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ACKNOWLEDGEMENTS

Section 1. Getting Started

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Also consulted for content:

The DoD Caregiver's Guide, developed by the United States Department of Defense.

Elder Care Choices and Decisions: Caring for the Caregiver, B3603-5, produced by the University of Wisconsin–Extension Cooperative Extension Services in conjunction with the United States Department of Agriculture, 1995.

“Organizing Household Records,” by Joyce E. Jones, Kansas State University, June 1998.

“Managing Time, Work & Family,” by Emily Mark and Katey Walley, Kansas State University, December 1997.

“Personal Health History” was adapted from materials supplied by the National Institutes of Health.

Section 2. Where Will Care Take Place?

This section was developed through materials originally written and published by the Aging and Adult Service Administration Department of Social and Health Services, State of Washington. Updated March 30, 2000. Used with permission. Copyright © 1996 Washington State Department of Social and Health Services.

Some content adapted from *Family Seminars for Caregiving*, produced by the United States Department of Health and Human Services.

Aging Parents and Adult Children Together (A/PACT), a ten-part series published by the Consumer Response Center, Federal Trade Commission, Washington, DC, was consulted for content.

“Needs Assessment Worksheet” and other content adapted from *Elder Care Choices and Decisions: Locating Community Resources*, produced by the University of Wisconsin–Extension Cooperative Extension Services in conjunction with the United States Department of Agriculture, 1995.

Section 3. Home Care

This section was adapted from materials developed by the National Eldercare Institute on Housing and Supportive Services, Andrus Gerontology Center, University of Southern California, including:

ElderAction: Action Ideas For Older Persons and Their Families Caregivers, Caregiving and HomeCare Workers, prepared for the Administration on Aging. Updated March 1999; and

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ElderAction: Action Ideas For Older Persons and Their Families. Home Modifications and Repair, prepared for the Administration on Aging, March 2000.

Portions (including "Basic Home Safety Checklist") also adapted from "Safety for Older Consumer Home Safety Checklist," U.S. Consumer Product Safety Commission.

Also consulted for content were materials originally written and published by the Aging and Adult Service Administration Department of Social and Health Services, State of Washington. Updated March 30, 2000. Used with permission. Copyright © 1996 Washington State Department of Social and Health Services.

Section 4. Choosing a Care Facility

Portions of this section were adapted from *Family Seminars for Caregiving*, produced by the United States Department of Health and Human Services.

Also consulted:

Your Guide to Choosing a Nursing Home, United States Department of Health and Human Services Health Care Financing Administration, November 8, 1999.

The Long-Term Care Ombudsman Program, United States Department of Health and Human Services, Administration on Aging. Modified March 9, 2000.

Consulted for "Assisted Living Checklist" and other content: "Choosing Assisted Living" checklists developed by the Consumer Cooperative On Assisted Living, updated March 30, 2000. Copyright © 1999 Consumer Cooperative On Assisted Living.

Other resources include materials originally written and published by the Aging and Adult Service Administration Department of Social and Health Services, State of Washington. Updated March 30, 2000. Used with permission. Copyright © 1996 Washington State Department of Social and Health Services.

Section 5. Financial Caregiving

This section was developed through:

"Financial Caregiving: A Survival Guide." *FDIC Consumer News*, developed by the Federal Deposit Insurance Corporation, Summer 1997. Updated August 8, 1999.

Checkup on Health Insurance Choices, developed by the Agency for Health Care Policy and Research, December 1992.

Viatical Settlements, developed by the United States Federal Trade Commission, May 1998.

Choosing a Financial Planner, G93-1163-A, produced by the University of Nebraska Cooperative Extension Services in cooperation with the United States Department of Agriculture, May 1996.

Elder Care Choices and Decisions: Planning for Financial Costs of Caregiving, B3603-1, produced by

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the University of Wisconsin—Extension Cooperative Extension Services in conjunction with the United States Department of Agriculture, 1995.

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Section 6. Paying for Care

Facts For Consumers, developed by the United States Federal Trade Commission, October, 1993.

Medicare and You 2000. Publication No. HCFA-10050, developed by the United States Department of Health and Human Services Health Care Financing Administration, January 2000.

2000 Guide to Health Insurance for People with Medicare. Publication No. HCFA-02110, developed by the United States Department of Health and Human Services Health Care Financing Administration, January 2000.

Your Medicare Benefits. Publication No. HCFA-10116, developed by the United States Department of Health and Human Services Health Care Financing Administration, January 2000.

Medicaid information adapted from other materials offered by the United States Department of Health and Human Services Health Care Financing Administration, including: *Overview of the Medicaid Program—Eligibility and Services; Nursing Facility Services for Individuals Age 21 or Older; Medicaid Home Health Services; Medicaid Payment for Hospice Services*.

“Financial Caregiving: A Survival Guide.” *FDIC Consumer News*, developed by the Federal Deposit Insurance Corporation, Summer 1997. Updated August 8, 1999.

Top Ten Things to Know If You're Interested in a Reverse Mortgage, developed by the United States Department of Housing and Urban Development.

Checkup on Health Insurance Choices, AHCPH Publication No. 93-0018, developed by the United States Agency for Health Care Policy and Research, December 1992.

Viatical Settlements, developed by the United States Federal Trade Commission, May 1998.

Section 7. Legal Aspects of Caregiving

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“A Guide to Advance Directives,” by Ann Villet-Lagomarsino, Educational Broadcasting Corporation/Public Affairs Television, Inc., was consulted for content. Used with permission.

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“Financial Caregiving: A Survival Guide.” *FDIC Consumer News*, developed by the Federal Deposit Insurance Corporation, Summer 1997. Updated August 8, 1999.

Declaring Your Wishes Through an Advance Health-Care Directive, produced by the Mississippi State University Extension Service, in conjunction with the United States Department of Agriculture. Last modified May 4, 2000.

When To Let Go: Advance Directives for Health Care, produced by the University of Wisconsin–Extension Cooperative Extension Services in conjunction with the United States Department of Agriculture, May 1994.

Portions also adapted from *Medicare and Advance Directives*, Publication No. HCFA-02175, developed by the United States Department of Health and Human Services Health Care Financing Administration, 1993; and:

Consumer's Guide For Planning Ahead: The Health Care Power of Attorney and The Living Will, Serial No. 102-P, prepared by the United States Senate Special Committee on Aging, August 1992.

When Death Comes: Funerals and Alternative Arrangements, by Vicki L. Schmall and Clara Pratt, Publication No. EC 1243, Oregon State University Extension Service, revised October 1993.

Section 8. Long-Distance Caregiving

This section's materials were adapted from *Elder Action: Action Ideas For Older Persons and Their Families. Caregivers, Caregiving, and Home Care Workers*, developed by the Administration on Aging. Updated March 2, 1999.

Portions were also adapted from the *DoD Caregiver's Guide*, prepared by the United States Department of Defense.

“Distance Complicates Caregiving,” from the Alzheimer's Association, National Newsletter Volume 16, No. 3. Fall 1996.

Long-Distance Caregiving, by Clifton E. Barber, Colorado State University Cooperative Extension in conjunction with the United States Department of Agriculture, November 27, 1998.

Coping with Caregiving: How to Manage Stress when Caring for an Elderly Relative, by Vicki Schmall and Ruth E. Stiehl, Publication No. CFS-455, Purdue University Cooperative Extension Service, in conjunction with the United States Department of Agriculture, October 1993.

Section 9. Transportation

Adapted from materials created for redistribution by Mark Meridy, National Eldercare Institute on Transportation, Community Transportation Association of America, Washington, DC

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Section 10. End-of-Life Planning

Pat Baskind, LCSW, a hospice social worker who has worked with dying patients and their families in their homes and in hospital settings, was consulted for this section.

Other materials:

“What is Hospice?” by Jack D. Gordon, Educational Broadcasting Corporation/Public Affairs Television, Inc. Copyright © 2000, used with permission.

“Hospice vs. Palliative Care,” by Ann Villet-Lagomarsino, Educational Broadcasting Corporation/Public Affairs Television, Inc. Copyright © 2000, used with permission.

“What is Palliative Care?” by Dr. Diane Meier, Educational Broadcasting Corporation/Public Affairs Television, Inc. Copyright © 2000, used with permission.

“Planning a Funeral,” by Ann Villet-Lagomarsino, Educational Broadcasting Corporation/Public Affairs Television, Inc. Copyright © 2000, used with permission

“Understanding Grief and Loss,” by Herbert G. Lingren, File HEG 223, University of Nebraska-Lincoln, September 1997.

When Death Comes: Funerals and Alternative Arrangements, by Vicki L. Schmall and Clara Pratt, Publication No. EC 1243, Oregon State University Extension Service, revised October 1993.

Section 11. Advocacy

Portions adapted from “20 Tips To Help Prevent Medical Errors,” AHRQ Publication No. 00-PO38, developed by the United States Agency for Healthcare Research and Quality, February 2000.

Also consulted for content:

Talking With Your Doctor: A Guide for Older People, developed by the United States National Institute of Health and National Institute on Aging.

The Long-Term Care Ombudsman Program, United States Department of Health and Human Services, Administration on Aging. Modified March 9, 2000.

The Caregiver's Handbook, produced by Caregiver Education and Support Services, Seniors Counseling and Training Case Management Services of the San Diego County Mental Health Services; Robert Torres-Stanovik, LCSW, Editor. Copyright © 1990.

“How To Talk To Your Doctor,” by Dr. R. Sean Morrison, Educational Broadcasting Corporation/Public Affairs Television, Inc. Copyright © 2000. Used with permission.

Choosing a Doctor. Your Guide to Choosing Quality Health Care. AHCPH Pub. No. 99-0012, Agency for Health Care Policy and Research, December 1998.

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Other sources for "Choosing a Doctor" include materials offered by the National Institute on Aging, U.S. Department of Health and Human Services.

Section 12. Self-Care

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The Caregiver's Handbook, produced by Caregiver Education and Support Services, Seniors Counseling and Training Case Management Services of the San Diego County Mental Health Services; Robert Torres-Stanovik, LCSW, Editor. Copyright © 1990.

Coping with Caregiving: How to Manage Stress when Caring for an Elderly Relative, by Vicki Schmall and Ruth E. Stiehl, Publication No. CFS-455, Purdue University Cooperative Extension Service, in conjunction with the United States Department of Agriculture, October 1993.

Elder Care Choices and Decisions: Caring for the Caregiver, B3603-5, produced by the University of Wisconsin-Extension Cooperative Extension Services in conjunction with the United States Department of Agriculture, 1995.

Stress Dek: Stress-busting Activities for Your Personal Well-being, Publication No. EB 143, by Dr. Stephen F. Duncan, Montana State University Cooperative Extension, 1995.

Ways to Reduce Caregiver Stress, Guide F-119, by Diana S. DelCampo, New Mexico State University College Cooperative Extension in conjunction with the United States Department of Agriculture. Modified May 4, 1998.