

Mercer County Library System

Caregiver Backpack Checklist

Please make sure all materials are placed back in the backpack before returning to the library.
You may keep any pamphlets or brochures you find useful!

BOOKS:

- A Caregiver's Workbook: A Guidebook to Becoming a Caregiver for Your Loved One*** by Kathy Macaraeg
- Age in Place: A Guide to Modifying, Organizing, and Decluttering Mom and Dad's Home*** by Lynda Shrager
- Caregiver's Survival Guide: Caring for Yourself While Caring for a Loved One*** by Robert Yonover and Ellie Crowe
- Elder Care: The Road to Growing Old is Not Paved*** by Buckley Fricker
- Peace of Mind for Your Aging Parents: A Financial, Legal, and Psychological Toolkit for Adult Children, Advisors and Caregivers*** by Kenneth O. Doyle
- The 36 Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Tther Dementias, and Memory Loss*** by Nancy L. Mace

MOVIES:

- Me Before You*** (2016). Rated PG-13; 106 minutes
- The Savages*** (2007). Rated R; 113 minutes
- You're Not You*** (2014). Rated R; 102 minutes

PAMPHLETS, BROCHURES & MORE : *You may keep these!*

- "ADRC" Information Sheet
- "Alternatives for Seniors, NJ Guide"
- "Bathing and Personal Care"
- "Caring for an older adult"
- "Caring for the Caregiver"
- "Caregivers and Respite Care"
- "Caregiving: How to get the whole family involved"
- Detera Drug Deactivation System pouch
- "Fire Safety for Older Adults"
- "Long Distance Caregiving"
- "MCDPH "File of Life""
- "Men and Caregiving"
- "New Lifestyles: Guide to Senior Living & Care"
- "NJ Dept. of Human Services, Division of Disability Services Resources 2018"
- "Rewards of Caregiving"

Thank you for checking this item out!

Please let us know if the backpack was helpful, or offer suggestions on how we can better suit your Caregiving needs, by completing and returning the included survey.