

Idlewild Presbyterian Church

The Sandwich Generation Group

Resource List

Caregiving: Sandwich Generation

Beren, Sophia. The Sandwich Generation's Guide: How to Cope when you are in the Sandwich Generation (Family and Relationships).

Bertini, Kristine. Strength for the Sandwich Generation: Help to Thrive While Simultaneously Caring for our Kids and our Aging Parents.

Rumrill, Dresden and Wickert. The Sandwich Generation's Guide to Eldercare.

Caregiving: Organization, Practicalities, & Tools

Porter, Robin. The Complete Caregiver's Organizer: Your Guide to Caring for Yourself while Caring for Others.

Quan, Kathy. The Everything Guide to Caring for Aging Parents: Reassuring Advice to Help You Support Your Loved Ones.

Philo, Jolene. The Caregiver's Notebook: An Organizational Tool and Support to Help you Care for Others.

Moore and Murphy. Caregiver's Workbook: Checklists and Worksheets for Family Caregivers.

Caregiving: General Support, Encouragement, & Help

Robards, Marti. Gentle Caregiver: Practical Advice and Support for the Family Caregiver.

Sheehy, Gail. Passages in Caregiving: Turning Chaos into Confidence.

Lee, Erin. Caregivers' Journal: Taking Care of Yourself While taking Care of Others.

Caregiving: Christian Prayers, Meditations, & Reflections

Dellinger, Annetta. Blessings and Prayers for Caregivers.

Jacobs, Barry. AARP Meditations for Caregivers: Practical, Emotional and Spiritual Support for You and Your Family.

Murphy, Cecil. My Parents, My Children: Spiritual Help For Caregivers.

Rosenberger, Peter. Hope for the Caregiver: Encouraging Words to Strengthen Your Spirit.

Caregiving: Self-Care for the Caregiver

Collins and Hawkins. Self-Care Reflections for Caregivers.

West, Susanne. Soul Career Caregivers: How to Help Yourself While Helping Others.

Hamilton, Jane. The Caregiver's Guide to Self Care; Help for Your Caregiving Journey.

Neff, Kristin. Self-Compassion: The Proven Power of Being Kind to Yourself.

Caregiving: Setting Boundaries With Loved Ones

Cloud and Townsend. Boundaries Updated and Expanded Edition: When to Say Yes, How to Say No to Take Control of Your Life.

Fitzpatrick, Jennifer. Cruising Through Caregiving: Reducing the Stress of Caring for Your Loved One.

Katherine, Anne. Where to Draw the Line: How to Set Healthy Boundaries Every Day.

Caregiving: Changing Roles With Older Teens and Young Adults

Howe, Michele. Empty Nest, What's Next? Parenting Adult Children Without Losing Your Mind.

Konstam, Varda. Parenting Your Emerging Adult: Launching Kids from 18 to 29.

Vogt, Susan. Parenting Your Adult Child: Keeping the Faith (and Your Sanity).

Caregiving: Online Resources

A.A.R.P. Article: Parenting Adult Children: Are You a Good Friend to Your Grown-Up Kid? (<https://www.aarp.org/home-family/friends-family/info-04-2013.html>)

The Conversation Project. (www.theconversationproject.org) An organization helping people talk about their wishes for end-of-life care. The focus is how to make difficult conversations easier and to make sure that the wishes of both caregivers and their ill loved ones are expressed and respected.

Daily Caring. Article: “How to talk With Parents About Aging: Five Tips and Conversation Starters” (www.dailycaring.com/how-to-talk-with-parents-about-aging-conversation-starters/)

National Public Radio. Interview transcript: How to Start Talking Details With Aging Parents. (www.npr.org/2012/11/12/164962541/how-to-start-talking-details-with-aging-parents)

Talk Early. Talk Often. (www.talk-early-talk-often.com) Resources and tools for end-of-life preparedness and discussions with family members.

Grown and Flown (www.grownandflown.com) Blog and resource list about parenting teens, young adults, navigating college life and beyond and becoming empty nesters.

Your Teen Magazine (www.yourteenmag.com) Online or print magazine discussing issues pertaining to parenting teenagers.

Death of A Loved One: some helpful lists (via links)

specific to TN:

<https://www.help4tn.org/node/297/when-loved-one-dies>

<https://www.tennesseeestatelawblog.com/2013/07/06/steps-to-take-in-tennessee-following-the-death-of-a-loved-one/>

Similar helpful checklists from national organizations:

<https://www.aarp.org/home-family/friends-family/info-06-2012/when-loved-one-dies-checklist.html>

[https://content.usaa.com/mcontent/static_assets/Media/Survivors_checklist_48291-1207\(2\)\(2\).pdf?cacheid=2432994325](https://content.usaa.com/mcontent/static_assets/Media/Survivors_checklist_48291-1207(2)(2).pdf?cacheid=2432994325)

Not specifically for TN, but is extremely thorough!
<http://www.legalvoice.org/after-death-occurs-checklist>

Note about elder care lawyers in Tennessee: Tennessee recognizes eldercare as a specific subspecialty of the law and allows certification in it; in order to advertise that credential, the attorney must take certain steps to receive that certification. The National Elder Law Foundation is the body that certifies elder care specialization. www.nelf.org