



WICKLIFFE PUBLIC LIBRARY RESOURCES FOR CAREGIVERS LIBGUIDE

When a person is thrust into the position of a caregiver, it is usually sudden and unexpected and rarely convenient or easy. It is usually stressful, confusing, and, at times, terrifying. There are people and organizations out there ready to lend a hand!

For this reason, the WKPL has created this LibGuide. It is designed to provide our patrons with a list of resources available through the internet, our databases (accessible via our website), our physical collection of books (held by WKPL or by our sister libraries within CLEVNET), and our digital collection of titles available through the Libby App and Kanopy App dealing with caregiving for loved ones who have a physical or mental disability. The information contained in these resources is designed to help individuals cope with the enormous pressure that caregiving places upon them and to put them in touch with local, state, and federal resources and organizations designed to help them cope.

If you do not know if you are a caregiver, ask yourself these [questions](#).¹

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¹ If any hyperlink in this document is broken or does not work, please email us at ref.desk@wickcliffe.lib.oh.us or call (440) 944-6010.

Caregiver Online Resources and Portals to Local, State, Federal Agencies, and Nonprofits

- **Federal Government**

- **VA Caregiver Support Program** – The VA Caregiver Support Program offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA health care system. The program’s mission is to promote the health and well-being of family caregivers who care for our Nation’s Veterans, through education, resources, support, and services.
- **Administration for Community Living** – This site provides links to a variety of websites related to eldercare, mostly related to long term care, insurance, and nursing/assisted living homes, and a **home healthcare services locator**.

- **State of Ohio**

- **Ohio Department of Aging** – The Ohio Department of Aging offers resources for older Ohioans, caregivers, and professionals in the aging network.
 - **Area Aging Agencies** – This link provides a list of the State of Ohio area aging agencies. The agency for our area is called the Western Reserve Area Agencies on Aging.
 - **How to Communicate as a Caregiver** – Every caregiving plan must be based on the wishes and consent of the people involved. Family members should never plan or intervene in the lives of their loved ones without their knowledge or consent. This link provides some helpful tips on how to communicate with the loved one under your care.
 - **Caregiver Support** --Various resources and portals for family caregivers.
 - **National Caregiver Support Program** – Through the National Family Caregiver Support Program, your area agency on aging and other local providers are ready to assist you with supports that may include: training, resources, information and support groups; respite care, adult day and medical alert services; personal care, chore services and home delivered

meals; yard work and home repairs; durable medical equipment and home modifications; and more.

- **Western Reserve Area Agency on Aging** -- The Western Reserve Area Agency on Aging (WRAAA) is a state agency on aging for region 10A of Ohio. WRAAA was organized and designated by the State of Ohio to be the planning, coordinating, and administrative agency for federal and state aging programs in Cuyahoga, Geauga, Lake, Lorain, and Medina counties. Building upon four decades of experience in providing services and support to individuals in need, WRAAA continues to expand our service portfolio in the long-term and healthcare delivery systems.

- **Lake County**

- **Lake County Council on Aging** – The Lake County Council on Aging of Ohio is a nonprofit organization dedicated to serving the needs of older adults, people with disabilities, their families, and caregivers. It provides a range of community-based services that can enhance quality of life, promote choice, and help people remain in their homes for as long as possible.
- **Lake County Caregiver Forum** - Once a year forum on caregiving.
- **Lake County Board of Alcohol, Drug Addiction, and Mental Health Services** Established by Ohio Statute, the ADAMHS Board is responsible for evaluating, planning, funding, and monitoring services to help Lake County residents who are dealing with a mental illness and/or addiction.
- **Lake County Veterans Service Commission** – The VSC is the local agency whose job is to provide services and advocacy for Lake County's Veterans. As County Veterans Service Officers, VSC employees act as liaisons between Veterans (and their dependents) and any agency from which they may be entitled to benefits, such as the Department of Veterans Affairs (VA), Federal, and State and local agencies.
- **Lake County Probate Court** – The probate court is the legal forum that will handle matters related to wills, estates, conservatorships, and guardianships (both minor and adult). In some instances, a caregiver may have to utilize the probate court to protect both themselves and the loved one in their care.

- **Probate Court Docket** - This is a link to the Lake County Probate Court's online docket where you can see what has been filed in pending or closed probate matters.
- **Probate Legal Forms** - This is a collection of probate forms, including forms on estate administration, guardianship, and conservatorship.
- **Adult Guardianship Education** -- Ohio mandates that all persons acting as guardians must take adult guardianship education, including a one-time fundamentals course and continuing education requirements for each following year. This page provides information/portals to both online and in-person classes.
- **Lake County Area Senior Centers** – The Lake County Council on Aging has compiled a list of all the senior centers within Lake County with their addresses and phone numbers under this link.
- **Laketrans Seniors on the Go** – Laketrans and the Lake County Board of Commissioners are partnering to provide Lake County senior citizens, 60 years and older, free Dial-a-Ride transportation in Lake County. Seniors on the Go is available to help residents access community resources and maintain independence. Destinations that seniors can access free of charge are senior centers, libraries, grocery stores and food pantries, fitness centers, beauty salons, farmers' markets, parks, barber shops, pharmacies.
- **City of Wickliffe**
 - **Wickliffe Senior Center** – Anyone 55 and over is eligible to take advantage of the resources of this senior center. Facilities include a fitness room, craft room, exercise classrooms, large dining area, dance room, billiard room, and more! Membership is required for daytime activities, classes, and programs. The cost is \$10 per year for Wickliffe residents and \$15 per year for non-residents.
 - **Wickliffe Public Library Homebound Program** – Wickliffe Public Library delivers books and other materials to individuals as well as several assisted living facilities in Wickliffe. Any Wickliffe resident who is temporarily or permanently

homebound can receive deliveries of books, books-on-tape, CD's or videos from the library.

- **Non-profits**

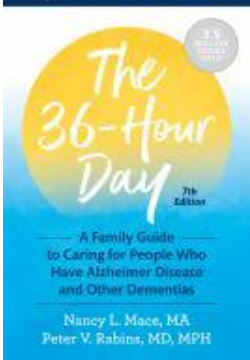
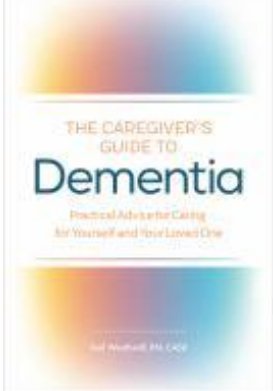
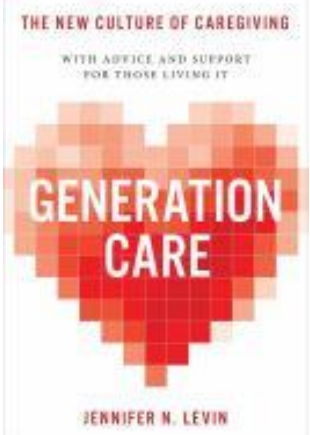
- **Council of Aging** – COA is a nonprofit organization dedicated to enhancing quality of life for older adults, people with disabilities, their families and caregivers. COA promotes choice, independence, dignity and well-being through a range of services that help people remain in their homes for as long as possible. This link leads to the COA's Caregiver Support Program.
- **Family Caregiver Alliance** – FCA has provided services to family caregivers of adults with physical and cognitive impairments, such as Parkinson's, stroke, Alzheimer's and other types of dementia. Its services include assessment, care planning, direct care skills, wellness programs, respite services, and legal/financial consultation vouchers.
- **Caregiver Action Network** – CAN works to improve the quality of life for tens of millions of family caregivers. These Americans care for loved ones with chronic conditions, disabilities, or diseases. CAN also supports those meeting the living needs of older adults. CAN serves a broad spectrum of family caregivers. This includes parents of children with significant health needs. It also includes families and friends of wounded soldiers: from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer's disease. Check out CAN's [Family Caregiver Toolbox](#).
- **Alzheimer's Association** – AA is a non-profit organization dedicated to Alzheimer's disease and other dementias. It provides support, education, advocacy, and research to individuals, families, and caregivers affected by these conditions. The link leads to AA's resources and support for caregivers.
- **Alzheimer's Foundation of America** – The mission of the AFA is to provide support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementia nationwide. The link leads to AFA's resources and support for caregivers.
- **Lewy Body Dementia Association** – The LBDA is the leading national organization dedicated to improving the lives of those living with Lewy body dementia. The link leads to LBDA's resources and support for caregivers.

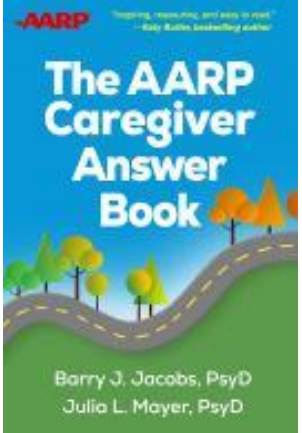
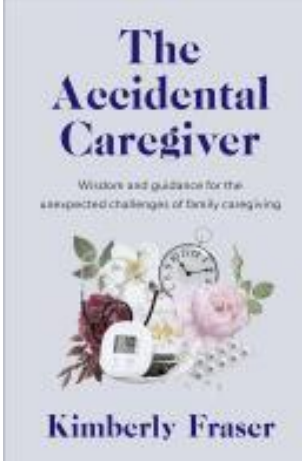
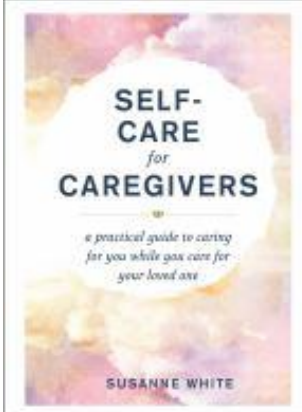
Databases Available Through WKPL / CLEVNET²

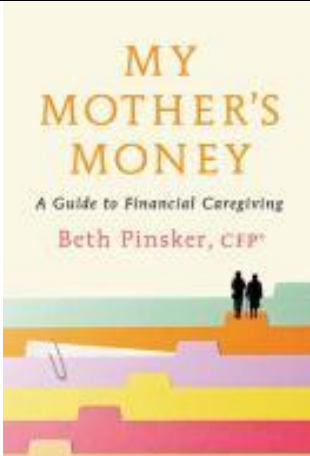
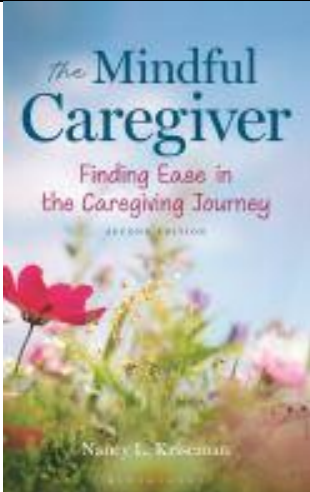
- **Gale Legal Forms** – Provides a wide selection of Ohio legal forms across the most popular legal areas. Includes real estate contracts, wills, powers of attorney, living wills, pre-marital agreements, bankruptcy, divorce, landlord-tenant, and many others. This resource also includes a comprehensive attorney state directory and a dictionary of legal definitions explained in easy-to-understand language.
- **United Way: First Call For Help (211OH)** – In an effort to increase access to a wide range of health and human services in the Cleveland area, United Way Services' First Call for Help (FCFH) has developed a web-based version of its "Reference" database. Access more than 1,000 agencies, 4,000 programs, and 10,000 services in our area by searching this valuable online resource.
- **Consumer Health Complete** – This database allows you to browse medical, health-related, and drug reference books. Read articles on health and fitness. Find sources for alternative health information.
- **Consumer Reports** – Search Consumer Reports magazine for full text articles from 1991 to the present. Find product evaluations, articles on public safety, health, marketplaces, and legal decisions that affect consumers.
- **EBSCOhost** – Search thousands of magazines, academic journals, newspapers, reference books, photos and maps on millions of topics.
- **EBSCO Home Improvement Source** – This database gives you access to full-text content from leading home improvement magazines, images not found anywhere else online, and videos of popular home repair projects.
- **Very Short Introductions** – This database gives you access to a book series that provides short, but detailed, introductions to a variety of topics, including aging, dementia, cognitive neuroscience, and memory

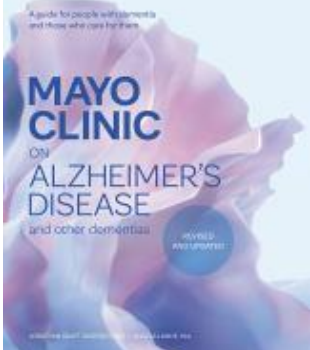
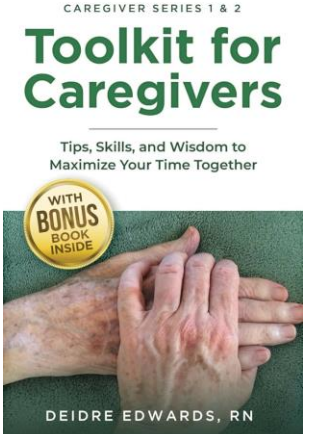
² The links to the databases take you to the database pages connected to the WKPL website. From there, you will be able to access each database.

Books (Print, Large Print)

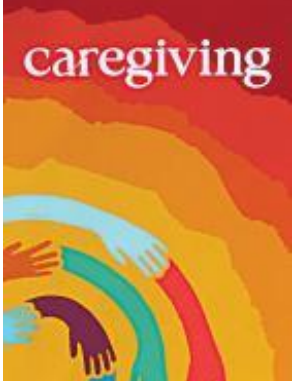
	Nonfiction Call No: 616.831 MAC Author: Mace, Nancy L., and Rabins, Peter V. Title: <i>The 36-hour day: a family guide to caring for people who have Alzheimer disease and other dementias</i> Published: [2012] Johns Hopkins University Format: Large Print, Regular Print (from other Clevnet libraries) and eBook <u>Place Hold</u>
	Nonfiction Call No.: 616.831 WEA Author: Weatherill, Gail Title: <i>The caregiver's guide to dementia: practical advice for caring for yourself and your loved one</i> Published: [2020] Rockbridge Press Formats: Print and eBook <u>Place Hold</u>
	Nonfiction Call No.: 649.8084 LEVIN Author: Levin, Jennifer N. Title: <i>Generation care: the new culture of caregiving</i> Published: [2025] Balance / Hachette Book Group Format: Print (available from other Clevnet libraries) <u>Place Hold</u>

	Nonfiction Call No.: 362.14 JAC Author: Jacobs, Barry J. Title: <i>The AARP caregiver answer book</i> Published: [2025] Guilford Publications Format: Print (from other Clevnet libraries), eBook <u>Place Hold</u>
	Nonfiction Call No: RA645.3.F735 2022 Author: Fraser, Kimberly Title: <i>The accidental caregiver wisdom and guidance for the unexpected challenges of family caregiving</i> Published: [2022] Sutherland House Format: Print (available from another Clevnet library) <u>Place Hold</u>
	Nonfiction Call No: 649.808 WHI Author: White, Susanne Title: <i>Self-Care for caregivers: a practical to caring for you while you care for your loved ones</i> Published: [2022] Adams Media Format: Print <u>Place Hold</u>

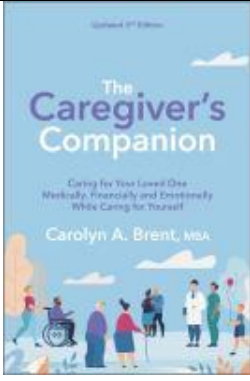
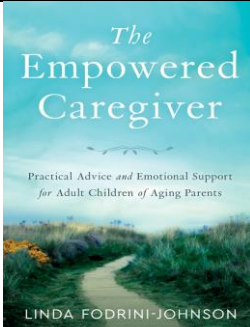
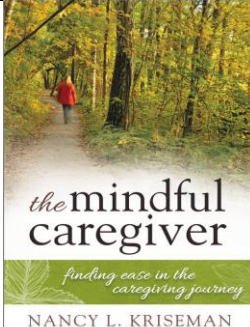
	Nonfiction Call No.: On Order Author: Pinsker, Beth Title: <i>My mother's money: a guide to financial caregiving</i> Published: [2025] Crown Currency Format: Print (available from other Clevnet libraries) <u>Place Hold</u>
	Nonfiction Call No.: RA645.3 .G65 2025 Author: Golphin, L.P. Title: <i>The B.O.S.S. caregiver: balancing life, love, and self-care with grace</i> Published: [2025] Remedy Senior Care Concierge, LLC Format: Print (available from other Clevnet libraries) <u>Place Hold</u>
	Nonfiction Call No.: 362.6 KRI Author: Kriseman, Nancy L. Title: <i>The mindful caregiver: finding ease in the caregiving journey</i> Published: [2025] 2nd Ed. Bloomsbury Academic Format: Print (available from other Clevnet libraries) <u>Place Hold</u>

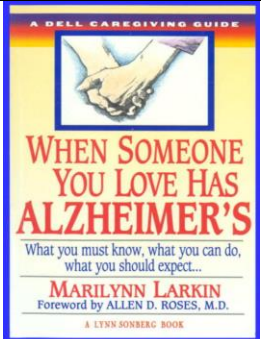
	Nonfiction Call No.: 616.831 MAY Author: Graff-Radford, Jonathan, and Lunde, Angela M., Title: <i>Mayo Clinic on Alzheimer's disease and other dementias: a guide for people with dementia and those who care for them</i> Published: [2025] Mayo Clinic Press Format: Print <u>Place Hold</u>
	Nonfiction Call No.: 649.8 EDW Author: Edwards, Deidra, and Alderman, Sheree Title: <i>Toolkit for caregivers: tips, skills, and wisdom to maximize your time together</i> Published: [2024] Self-Publish Format: Print <u>Place Hold</u>
	Nonfiction Call No.: 649.8 ABA Author: Hurme, Sally Balch, editor. Title: <i>The ABA/AARP checklist for family caregivers: a guide to making it manageable</i> Published: [2015] American Bar Association, Senior Lawyers Division Format: Print (available from another Clevnet Library) <u>Place Hold</u>

DVDs

 Those On The Front Lines Of Alzheimer's & Dementia	Nonfiction Call No: DVD 616.8 THO Author: Famie, Keith Title: <i>Those on the front lines of Alzheimer's & Dementia</i> Published: [2018] Visualist Entertainment Productions Format: DVD (available from another Clevnet Library) <u>Place Hold</u>
 caregiving	Nonfiction Call No: 649.8 CAREG Author: Durrance, Chris Title: <i>Cargiving</i> Published: [2025] PBS Format: DVD (available from another Clevnet library) <u>Place Hold</u>

Digital Resources – Libby App

	Nonfiction Call No: eBook Author: Brent, Carolyn A. Title: <i>The Caregiver's Companion</i> Published: [2023] Harlequin <u>Borrow From Libby</u>
	Nonfiction Call No: eBook Author: Fodrini-Johnson, Linda Title: <i>The Empowered Caregiver</i> Published: [2021] River Grove Books <u>Borrow From Libby</u>
	Nonfiction Call No: eBook Author: Kriseman, Nancy L. Title: <i>The mindful caregiver: finding ease in the caregiver journey</i> Published: [2014] Bloomsbury Publishing <u>Borrow From Libby</u>
	Nonfiction Call No: eBook Author: Gastfriend, Jody Title: <i>My parent's keeper: the guilt, grief, guesswork, and unexpected gifts of caregiving</i> Published: [2020] Yale University Press <u>Borrow From Libby</u>

	Nonfiction Call No: eBook Author: Larkin, Marilyn and Sonberg, Lynn Title: <i>When someone you love has Alzheimer's: what you must know, what you can do, what you should expect</i> Published: [2011] Random House Publishing Group <u>Borrow From Libby</u>
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Digital Resources – Kanopy App

	Title: <i>The key of G: disability, caregiving and interdependence</i> Length: 2 episodes Published: [2006] New Day Studios Cost: 2 Tickets <u>Link to Kanopy</u>
	Title: <i>At the breaking point</i> Length: 7 episodes Published: [2009] Terra Nova Films Cost: 1 Tickets <u>Link to Kanopy</u>
	Title: <i>Spiritual Caregiving</i> Length: 31 Minutes Published: [2011] Media Policy Center Cost: 2 Tickets <u>Link to Kanopy</u>
	Title: <i>Caregiver proficiency: Alzheimer's disease: Alzheimer's disease patient: care A to Z</i> Length: 1 hr 30 minutes Published: [2015] NEVCO Education Cost: 2 Tickets <u>Link to Kanopy</u>

	Title: <i>Alzheimer's disease and other dementias: caregivers</i> Length: 57 minutes Published: [2012] The Great Courses Cost: 2 Tickets <u>Link to Kanopy</u>

Some Handy Tips for Caregivers



10 TIPS

FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1

2

3

4



Be open to new technologies that can help you care for your loved one.



Watch out for signs of depression and don't delay getting professional help when you need it.



Caregiving is hard work so take respite breaks often.

7

6

5



Organize medical information so it's up to date and easy to find.



Make sure legal documents are in order.



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10


CaregiverAction.org

Caregiver Action Network. (2021, May 4). *10 tips for family caregivers*. Retrieved April 4, 2022, from <https://www.caregiveraction.org/resources/10-tips-family-caregivers>

We all need a helping hand sometimes!

Self-care is important. Below are some links to online resources which should allow you to gauge your own physical and mental health. In addition, there are links for support groups and organizations that may be able to give you a short respite so you can recharge your batteries.

<u>Caregiver Stress Check</u>	<u>Take Care of Yourself Too! (Ohio Department of Aging)</u>
<u>Dementia Care Online Support Groups (Alzheimer Ass.)</u>	<u>Cleveland Area Support Group (Alzheimer Ass.)</u>
<u>It is Okay to Ask for Help! (Western Reserve)</u>	<u>Caregiver Health (NIH)</u>
<u>Use Telehealth Whenever Possible (NIH)</u>	<u>Downloadable Book on Caring for Caregivers (NIH)</u>
<u>National Respite Locator</u>	<u>VA Caregiver Support Program</u>
<u>Get Paid for Being a Caregiver (usa.gov)</u>	<u>Caregiver Family Toolbox (Caregiver Action Network)</u>
<u>Caring for Yourself (Family Caregiver Alliance)</u>	<u>Caregiver Support (Ohio Health)</u>
<u>Resources for Caregivers (US Dept of HHS)</u>	<u>Family Care Resources for Ohio (AARP)</u>

Home Healthcare Aide, Nursing, PT, and/or Hospice Care Providers in the Area³

Area Home Health Agency	Office Location	Phone	Type	Area	Nurse	PT/OT/Speech	Aide	Hospice
Capital Health Home Care	Ashtabula	(440) 964-0444	Business		Y	PT/OT/Speech	Y	N
Caretenders	Madison	(440) 428-0341	Business		Y	PT/OT/Speech	Y	N
Cherished Companions	Chagrin Falls	(440) 484-5390	Business		N	N	Y	N
Cleveland Clinic Home Care	Cleveland	(216) 444-4663	Nonprofit		Y	PT/OT/Speech	Y	Y
Comfort Keepers	Valley View	(440) 577-6200	Business		Y	N	Y	N
Comfort Keepers	Painesville	(440) 577-6800	Business		Y	N	Y	N
Elara Caring	Mentor	(833) 463-5272	Business		Y	N	Y	Y
Enhanced Rehabilitation	Chesterland	(440) 352-7533	Business		Y	PT/OT/Speech	Y	N
FirstLight Homecare	Chardon	(440) 286-1342	Business		N	N	Y	N
Griswold Home Care	Painesville	(440) 835-7900	Business		N	N	Y	N
Heavens to Betsy, LLC	Chagrin Falls	(440) 708-3086	Business		N	N	Y	N
Helping U Home Health Care	Beachwood	(440) 553-8488	Business		Y	PT/OT/Speech	Y	N
Home Instead Senior Care	Mentor	(440) 257-5800	Business	East of Rt 306	N	N	Y	Y
Home Instead Senior Care	Oakwood	(440) 914-1400	Business	West of Rt 306	N	N	Y	Y
Maxim Healthcare Services	Mentor	(440) 352-0137	Business		Y	N	Y	N
Ohio Living Home Health	Willoughby	(440) 953-1526	Nonprofit		Y	PT/OT/Speech	N	Y
Platinum Home Health Services	Mayfield Hts	(440) 995-0202	Business		Y	PT/OT/Speech	Y	N
Protem Homecare	Shaker Hts	(216) 663-8188	Business		Y	PT/OT	Y	N
Taylor Made Home Care	Mentor	(440) 946-6446	Business		N	N	Y	N
University Hospitals Home Care	Warrensville Hts	(440) 613-0919	Nonprofit		Y	PT/OT/Speech	Y	Y
Visiting Angels	Mentor	(440) 974-0869	Business		N	N	Y	Y
Visiting Nurse Association	Cleveland	(877) 698-6264	Nonprofit		Y	PT/OT/Speech	Y	Y
Area Home Health Agency	Social Work	Mental Health						
Capital Health Home Care	N	N						
Caretenders	N	N						
Cherished Companions	N	N						
Cleveland Clinic Home Care	Y	Y						
Comfort Keepers	N	N						
Comfort Keepers	N	N						
Elara Caring	N	Y						
Enhanced Rehabilitation	N	N						
FirstLight Homecare	N	N						
Griswold Home Care	N	N						
Heavens to Betsy, LLC	N	N						
Helping U Home Health Care	N	Y						
Home Instead Senior Care	N	N						
Home Instead Senior Care	N	N						
Maxim Healthcare Services	N	Y						
Ohio Living Home Health	Y	Y						
Platinum Home Health Services	Y	N						
Protem Homecare	Y	N						
Taylor Made Home Care	N	N						
University Hospitals Home Care	Y	Y						
Visiting Angels	N	N						
Visiting Nurse Association	N	Y						

³ The information contained on this page was gathered from Medicare.gov and other publicly available sources and is solely for informational purposes. WKPL does not suggest or recommend any particular agency.