

Local Resources

Aging & Disability Resource Center of Dane County (ADRC)

www.daneadrc.org

Information about resources and support on all aspects of life related to aging or living with a disability.

Dementia Care Specialist at ADRC

Joy Schmidt

(608) 240-7400

schmidt.joy@countyofdane.com

Oregon Area Senior Center

www.oregonareaseniorcenterwisconsin.com

Provides support, services, and opportunities for older adults to remain as independent as possible.

- Free case management services
- Adult Day Program three mornings each week

Call (608) 835-5801 for more information.

FIND MORE GREAT READS!

oregonpubliclibrary.org/adult/recommendations

Online Resources

You can use these information sources from anywhere with internet access.

Alzheimer's Association

www.alz.org

Leading Alzheimer's care, support, and research.

ALZ Connected

www.alzconnected.org

Free, online community for everyone affected by Alzheimer's or another dementia.

Alzheimers.gov

www.alzheimers.gov

The federal government portal to information on Alzheimer's disease and related dementias care, research, and support.

BadgerLink

badgerlink.dpi.wi.gov

Online resources for Wisconsin residents including reliable health information.



OREGON PUBLIC LIBRARY

256 Brook Street, Oregon, WI 53575
(608) 835-3656 ♦ www.oregonlibrary.org
A member of the South Central Library System

Oregon Public Library
Book Recommendations
Created by staff



RESOURCES FOR ADULT CAREGIVERS



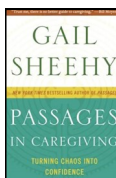
oregonpubliclibrary.org

Updated 06/21

Books for Caregivers

Passages in Caregiving

by Gail Sheehy
362 SHE



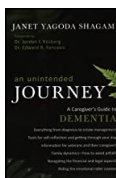
Eldercare 101

by Mary Jo Saavedra
362.63 SAA



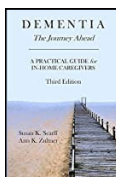
An Unintended Journey

by Janet Yagoda Shagam
616.8 SHA



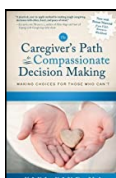
Dementia: The Journey Ahead

by Susan Kiser Scarff
616.831 SCA



The Caregiver's Path to Compassionate Decision Making

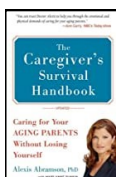
by Viki Kind
649.8 KIN



Books for Caregivers of Family Members

The Caregiver's Survival Handbook

by Alexis Abramson
306.874 ABR



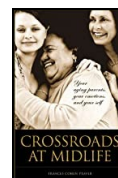
The Bittersweet Season

by Jane Gross
306.874 GRO



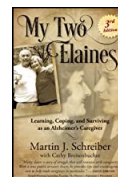
Crossroads At Midlife

by Frances Cohen Praver
306.874 PRA



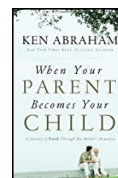
My Two Elaines

by Martin J. Schreiber
362.19 SCH



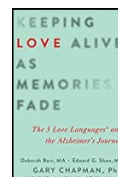
When Your Parent Becomes Your Child

by Ken Abraham
362.196 ABR (book)
CD 362.196 ABR (audiobook)



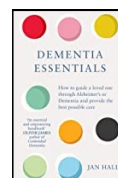
Keeping Love Alive as Memories Fade

by Gary D. Chapman
616.831 CHA



The Emotional Survival Guide for Caregivers

by Barry Jacobs
649.8084 JAC



Books on Dementia & Alzheimer's

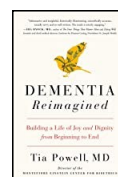
Dementia Essentials

by Jan Hall
616.8 HAL



Dementia Home Care

by Tracy Cram Perkins
616.8 PER



Dementia Reimagined

by Tia Powell
616.8 POW

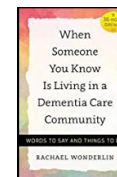
Creative Engagement

by Rachael Wonderlin
616.83 WON



When Someone You Know is Living in a Dementia Care Community

by Rachael Wonderlin
616.83 WON



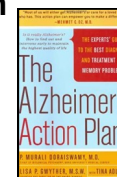
Understanding Alzheimers

by Naheed Ali
616.831 AKI



The 10 Best Questions for Living with Alzheimer's

by Dede Bonner
616.831



The Alzheimer's Action Plan

by P. Murali Doraiswamy
616.831 DOR

Mayo Clinic on Alzheimer's Disease and Other Dementias

By Johnathan Graff
616.831 GRA



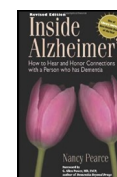
Alzheimer's Early Stages

by Daniel Kuhn
616.831 KUH



Mom's OK. She Just Forgets

by Evelyn McLay
616.831 MCL



Inside Alzheimer's

by Nancy D. Pearce
616.83 PEA