlington Ave.
Toledo, OH 43609-0624
800-472-7277 or 419-382-0624

Ohio District 5 Area Agency on Aging, Inc

2131 Park Ave. W.
Ontario, OH 44906
800-860-5799 or 419-524-4144

Central Ohio Area Agency on Aging (Area 6)

3776 S. High St.
Columbus, OH 43207
800-589-7277 or 614-645-7250

Area Agency on Aging, District 7, Inc.

F32-URG, PO Box 500(Mail only)
160 Dorsey Dr.
Rio Grande, OH 45674-0500
800-582-7277 or 740-245-5306

Buckeye Hills Area Agency on Aging (Area 8)

P.O. Box 370 (mail only)
Reno, OH 45773-0370
1400 Pike St.
Marietta, OH 45750
800-331-2544 or 740-373-6400

Area Agency on Aging Region 9, Inc.

710 Wheeling Ave. Cambridge, OH 43725
800-945-4250 or 740-439-4478

Western Reserve Area Agency on Aging (Area 10A)

1700 E. 13th St., Suite 114, Cleveland, OH 44114
800-626-7277 or 216-621-8010

Direction Home Area Agency on Aging (Area 10B)

1550 Corporate Woods Pkwy.
Uniontown, OH 44685
800-421-7277 or 330-896-9172

Direction Home of Eastern Ohio(Area 11)

1030 N. Meridian Rd.,
Niles, Ohio 44509
800-686-7367 or 330-505-2300

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

2760 Airport Dr., #130, Columbus, OH 43219, 614-751-7777, www.carestar.com

Centers for Independent Living

- **MOBILE: Center for Independent Living** (Mid Ohio)
690 High Street, Columbus, OH 43206
614-443-5946, www.mobileonline.org
- **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, Ohio 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

- **Source Point**, 800 Cheshire Dr., Delaware, OH 43015,
740-363-6677, www.mysourcepoint.org
- **Meals on Wheels of Fairfield Co**, 1515 Cedar Hill 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,
740-345-0821 or 800-452-0097, www.lcap.org
- **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
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1-800-589-7277 | www.coaaa.org

