

## **RESOURCES**

I have the following **carenotes** in stock and will mail them to you if you would like them. Leave me your name, address and telephone number and the titles of what you would like. My email is [blank8840@gmail.com](mailto:blank8840@gmail.com) OR you can call me at 310-338-9043 and leave me that info. Since I screen calls, always leave a message. I don't pick up until I know who it is.

### **Carenotes for "Caring for an Aging Parent**

1. Making the Most of Your Time in a Nursing Home
2. Caring for Yourself When You're Caring for Someone Ill
3. Feeling Overwhelmed by a Loved One's Illness
4. Becoming a More Confidant Caregiver
5. Overcoming Caregiver Depression
6. Family Caregiving: When it Wears You Down
7. Self-Care for Caregivers
8. Using Hospice Care When a Loved One is Terminally Ill
9. What is Palliative Care and When Is It Called For?
10. The Grief You Feel Before the Loss
11. Role Reversal – Caring for an Aging Loved One
12. What Everyone Should Know About Dementia
13. Living and Dying with Alzheimer's
14. End of Life Concerns: A Guide for Families
15. Coping When Someone You Love is Dying

### **OTHER RESOURCES**

1. The Alzheimer's Association of Los Angeles has a very valuable resource book on memory loss, care counseling, a helpline, support groups, assisted living facilities, home health agencies, transportation, elder care attorneys among many others. [AlzheimersLA.org](http://AlzheimersLA.org) or call 844-435-7259
2. Joseph Girard – Elder Care and estate planning attorney, Knights of Columbus member, [laelderlaw.com](http://laelderlaw.com)  
310-823-3943, 4560 Admiralty Way #254, Marina del Rey, Ca 90292
3. [Caregiverwarrior.com](http://Caregiverwarrior.com)
4. [Aarp.org/caregiving/](http://Aarp.org/caregiving/)
5. Local counseling for yourself or loved one – Airport Marina Counseling – 310-670-1410.  
7891 La Tijera Blvd, Westchester, Ca 90045; [amcshelps.com](http://amcshelps.com)
6. A Place for Mom – referrals to residential care facilities for the elderly (RCFE) – 1-888-857-0796
7. [Caring.com](http://Caring.com) – referrals to RCFE's and nursing home
8. [Homeinstead.com](http://Homeinstead.com) – 424-732-0593 at home care
9. [Visitingangels.com](http://Visitingangels.com) 6505 Sepulveda Blvd. ,Westchester, Ca 90045 323-291-0100 at home care.