

Provider Resources
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Hidden Gems: Key Websites Focused on Research, Practice, and Policies

RESOURCE	DESCRIPTION
<u>AARP Family Caregiving</u>	AARP Caregiving provides articles, fact sheet, message boards, policy advocacy, resources, plus more.
<u>Administration for Community Living (ACL)</u>	The ACL offers programs, councils, and research projects that help to support and empower those caring for older adults and people with disabilities.
<u>Benjamin Rose Institute on Aging</u>	Benjamin Rose Institute on Aging, in collaboration with Family Caregiver Alliance, created a curated registry of evidence-based intervention programs for dementia caregivers. The website contains program descriptions, training requirements, costs, and contact information. It's a valuable resource for learning about the latest research-based intervention programs.
<u>Family Caregiver Alliance (FCA)</u>	FCA offers a wealth of on-line education and support programs for caregivers of persons with neurological conditions such as stroke, TBI, and dementia. FCA also trains providers broadly in many dimensions of caregiving and is a leader in the state of CA in program development and evaluation.
<u>National Alliance for Caregiving (NAC)</u>	A national organization focused on addressing the public policy needs of families. Leader in innovative research and regularly publishes reviews and white papers on timely topics.
<u>National Institute on Aging (NIA)</u>	Resource Guide for Alzheimer's Caregiving
<u>Rosalynn Carter Institute for Caregivers</u>	Non-profit organization that leads research projects and strategic initiatives, developing and implementing evidence-based programs, and advocating for public policy.

Keeping Current: Reports, Briefs, & White Papers

RESOURCE	DESCRIPTION
<u>AARP & NAC Report</u>	Caregiving in the US: released every 5 years, this is a current profile of all caregivers (not just CG of PLWD). Sub-reports offer diversity insights.
<u>AARP Public Policy Institute</u>	They offers many publications regarding caregiving. Most recent topics: Long-Term care, Hospital at Home, & Discrimination at Work.
<u>Alzheimer's Association Report</u>	Facts & Figures: released yearly in March focuses on Alzheimer's and related dementias and contains an excellent section on caregivers.
<u>American Psychological Association (APA) Briefcase</u>	Caregiver Briefcase is designed to help professionals assist family caregivers through individual and organizational practice, research, teaching and community service. NOTE: will be fully updated in 2024.
<u>NAC Spotlight Series</u>	This series offers unique insights into the challenges facing family caregivers and those who serve them. Recent topics: Mental Health, Workplace Lessons, Assessing CR Pain.
<u>NAC Special Population Briefs</u>	This series of briefs provide information on different populations of CG: Baby Boomers, Diverse Pop., Long Distance, Rural, Sandwich Gen., & Young CGs.

Keeping Current: Books

TITLE	DESCRIPTION
<u>Family Caregiver Distress</u>	Part of the Advances in Psychotherapy, Evidence-Based Practice series, this book offers clinicians practical advice on working with distressed caregivers. It is intended as a “primer” for providers who may have little experience working with family caregivers.
<u>Treating Later-Life Depression: A Cognitive-Behavioral Therapy Approach, Clinician Guide</u>	This clinician guide is designed to address and alleviate depression and related concerns (chronic pain, sleep problems, anxiety, brain health, family caregiving and grief) in middle-aged and older adults.
<u>Treating Later-Life Depression: A Cognitive-Behavioral Therapy Approach, Workbook</u>	This workbook is the companion to the Clinician Guide.
<u>Caregivers are Mad as Hell</u>	Written by a journalist turned caregiver, she highlights the realities of caregiving and points out the gaps in care for the caregivers.
Caregiver Journey Books (All available on Amazon)	<p>Written by caregivers, these books offer insights into the caregiver journey not readily found in other places.</p> <ul style="list-style-type: none"> • Comer, M. (2014). <i>Slow dancing with a stranger: Lost and found in the age of Alzheimer’s</i>. Harper Collins. • Davidson, A. (1997). <i>Alzheimer’s, a love story: One year in my husband’s journey</i>. Birch Lane Press. • Davidson, A. (2015). <i>A curious kind of widow: Loving a man with advanced Alzheimer’s</i>. Daniel & Daniel Publishers. • Graboys, T. B., & Zheutlin, P. (2008). <i>Life in the balance: A physician’s memoir of life, love, and loss with Parkinson’s disease and dementia</i>. Union Square Press. • Kleinman, A. (2019). <i>The Soul of care: The moral education of a husband and a doctor</i>. Penguin Books. • Thelwell, D. (2014). <i>The dance: Our journey through frontotemporal degeneration</i>. CreateSpace Independent Publishing Platform. <p>Yalom, I. & Yalom, M. (2022). <i>A matter of death and life – the famed psychiatrist writes about caregiving for his wife with terminal cancer</i>. Redwood Press, Stanford, CA.</p>

Keeping Current: Films about Caregiving

TITLE	DESCRIPTION
<i>Still Alice (2014).</i> <i>Sony Pictures Classics.</i>	A linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's Disease.
<i>Iris (2001).</i> <i>Miramax Films.</i>	True story of the lifelong romance between novelist Iris Murdoch and her husband John Bayley, from their student days through her battle with Alzheimer's disease.
<i>Robin’s Wish (2020).</i> <i>Quotable Pictures.</i>	An intimate portrait of Robin Williams and his invulnerable spirit, Robin's Wish is the story of what really happened to one of the greatest entertainers of all time - and what his mind was fighting.
<i>The Father (2020).</i> <i>Sony Pictures Classics.</i>	A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality.

Note: Movie synopses taken from IMBb at <https://www.imdb.com/>

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