

Caregiver Support

Books

[A Beginner's Guide to the End: Practical Advice for Living and Facing Death](#) (2019) / Dr. BJ Miller & Shoshana Berger

[The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself](#) (2017) / Linda Abbit

[The Dementia Caregivers Survival Guide](#) (2023) / Janet G. Cruz

[Stand By Me: A Guide to Navigating Modern, Meaningful Caregiving](#) (2024) / Dr. Allison J. Applebaum

Websites

[Care for Caregivers](#) / Garrison Institute

[Caregiver Resources](#) / Family Caregiver Alliance

[Complete Guide to Caregiving Tips](#) / HealthInAging.org

[Family Caregiving](#) / AARP

[Learning Institute for Global Hospice Training](#) / Hospice Foundation for Outreach and Washington University

[Next Step in Care](#) / United Hospital Fund

[Share the Care](#) / National Center for Civic Innovation

[VA Caregiver Support Program](#) / U.S. Department of Veterans Affairs