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*.


**Caregiving: Organization, Practicalities, & Tools**


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.*


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.*


### 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


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


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.


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


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.tennesseestatelawblog.com/2013/07/06/steps-to-take-in-tennessee-following-the-death-of-a-loved-one/

Similar helpful checklists from national organizations:

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](http://www.nelf.org)