



**Childers**  
COUNSELING SERVICE

**Childers Counseling Service**  
*Conveniently located on the Country Club Plaza*  
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## **Caring for the Caregiver Resources**

### **Websites and blogs:**

AARP <https://careconnection.aarp.org/>

This portal in the AARP website provides guides, information, tips, community, products, and services for caregivers

American Psychological Association <http://www.apa.org/> Search “caregiver”

These scholarly papers address caregiving for the behavioral health clinician who is treating caregiver stress.

Childers Counseling Service – <http://childerscounselingservice.com/>

Blogs (click the “blog” tab at the top of the webpage)

Search here for articles for caregivers, such as mindfulness, boundaries, and caregiving itself

Resources (click the “resources” tab at the top of the page and scroll down)

*Caregiver Stress* (podcast of Every Woman radio show on KKFI 90.1 FM. June 11, 2016.

Mindfulness:

Childers, M., & Ochester, T. (Nov. 22, 2014). *Minding our Health: Managing holiday stressors*. Kansas City: CampKC.com.

This article published in *Camp* addresses the special concerns of the LGBT caregiver.

*Mindfulness for Everyday Living*

Compiled especially for the individual who doesn't have time to meditate, mindfulness exercises on this list can be used throughout the day at the stop light, in the grocery line, or other moments when we have to wait.

**Boundaries:**

*Boundaries for Everyday Life*, a presentation for the Mental Health Association of America of the Heartland at Pleasant Valley Baptist Church November 17, 2015.

*Setting Boundaries Across the Board: Addressing the Caregiver Challenges for Professionals, Volunteers, Families and Patients*, a presentation to the Grief Support Network, Village Presbyterian Church, Prairie Village, KS. July 8, 2016.

Concierge Care's "Caregiver News" <http://conciergecareinc.com/resources/health-news/>

Hearts at Home In-Home Care <http://heartsathomeusa.com/category/caregiver-tips/>

MedlinePlus.gov <https://medlineplus.gov/> Search "caregiver"

Prepared by staff at the National Library of Medicine for the layman, this portal leads to user-friendly health-related resources

New York Times <https://www.nytimes.com/> Search "caregiver"

Articles appearing on the New York Times on various topics on caregivers and caregiving.

Pubmed.gov <https://www.ncbi.nlm.nih.gov/pubmed/> Search "caregiver"

Prepared by staff at the National Library of Medicine, this comprehensive database has abstracts of research papers from around the world.

**Books:**

Cloud, H., & Townsend, J. (1992). *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life*. Grand Rapids, MI: Zondervan.

Kabat-Zinn, J. (2012). *Mindfulness for beginners: Reclaiming the present moment and your life*. Boulder, CO: Sounds True.

Nhát Hanh, Thích. (1987). *The miracle of mindfulness: An introduction to the practice of meditation*.

Boston, MA: Beacon Press.

Also, see other books, sound recordings, YouTube videos and other materials by these authors. Ask your librarian for additional resources.