

STRATEGIES

For more information on topics discussed in this audiobook, please consult the following:

STRATEGIES – ARE YOUR PARENTS SAFE AND SOUND?

Buckley's for Seniors

Email: Info@buckleys4seniors.com.

www.buckleys4seniors.com

703-918-9330

Golden Cuisine Direct

www.GoldenCuisine.com

Jitterbug Wireless Phone

www.jitterbug.com

MyCelery Service

To inquire or make an order, call toll-free 1-866-692-3537

www.mycelery.com

STRATEGIES – EMPOWER YOURSELF

The Cleveland Clinic

my.clevelandclinic.org/eclevelandclinic/myconsult/default.aspx

MDLiveCare

www.mdlivecare.com

700 Banyan Trail

Suite 200

Boca Raton, FL 33431

786-419-4661

Blue Cross/Blue Shield Guided Imagery Option

Please call the company's Alternative Medicine Service Center, part of its Options Program at 800-514-6502

The Leapfrog Group

www.leapfroggroup.org

202-292-6713

Joint Commission on Accreditation of Healthcare Organizations (JCAHO)

Search facilities by accessing www.jointcommission.org/QualityCheck

STRATEGIES – HOTLINE HELP FOR CAREGIVERS

Author website: www.gailsheehy.com

Family Caregiver Alliance

www.caregiver.org

800-445-8106

415-434-3388

180 Montgomery Street

San Francisco, CA 94194

CogniFit

www.cognifit.com

866-669-6223.

Area Agency on Aging

To find your local Area Agency on Aging, go to the Eldercare Locator website (www.eldercare.gov) and type in your zip code; or call 800-677-1116. You will be connected to a caseworker. Give a brief description of your loved one's situation.

National Association of Professional Geriatric Care Managers (NAPGCM)

www.caremanager.org

Click on Find a Care Manager. Type in your loved one's zip code or location.

STRATEGIES – BALANCING WORK AND CARE**Author's AARP website:**

www.aarp.org/family/caregiving/gail_sheehy

Service Employees International Union

www.seiu.org

Direct Care Clearing House

www.directcareclearinghouse.org

Share the Care

www.sharethecare.org

STRATEGIES – DESIGNATE A MEDICAL QUARTERBACK**HealthCare Advocates, Inc.**

www.healthcareadvocates.com

Center for Mind-Body Medicine

www.cmbm.org

Dr. Henry Dreher

hendrehz@aol.com

www.henrydreher.com

MEDLINE

www.pubmed.com

STRATEGIES – DON'T GIVE UP ON TRAVELING**Society for Accessible Travel & Hospitality (SATH)**

www.sath.org

Accessible Travel & Leisure (ALT)

www.accessibletravel.co.uk

Eurostar

www.eurostar.com

American Society of Travel Agents (ASTA)

www.travelsense.org

Candy Harrington

<http://candyharrington.com>

Avis Rent A Car “Avis Access” for Travelers with Disabilities

888-879-4273

STRATEGIES – REVISE YOUR ATTACHMENT**Powerful Tools for Caregivers**

To find a leader in your area, call Jean McFalls at 503-413-8018 or email caregiver@lhs.org

Legacy Caregiver Services

<http://legacyhealth.org>

503-413-7706 (Oregon)

360-487-1188 (Washington)

Well Spouse Association

www.wellspouse.org

STRATEGIES – DON'T SUCCUMB TO CAREGIVER GUILT**Next Step in Care**

www.nextstepincare.org

Lotsa Helping Hands

www.lotsahelpinghands.com

STRATEGIES – DOES YOUR COMPANY OFFER A CARE MANAGER?**Evercare's Solutions for Caregivers**

866-896-1895

http://evercarehealthplans.com/solutions_for_caregivers.jsp.

If you are self-employed or unemployed, call 866-463-5337 (Monday–Friday, 8:00 a.m. to 6:00 p.m. EST) and say, “I understand there’s a benefit program called Evercare Solutions for Caregivers, and I need help.”

STRATEGIES – WHAT KIND OF HOME CARE DO YOU NEED?**NYSARC Trust and Trust Services**

www.nysarc.org/family/nysarc-family-trust-services.asp#a

National Academy of Elder Law Attorneys, Inc. (NAELA)

703-942-5711

To find elder-care attorneys near you, enter your zip code into the organization’s searchable director of members at

<http://www.naela.org/MemberDirectory/>

STRATEGIES – CAN YOU AFFORD A GERIATRIC CARE MANAGER?**Home Instead**

888-484-5759

212-614-8057

<http://www.homeinstead.com/home.aspx>

SeniorBridge

866-506-1212

www.seniorbridge.com

Medicare Rights Center

www.medicarerights.org

800-333-4114

FROM CRISIS TO CLOSURE

1. Shock and Mobilization: **Advocate with Authority**
2. New Normal: **Turn Illness into Opportunity**
3. Boomerang: **Summon a Family Meeting**
4. Playing God: **Accept What You Cannot Change**
5. I Can't Do This Anymore! **Create a Circle of Care**
6. Coming Back: **Replenish Your Lifelines**
7. The In-Between Stage: **Prepare Your Own Path to Comeback**
8. The Long Good-bye: **Love Is Letting Go, Together**

RESOURCES

HOTLINES FOR CAREGIVERS

National disease organizations are excellent resources, primed to answer your first questions about the diagnosis you or your loved one has just received. Most have tools to help you decide among treatment recommendations. They also have local chapters that can steer you to telephone support groups. The following resources have been updated from the list provided in an excellent reference book, *AfterShock: What to Do When the Doctor Gives You—or Someone You Love—a Devastating Diagnosis* by Jessie Gruman, Ph.D.

CANCER

American Cancer Society: www.cancer.org. Hotline: (24/7) 800-227-2345. Cancer information specialists answer myriad questions about any kind of cancer, insurance, and employment rights after diagnosis.

Cancer Care: www.cancercare.org. Hotline: 800-813-4673. The website provides free counseling for cancer patients and caregivers. Oncology-trained social workers field queries about your disease, treatments, financial assistance, insurance. The hotline provides direct conversation and telephone support groups.

People Living with Cancer: www.plwc.org or www.cancer.net. (888-651-3038). The website provides detailed information on eighty-five types of cancer, articles on coping with the disease, and a national database of oncologists you can use to find those in your local area. No hotline. A service of American Society of Clinical Oncologists.

HEART DISEASE

American Heart Association: www.americanheart.org. Hotline: 800-242-8721. The website provides useful facts about most heart diseases, plus an online treatment decision tool. At the twenty-four-hour hotline, trained operators can amplify website information, but they cannot refer to doctors in your area or offer mental health support.

STROKE

American Stroke Association: www.strokeassociation.org. (888-478-7653). The website provides medical information and a database of doctors, hospitals, and rehabilitation centers known for quality care of stroke patients.

LUNG DISEASE

American Lung Association: www.lungusa.org. Helpline: 800-548-8252. The website gives general information about lung cancer, emphysema, and

chronic obstructive pulmonary disease (COPD), and includes online decision treatment tools for various conditions. Registered nurses answer questions about your disease, refer to a doctor in your area, counsel you on insurance, medication, and case management.

ALZHEIMER'S DISEASE

Alzheimer's Association: www.alz.org. Hotline: 800-272-3900. The website contains information about the disease, including treatments, statistics, and help for caregivers. It also includes information on Medicare and Medicaid insurance, and a list of clinical trials. The trained hotline operators handle general questions about the disease, treatment, insurance, and financial issues. They can transfer you to a clinician for help with decision-making tools, personalized advice, and caregivers' questions.

Alzheimer's Association StoryCorps: www.storycorps.org

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society: www.nationalmssociety.org. (800-344-4867). A fifty-state network of chapters offers job counseling, family programs, and volunteer opportunities. The national office's easy-to-use website has information about the disease, treatments, and affiliated treatment facilities.

PARKINSON'S DISEASE

National Parkinson's Foundation: www.parkinson.org. (800-327-4545). **American Parkinson Disease Association:** www.apdaparkinson.org. (800-223-2732). Both websites provide general information on Parkinson's and its treatment. The National Parkinson's Foundation site has an online library of articles that can be downloaded free. Neither national organization offers medical advice, mental health counseling, or doctor referrals. But each website has contact information for local chapters that may help you find some of these services.

ALS

Amyotrophic Lateral Sclerosis Association: www.alsa.org. Hotline: 800-782-4747. ALS hotline operators guide callers to website information and offer doctor referrals in your area. The site can also clarify your Medicare eligibility.

DIABETES

American Diabetes Association: www.diabetes.org. (800-342-2383). The easy-to-use website is packed with information. Click on Newly Diagnosed, and the site will walk you through the disease and its management in a straightforward and practical way.

AIDS

National Association of People with AIDS: www.napwa.org. (866-846-9366). NAPWA is the oldest national AIDS organization, as well as the world's first network of people living with HIV/AIDS in the world.

Centers for Disease Control and Prevention: www.cdc.gov. (800-CDC-INFO [800-232-4636]). CDC'S twenty-four-hour operators can refer you to local hotlines, clinics, counseling, and support groups. They don't offer mental health counseling or specific doctor referrals.

OTHER SERVICES

Veterans Administration: www1.va.gov/health/HealthWellness.asp. (800-827-1000, VA Benefits; or 877-222-8387, VA Health Care Benefits). The VA has a wealth of health information and programs available to veterans throughout the country. Use their website or hotline for insurance and financial assistance, chaplain and social services, and special programs for cancer, HIV/AIDS, diabetes, blindness, kidney disease, and service injuries.

HOSPICE PROGRAMS

The Hospice of the Florida Suncoast

5771 Roosevelt Blvd.

Clearwater, FL 33760

Mary Labyak, MSW

www.thehospice.org

National Hospice Work Group

217 Lakeshore Drive

Grosse Pointe Farms, MI 48236

Carolyn Cassin, MPA

www.nhwg.org

National Hospice Work Group

314 Loudonville Road

Loudonville, NY 12211

Amber Jones, M.Ed., BA

www.nhwg.org

Hope Hospice & Community Services

9470 Health Park Circle

Fort Myers, FL 33908-3617

Samira Beckwith, LCSW, FACHE

www.hopehospice.org

Hospice of Michigan

400 Mack Avenue

Detroit, MI 48201

Dottie Deremo, MSN, MHSA, RN, CNAA, CHE

www.hom.org

The Center for Hospice & Palliative Care, Inc.

225 Como Park Blvd.

Cheektowaga, NY 14227

Bill Finn, MBA
www.hospicebuffalo.com

Valley Hospice, Inc.
10686 State Route 150
Rayland, OH 43943
Cynthia Bougher, MSN, RN, CHPN
www.valleyhospice.org

Hospice of the Bluegrass
2312 Alexandria Drive
Lexington, KY 40504-3277
Gretchen Brown, MSW
www.hospicebg.com

San Diego Hospice and The Institute for Palliative Medicine
4311 Third Avenue
San Diego, CA 92103-1407
Jan Cetti, BSN, MS
www.sdhospice.org

Four Seasons Hospice & Palliative Care
571 South Allen Road
Flat Rock, NC 28731
Christopher Comeaux, CPA
www.fourseasonscfl.org

Hospice of Dayton, Inc.
324 Wilmington Avenue
Dayton, OH 45420
Deborah Dailey, MBA
www.hospiceofdayton.org

Capital Hospice
6565 Arlington Blvd., #501
Falls Church, VA 22042

Malene Davis, MSN, CHPN, MBA
www.capitalhospice.org

Hospice of Palm Beach County

5300 East Avenue
West Palm Beach, FL 33407-2387
David Fielding, BA, MS
www.hpbc.com

Good Shepherd Hospice

245 Old Country Road
Melville, NY 11747
Marianne Gillan, RN, BSN
www.goodshepherdhospice.org

Community Hospice of Texas

6100 Western Place
Fort Worth, TX 76107
Andrea Green
www.chot.org

Alive Hospice, Inc.

1718 Patterson Street
Nashville, TN 37203
Jan Jones, RN, BSN, FAAMA
www.alivehospice.org

Covenant Hospice

5041 N. 12th Avenue
Pensacola, FL 32504
Dale Knee
www.covenanthospice.org

**University of Colorado at Denver and Health Sciences Center
(UCDHSC)**

Academic Office 1

PO Box 6511

Aurora, CO 80045

Jean Kutner, MD, MSPH

www.uccc.info

The Corridor Group

2515 Ocean Avenue, Suite 3

San Francisco, CA 94132

Jeannee Parker Martin

www.corridorgroup.com

The Watershed Group

5745 SW 75th Street, #323

Gainesville, FL 32608

Patti Moore, RN, MSN

www.thewatershedgroup.com

Hospice Austin

4107 Spicewood Springs Road, #100

Austin, TX 78759

Marjorie Mulanax, MBA

www.hospiceaustin.org

Arent Fox LLP

1675 Broadway, 32nd Floor

New York, NY 10019

Connie A. Raffa, J.D., LL.M

www.arentfox.com

Hospice and Palliative Care of Cape Cod

765 Attucks Lane

Hyannis, MA 02601

David Rehm, MSW
www.hospicecapecod.org

Sutter VNA & Hospice
4830 Business Center Drive, #140
Fairfield, CA 94534
Marcia P. Reissig, RN, MS
www.suttervnaandhospice.org

National Hospice & Palliative Care Organization
1731 King Street, Suite 100
Alexandria, VA 22314
Don Schumacher, Psy.D.
www.nhpco.org

Midwest Palliative & Hospice
CareCenter
2050 Claire Court
Glenview, IL 60025
Mary Sheehan, RN, MSN, MBA
www.midwestpalliativeandhospicecarecenter.org

Hospice of the Western Reserve
300 E. 185th Street
Cleveland, OH 44119
David Simpson, MA, MSW
www.hospicewr.org

The Denver Hospice
501 S. Cherry Street, Suite 700
Denver, CO 80246
Bev Sloan, BS, MPH
www.thedenverhospice.org

The Community Hospice

295 Valley View Blvd.

Rensselaer, NY 12144

Ron Watson

www.communityhospice.org

Hospice and Palliative Care of Western Colorado

2754 Compass Drive, Suite 377

Grand Junction, CO 81506

Christy Whitney, RN, MSN

www.hospicewco.com

PALLIATIVE CARE PROGRAMS

www.getpalliativecare.org

*San Diego Hospice and The Institute for Palliative Medicine,
San Diego, California*

San Diego Hospice and the Institute for Palliative Medicine is one of the ten largest community-owned, not-for-profit hospice programs in the nation, caring for a thousand patients daily in their homes or other facilities in San Diego County. Services include hospital-based consult services, dedicated inpatient units, outpatient clinics, home hospice, and home health services. The program is led by Charles von Gunten, M.D., Ph.D., E-mail: cvongunten@sdhospice.org. Their website is www.sdhospice.org.

Fairview Health System, Minneapolis, Minnesota

Fairview is a health system-based palliative-care program with interdisciplinary consult teams, an outpatient clinic, and a strong focus on community hospitals and home care. The program is led by Lyn Ceronksy, MS, GNP, BC, and Sandra Gordon-Kolb, M.D., CPE, MMM. E-mail: lcerons1@fairview.org.

Palliative Care Center of the Bluegrass, Lexington, Kentucky

Palliative Care Center is a wholly owned subsidiary of Hospice of the Bluegrass. It provides palliative-care consultation to multiple community hospitals and academic medical centers. Program elements include outpatient clinic and consultation in long-term-care settings. The center is led by Gretchen M. Brown, MSW, President/CEO. E-mail: gretchen@hospicebg.com.

University of Alabama at Birmingham, Birmingham, Alabama

UAB provides clinical palliative-care and supportive-care services through inpatient consult services, home hospice coordination, and outpatient clinics. It is affiliated with the Birmingham VA Medical Center and is led by Christine S. Ritchie, M.D., MSPH; Rodney Tucker, M.D.; and Amos Bailey, M.D. E-mail: CRitchie@aging.uab.edu.

VCU Massey Cancer Center, Richmond, Virginia

VCU is an academic safety-net hospital and NCI-designated cancer center. It includes a consult service, dedicated inpatient unit, and rural outreach and active outpatient care programs. The center is led by Thomas J. Smith, M.D., and Patrick J. Coyne, MSN, APRN, BC. E-mail: tsmith@hsc.vcu.edu.

Akron Children's Hospital, Akron, Ohio

This is an academic children's hospital that maintains 24/7 inpatient and outpatient consult services. The hospital works closely with community hospice and long-term and homecare programs. The program is led by Sarah Friebert, M.D. E-mail: sfriebert@chmca.org.