



On the bookshelf

by Josie Padro

Caregiver Solutions, a Canadian magazine published four times a year is full of excellent information for those caring for a family member. It explores relevant topics such as ways to stay active, new technologies for caregiving, as well as regular features including advice and “Ask Our Experts” columns.

Caregivers who are registered in the NSCR Caregiver Support Program may borrow copies of the magazine from our library. You can subscribe at www.solutions-online.ca; cost for six issues is just under \$20. The Caregiver Solutions website is worth a visit, even if you don’t subscribe to the magazine. It contains links to past issues as well as featured articles.



Caring for Your Parents – The complete Family Guide (Sterling, 2005) by Hugh Delenhenty and Elinor Ginzler, in just under 250 pages, manages to include a great deal of useful information to help caregivers. Using simple, straightforward language, it discusses advocating for your parents, communicating with family members, managing financial issues, evaluating care options and preserving the health of the caregivers. Because it’s an American publication, however, some information on the health care system does not apply. Most of all, *Caring for Your Parents* provides a reassuring voice to help caregivers navigate their journey. It can be borrowed from the library at NSCR and is also available in NorthVancouver libraries.

