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Recommended Books on Caregiving and Aging

Caregiving In General

Morris, V. (2004). [*How to care for aging parents*](#). New York: Workman Publishing.

Sheehy, G. (2010). [*Passages in caregiving: turning chaos into confidence*](#). New York: William Morrow.

McCullough, D. (2008). [*My mother, your mother: embracing "slow medicine", the compassionate approach to caring for your aging loved ones*](#). New York: HarperCollins.

Span, P. (2009). [*When the time comes: Share their struggles and solutions*](#). New York: Grand Central.

Lebow, G. & Kane, B. (1999) [*Coping with your difficult older parent: A guide for stressed-out children*](#). New York: Avon.

Caring for Someone with Alzheimer's Disease

Mace, N. & Rabins, P. (2006). [*The 36-hour day: A family guide to caring for persons with Alzheimer's disease, related dementing illnesses, and memory loss in later life*](#). Ann Arbor: John Hopkins University Press.

Kuhn, D. (2003). [*Alzheimer's Early Stages: First steps for family, friends and caregivers*](#). Ann Arbor: Sheridan.

Coste, J.K. (2003). [*Learning to speak Alzheimer's: A groundbreaking approach for everyone dealing with the disease*](#). New York: Houghton Mifflin.

Aging in General

Vaillant, G. (2003). [*Aging well. Surprising guideposts to a happier life from the landmark study of adult development*](#). Boston: Little Brown & Co.

Hill, R. (2008). [*Seven strategies for positive aging*](#). New York: WW Norton & Co.

Please see my website www.agewisecounseling.com for more information about Caregiving and Aging