

Aging Parents: Resources for Caregivers

Compiled by Marian G. Rogers, October 2003

<http://www.legis.state.wi.us/lrb/pubs/tapthepower.htm>

As the Baby Boomer population ages, care of aging parents becomes an increasing concern. This bibliography introduces resources for caregiving and coping with an elderly parent. For ease of access during the LRB's upcoming move, all are available online only.

"About Alzheimer's". Alzheimer's Association, c2003.

Defines Alzheimer's disease, gives causes and risk factors, warning signs, diagnosis, treatment options, and stages of the disease. www.alz.org/AboutAD/overview.htm

"Aging Parents and Adult Children Together (A/PACT)". U.S. Federal Trade Commission, October 1998. Includes a 10-part series on caring for aging parents.

www.ftc.gov/bcp/online/pubs/services/apact

"Are Your Parents in Shape Financially? Assuring the Well-Being of Your Folks is Tough When They Don't Have an Adequate Nest Egg". Jeanne Sahadi, CNN/Money, June 13, 2002.

Outlines steps adult children can take to ease parents' financial worries. http://money.cnn.com/2002/06/10/retirement/q_parents

"The Caregiving Boom: Baby Boomer Women Giving Care". National Alliance for Caregiving, September 1998.

www.caregiving.org/babyboomer.pdf

"Caregiving Myths". University of Missouri at Kansas City, Center on Aging Studies Without Walls. Lists nine caregiver myths and rebuts each myth with the positive benefits of caregiving. Each rebuttal is rich with links to more information. <http://iml.umkc.edu/casww/myths.htm>

"Caring for Aging Parents: Managing the Details". AARP.

Taught by AARP's Independent Living/Long Term Care Team, this free, learning online course, "... aims to get you started by outlining some of the most common issues for caregivers and strategies for handling them." www.aarp.org/learn/course/Articles/a2003-06-13-detailsdescription.html

"Children Share the Care of Aging Parents". University of Virginia News, June 28, 2002. www.virginia.edu/topnews/releases2002/aging-parents-june-28-2002.html

"ElderKit". Fannie Mae, 2000. "[A] convenient way ... to record and maintain information about [an] older relative's personal and medical concerns." www.fanniema.com/global/pdf/aboutfm/responsibility/eldercare/elderkit.pdf

"Hearing Loss and Older Adults". National Institute on Deafness and Other Communication Disorders, August 4, 2003.

www.nidcd.nih.gov/health/hearing/older.asp

"How Changes in the Body, Driving Laws, and New Car Technology Affect Your Driving Ability". Wisconsin Department of Transportation, September 8, 2003. Describes changes experienced by older drivers and includes links to other sites.

www.dot.wisconsin.gov/drivers/drivers/aging/mature.htm

"Long Distance Caregiving". How to Care, Inc., c2000. Things to know and look for, coping strategies, steps to take, and resources. www.howtocare.com/caregiving.htm

"Low Vision and Aging". U.S. Administration on Aging. www.aoa.gov/NAIC/notes/lowvision&aging.html

"Options and Strategies for the Care of Your Aging Parents". AARP, Independent Living/Long Term Care Team. A free, online seminar "... designed to help you figure out how best to help your parents when they need hands-on caregiving. [You] will learn to identify the best strategies to care for your parent and to determine where and how to get assistance." www.aarp.org/learn/course/Articles/a2003-06-13-optionsdescription.html

"Our Aging Parents". Phyllis Kramer Hirschkop. A series of three articles by a caregiver coach. www.our-aging-parents.com/articles.html

- "As Our Parents Grow Old"
- "When Aging Parents Abuse Alcohol"
- "When Elderly Parents Reject Their Children's Advice"

"Promising Practices in Long Term Care Systems Reform: Wisconsin Family Care." Diane Justice, March 3, 2003. Prepared for the U.S. Department of Health and Human Services, www.dhfs.state.wi.us/LTCare/pdf/MedstatReport03-03-03.pdf

"Rating America's Nursing Homes". Gannett News Service Special Report, c2003. Includes a searchable database of "patient care quality ratings for 16,000 nursing homes nationwide," a report of 314 homes with no violations from 1999-2003, tips on choosing a home, and many related online resources.

<http://content.gannettonline.com/gns/nursinghomes>

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Continued

“Top Health Concerns for Older Adults”. University of Missouri at Kansas City, Center on Aging Studies Without Walls. A narrative summary of several age-related chronic diseases, includes caregiving implications and links to more information. <http://iml.umkc.edu/casww/topdozn.htm>

“When Employees Become Caregivers: A Manager’s Workbook”. U.S. Centers for Medicare & Medicaid Services. This online manual is a guide for businesses to provide support for employees serving as caregivers for aging parents. www.cms.hhs.gov/partnerships/tools/materials/caregiversresources/Final_Wkbook_online_version.pdf

“You and Your Aging Parents”. Jill Eversole Nolan, Ohio State University Extension *Fact Sheet*. “Most of us avoid thinking about the possibility that someday one or both of our parents won’t be self-sufficient. As a result, most families are unprepared to handle parents’ increased dependency. Here are some ways to help you plan for the part you might play as your parents age.” <http://ohioline.osu.edu/hyg-fact/5000/5201.html>

Related Web Sites:

www.dhfs.state.wi.us/forms/AdvDirectives/index.htm

“Advanced Directives”, Wisconsin Department of Health & Family Services. Provides access to Wisconsin legal forms for declaration to physicians (living will) and powers of attorney for health care and finance and property.

www.alz.org/Caregivers/overview.asp – “Alzheimer Caregivers”, Alzheimer’s Association “Day to Day Care, Caregiving challenges, coping, planning ahead, other resources”.

<http://wsll.state.wi.us/topic/elder.html#ELDERLAW> – “Elder Law”, Wisconsin State Law Library. Information on a variety of topics and links to local, state, and national agencies.

www.eldercare.gov – “Eldercare Locator”, U.S. Administration on Aging.

www.dhfs.state.wi.us/programs/elderly.htm?nav=mo

“Elderly Services in Wisconsin”, Wisconsin Department of Health & Family Services.

www.dhfs.state.wi.us/medicaid4/familycare.htm – “Family Care and Wisconsin Medicaid”, Wisconsin Department of Health & Family Services.

www.dhfs.state.wi.us/LTCare/INDEX.HTM – “Family Care: Options for Long-Term Care”. A pilot program in nine Wisconsin counties, the goal of Family Care is to foster independence and a good quality of life for seniors and persons with disabilities.

www.fpanet.org/plannersearch/plannersearch.cfm – “Find a Financial Planner,” National Financial Planning Support Center.

www.nho.org/templates/1/homepage.cfm – “Hospice Helpline”.

www.howtocare.com – “HowtoCare: Your Eldercare Survival Guide”.

www.lifelinesys.com – “Lifeline”. A commercial personal emergency response services company which gives elders 24/7 access to help by simply pressing a personal alarm help button.

www.lighthouse.org – “Lighthouse International: Hope When Vision Fails”.

www.medicalert.org – “MediAlert”. A commercial medical condition alert vendor.

www.naela.com – National Academy of Elder Law Attorneys.

www.caregiving.org – “National Alliance for Caregiving: a National Resource on Caregiving”.

www.elderabusecenter.org/default.cfm?p=caregiverhelp.cfm National Center on Elder Abuse. Family resources online includes “Elders and Families”, “Family Caregiver Supports”, and “Resources for Professionals”.

<http://209.107.44.93/NationalStroke/default.htm> – National Stroke Association.

www.nhtsa.gov/people/injury/olddrive – “Older Road Users”, National Highway Traffic Safety Administration. NHTSA’s mission is to “. . . help aging individuals recognize their changing abilities and adapt their transportation practices appropriately. Whether driving, walking or cycling.”

www.visitingangels.com – Visiting Angels: Living Assistance Services.

<http://longtermcare.state.wi.us/home> – Wisconsin Board on Aging and Long Term Care.

www.dhfs.state.wi.us/aging/contacts/COAGOF.HTM Wisconsin county and tribal aging offices.

www.dhfs.state.wi.us/seniorcare/index.htm?ref=hp “Wisconsin SeniorCare”, Wisconsin Department of Health & Family Services.

www.aoa.gov/NAIC/notes/default.htm – “Your Source for Information on Aging”, U.S. Administration on Aging, The Center for Communication and Consumer Services.

BadgerLink: www.badgerlink.net

Search the ProQuest Newspapers and EBSCOhost magazines databases for full text articles. Suggested search words: *adult children, aging parents and care, caregivers and adult children, and eldercare.*