

Recommended Consumer Health Books on Aging and Eldercare

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Getting Older

In compiling this column, I looked at over *forty* books on the topics of aging and eldercare. Ultimately, I selected the following books based on their currency and relevance to an ever changing topic. Many of the best books are published by universities or by scientific publishers, rather than by the major commercial publishing houses. I think you will find below a nice mix of books both for the older person and for those who care for an older person. Some of the major subjects covered include: depression in the elderly, practical tips for homebound seniors, viable mental and physical activities, and information on common diseases and medical problems.

Bazan-Salazar, Emila. *Alzheimer's Activities That Stimulate the Mind*. New York: McGraw-Hill, 2005. 256 pages. \$16.95. ISBN: 0071447318.

Includes games, exercises, crafts, and excursions that are good for the patient with Alzheimer's

Beerman, Susan and Rappaport-Musson, Judith. *Eldercare 911: The Caregiver's Complete Handbook for Making Decisions*. Buffalo, NY: Prometheus Books, 2005. 304 pages. \$20.00. ISBN: 1591022932.

Appropriate for the grown child who has to make decisions on care for an elderly, ailing parent. Provides resources, checklists, and lots of practical advice. Some chapters on handling the emotional stress of caregiving. Lots of eldercare alternatives are discussed.

Beers, Mark, ed. *The Merck Manual of Health & Aging: The Comprehensive Guide to the Changes and Challenges of Aging-for Older Adults and Those Who Care For and About Them*. Whitehouse Station, NJ: Merck Research Laboratories, 2004. 961 pages. \$29.95. ISBN: 091 1910360.

An easy to read, comprehensive consumer reference. Explains what can be done to optimize how people age, prevent disease, and improve health. Focuses on the healthcare system for older adults and the disorders they are likely to experience.

Delahanty, Hugh and Ginzler, Elinor. *Caring for your Parents: The Complete AARP Guide*. New York: Sterling Pub., 2005. 221 pages. \$19.95. ISBN: 1402717393.

Based on a 32-page National Magazine Award-nominated special feature, *Caring for Your Parents*. Practical and emotional advice. Sensitive advice on how to approach your parent and realistic advice on how to get through the maze of finance and health care issues.

Dugan, Elizabeth. *The driving dilemma : the complete resource guide for older drivers and their families*. New York : Collins, c2006. 283 pages. \$14.95 ISBN 9780061142185

This book provides a resource for older drivers and families facing questions about driving safety. Topics include assessing fitness to drive, medical conditions that increase driving risk, license regulations, learning to talk about change, and more.

Einstein, Gilles O. and McDaniel, Mark A. *MemoryFitness: A Guide for successful aging*. New Haven: Yale University Press, 2004. 304 pages. \$35.00. ISBN: 030010023X.

Memory changes with age and the difference between memory change and the symptoms of Alzheimer disease are explored in this guide. Various techniques and strategies for improving memory.

Fredrickson, Eric. *How To Avoid Falling: A Guide For Active Aging And Independence*. New York, Firefly Books, 2004. \$19.95. 128 pages. ISBN: 1554070198.

Simple, easy-to-understand tips on exercise and equipment to use for older people, with or without limited mobility. Illustrations are clear and easy to follow.

Fries, James F *Living Well: Taking Care of Yourself in the Middle and Later Years*. 4th ed. New York, Da Capo Press, 2004. 366 pages. \$18.00. ISBN: 0738209554.

A general book of pitfalls of old age and how to avoid them. Diseases, finances, advance directives. A nice, broad overview to introduce you to the topic.

Landefeld, C. Seth, [et al.], eds. *Current Geriatric Diagnosis and Treatment*. New York: Lange Medical Books/McGraw-Hill, 2004. 600 pages. \$59.95. ISBN: 0071399240.

An easy to read professional textbook. Diagnosis and therapy of most of the common problems in the geriatric patient.

Mace, Nancy L. and Rabins, Peter V. *The 36-hour Day: A Family Guide to Caring for People with Alzheimer Disease, Other Dementias, and Memory Loss in Later Life*. 4th ed. Baltimore: Johns Hopkins University Press, 2006, 324 pages. \$20.95. ISBN: 9780801885105.

A classic text for caregivers. Great advice on how to survive the very difficult task of caring for the family member with memory loss.

Morris, Virginia and Butler, Robert M. *How to Care for Aging Parent*. Revised ed. New York: Workman Pub., 2004. 656 pages. \$18.95. ISBN: 0761134263.

The best and bestselling book of its kind. Originally published in 1995, it won a Books for a Better Life Award and was praised as "an indispensable book" (AARP) and "a compassionate guide of encyclopedic proportion" (*The Washington Post*).

Palmer, Robert and Beal, Eileen. *Age Well!* Cleveland, Ohio: Cleveland Clinic Press, 2007. 186 pages \$14.95. ISBN: 9781596240421

This Cleveland Clinic easy to read guide offers help to remain healthy, mobile, and mentally sharp. Topics include the biology of aging, eating for life, pumping iron, the aging brain, taking care of the caregiver, myths of aging, natural medicines, and more

Rabins, Peter. *Getting Old Without Getting Anxious*. New York: Avery, 2005. 272 pages. \$14.95. ISBN: 1583332103.

A Johns Hopkins trained MD writes this consumer text on the psychological factors behind growing older and suffering from anxiety. Subjects include strategies to most effectively ease the anxious mind, tips for strain relief on the caregivers of these individuals, and new ways to help a loved one cope with and conquer an anxiety disorder.

Shankel, William Rodman and Amen, Daniel G. *Preventing Alzheimer's: Ways to Prevent, Delay or Halt Alzheimer's and Other Forms of Memory Loss*. New York: G.P. Putnam's Sons, 2004. 280 pages. \$25.95. ISBN: 0399151559.

This is a groundbreaking new approach to the diagnosis, treatment, and delay of the onset and progression of Alzheimer's disease and related disorders. The book combines effective screening and monitoring techniques with medication, nutritional supplements, and physical exercise.

Wisniewski, Thomas M. *100 Questions & Answers About Alzheimer's Disease*. Boston: Jones & Bartlett Pub., 2004. 213 pages. \$16.95. ISBN: 0763732540.

The only text to provide a doctor's and patient's view. *100 Questions & Answers About Alzheimer's Disease* gives you authoritative, practical answers to your questions about treatment options, quality of life, caregiving, and much more.