



Resource List: Eldercare

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at focusonthefamily.com.

Included

[Books](#)
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Books

[The Art of Dying: Living Fully Into the Life to Come](#) by Rob Moll (2010) • 9780830837366 •

Christians can have confidence and hope—whether facing death themselves, caring for the dying, or grieving the passing of a loved one—because death is not the end. Preparing to die can help us truly live.

[A Caregiver's Survival Guide](#) by Kay Marshall Strom (2000) • 9780830822300 •

Whether you're caring for an elderly parent or other adult, be encouraged by the stories Strom shares from her life and those of others. She offers ideas for support, finances, relationships, and more.

[The Caregiving Season](#) by Jane Daly (2016) • 9781589978690 •

"Finding Grace to Honor Your Aging Parents"

[Caring for Aging Parents](#) by Richard Johnson, Ph.D. (2004) • 9780758657602 •

Caring for aging parents can be difficult and leave you feeling overwhelmed. But it *is* possible to make God-pleasing care decisions that honor your mother and father while still caring for yourself.

[Cherish the Days](#) by Martha Evans Sparks (2004) • 9780898272727 •

"Inspiration and Insight for Long-Distance Caregivers"

[Complete Guide to Caring for Aging Loved Ones](#) by Focus on the Family (2004) • 9781414301600 •

Whether you're facing the prospect of caring for an aging loved one or are currently in the midst of it, find help and hope to manage the practical, emotional, and spiritual aspects of caregiving.

[Family Squeeze: Tales of Hope and Hilarity for a Sandwiched Generation](#) by Phil Callaway (2007) • 9781590529164 •

Callaway writes about caring for his parents while raising three teens. He shares about what really matters in life and how to handle everything with grace.

[Keeping Love Alive As Memories Fade](#) by Gary Chapman, Debbie Barr, and Edward Shaw (2016) • 9780802414502 •

"The 5 Love Languages and the Alzheimer's Journey"

[Loving Your Parents When They Can No Longer Love You](#) by Terry Hargrave (2005) • 9780310255635 •

Hargrave helps you navigate the challenging role of caregiver and brings up potential issues. Each chapter includes questions that help you focus on personal thoughts *and* practical considerations.

[O Love That Will Not Let Me Go: Facing Death With Courageous Confidence in God](#) by Nancy Guthrie (2011) • 9781433516184 •

This collection of writings from classical and contemporary theologians and Bible teachers encourages believers to face death with a firm and confident belief in the character and promises of God.

The Overwhelmed Woman's Guide to Caring for Aging Parents by Julie-Allyson Ieron (2008) • 9780802452818 • (not currently available through Focus on the Family)

Drawing on personal experience, extensive interviews, and research, Ieron addresses common but stressful concerns: maintaining independence, dealing with medical issues, navigating the health-care system, and coping with anger.

A Promise Kept: The Story of Unforgettable Love by Robertson McQuilkin (1998) • 9780842350990 •

This is the true story of a love that endured the ravages of Alzheimer's. Caregivers will find encouragement to hold fast in the face of illness, and married couples will be inspired to keep the vows they made "in sickness and in health."

When Someone You Love Has Alzheimer's by Cecil Murphey (2004) • 9780834121324 •

When people we love suffer, we suffer, too. With short devotionals, Murphey offers spiritual hope and help for caregivers, and he encourages them to focus on God in the midst of struggles.

Where Is God? by Dr. John Townsend (2012) • 9780849964619 •

"Finding His Presence, Purpose, and Power in Difficult Times"

Broadcasts

Becoming the Widow's Advocate (Herb Reese, Robert Jenner, Ryan Dunn) • 9781624713279 •

When Reese discovered that a young widow in his church cried herself to sleep on the living room floor every night, he was inspired to start an organization that encourages and trains men in long-term care for widows and single moms.

Caregiving With Grace and Honor (Jane Daly) • 235000009670 •

Daly talks about the challenges and privilege of honoring her parents while caring for them in their later years. She shares thoughts from her book *The Caregiving Season*.

Caring for Your Aging Loved Ones (Dr. Margaret Cottle, Dr. Bill Toffler, Mrs. Marlene Toffler) • 9781624711725 •

Sharing personal experiences, guests encourage caregivers in their difficult decisions for aging loved ones. They also offer practical advice on assessing needs, dealing with family dynamics, and helping caregivers maintain emotional health.

Love in the Midst of Alzheimer's (Robertson McQuilkin) • 235000009779 •

When Alzheimer's attacked Muriel McQuilkin, her husband was compelled to leave behind a prestigious career to care for her. It wasn't easy, but Robertson had already made the decision in his heart years earlier when he vowed to love his bride in sickness and in health. Here, he shares the lessons he learned from his late wife about true love.

Loving Someone With Alzheimer's (Dr. Gary Chapman, Lisa Anderson) • 235000011161 •

Chapman and Anderson discuss the challenges families face when a loved one is diagnosed with Alzheimer's disease or dementia. They encourage caregivers and suggest ways to love and support someone with diminishing mental capabilities.

Navigating End-of-Life Decisions (Dr. Margaret Cottle, Jason Tippetts, Kara Tippetts) • 9781624718113 •

Cottle (a medical specialist who cares for the terminally ill) and the Tippetts share their hearts in dealing with Kara's incurable cancer—how they're handling grief, minimizing family conflict, helping young children cope, and how to care for Kara in her remaining days. They offer compassionate and godly perspectives on how to live well while facing a terminal diagnosis.

Reaching Out to the Elderly (Diane Doering, Kay Owen-Larson) • 9781624719837 •

Doering (Friends of the Forgotten) and Owen-Larson (Crossroads USA) share stories of hope and inspirational ideas for your family to reach out to the elderly population with the Gospel, serving them in love. Families at any stage can help alleviate the great loneliness found among many residents of care facilities.

Seeking God in Hard Times (Dr. John Townsend) • 9781624713699 •

God's grace through fellow believers can help us find healing and grace during pain and grief. Townsend explains why it's so important to seek help from a caring pastor, spiritual mentor, or professional counselor when going through hard times.

Focus on the Family Resource Lists and Q&As

Resource Lists

- focusonthefamily.com/family-q-and-a/resources-and-referrals

Find recommended resources and referrals listed by topic, including the following:

- **Chronic or Terminal Illness** • RL059 •
- **Comfort and Encouragement** • RL003 •
- **Female Health** • RL056 •
- **Grief and Loss** • RL045 •

Q&As

- focusonthefamily.com/family-q-and-a

Browse our Q&As for advice and encouragement.

Referrals

Focus on the Family Counseling Consultation Line

Focus on the Family offers a free phone counseling consultation with a licensed counselor. They're here to listen and pray with you, as well as provide initial guidance and resources to help you and your family. Phone 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT) to arrange a call back.

Focus on the Family's Christian Counselor Network

Search for licensed Christian counselors in your area: FocusOnTheFamily.com/FindACounselor

The Alzheimer's Association

225 North Michigan Avenue, Floor 17
Chicago, IL 60601
800/272-3900
alz.org

- This organization provides information to families afflicted by Alzheimer's disease.

Christian Association of PrimeTimers

P.O. Box 5000
Iola, WI 54945
800/443-0227
capmemberbenefits.org

- A Christian alternative to AARP, this organization provides money-saving values for those age 50 and over. They also offer products and services to encourage growth, as well as opportunities for service.

Christian Association of Senior Adult Ministries (CASA)

13646 Northeast 24th Street
Bellevue, WA 98005
888/200-8552
gocasa.org

- This ministry seeks to make a difference in the lives of those 50+ in the local church.

National Hospice and Palliative Care Organization

1731 King Street
Alexandria, VA 22314
703/837-1500
nhpco.org

- This organization is committed to improving end-of-life care and expanding access to hospice care to enhance the quality of life for the terminally ill and their loved ones.

National Institute on Aging

Building 31, Room 5C27
31 Center Drive, MSC 2292
Bethesda, MD 20892
800/222-2225
nia.nih.gov

- This organization provides information on aging and Alzheimer's disease.

Physicians for Compassionate Care

P.O. Box 1933
Yakima, WA 98907
503/533-8154
pccef.org

- This ministry promotes compassionate care for severely ill patients without sanctioning or assisting their suicide. They believe that a physician's role is to heal illness, alleviate suffering, and provide comfort for the sick and dying.

Referrals to secular organizations dealing with specialized areas of knowledge shouldn't be read as an indication that their stances necessarily align with Focus on the Family's perspective in all areas.