

Reading List for Caregivers

Across the Chasm: A Caregiver's Story, by Naomi Zikmund-Fisher, 2002.

This is the diary of a caregiver/spouse's and patient's experience with an unrelated donor bone marrow transplant. *Across the Chasm* details the day-to-day physical and emotional effects of a loved one's bone marrow transplant. Appropriate for late teens and adults. This book can be ordered at www.bmtinfonet.org. Cost is \$8.95 plus shipping and handling.

Adult Leukemia: A Comprehensive Guide for Patients and Families, by Barbara Lackritz, 1999.

This book provides medical information about leukemias, medical tests and treatment options. Patients' experiences, in their own words, are written throughout the book. Appropriate for teens to adults. Cost is \$29.95 plus shipping and handling.

Bone Marrow and Blood Stem Cell Transplants: A Guide for Patients, by Susan K. Stewart, 2002.

This guide offers patients and families a clearly written explanation of unrelated or related donor transplants. The information provided helps patient, family, and donor throughout the transplant experience and the after-transplant period. This book can be ordered at www.bmtinfonet.org. Appropriate for teens through adults. Cost is \$8.95 plus shipping and handling

Caregivers' Guide for Bone Marrow/Stem Cell Transplant: Practical Perspectives, by National Bone Marrow Transplant Link (nbmtLINK), 2003.

This booklet offers practical suggestions to caregivers from people who

have played the role. Appropriate for teens through adults. The booklet can be ordered for \$12, or the entire contents can be read online or downloaded and printed at

http://nbmtlink.readyhosting.com/resources_support/cguiderequest2.htm

For Better and For Worse: Impact of Cancer and BMT on Spouse-Caregivers, by Michelle M. Bishop, Ph.D., 2006

The lecture in this Flash presentation was captured from a live teleconference held on October 26, 2006. Includes highlight from research studies describing caregiver quality of life at each BMT stage, as well as, current resources for information and supportive services.

<http://www.presentme.com/FLASH/20071026NBMTLBishop/>

Daily Comforts for Caregivers, by Pat Samples, 1999.

Offers daily meditations for caregivers of acutely or chronically ill loved ones. Appropriate for ages 15 to adult. Available through www.fairviewpress.org. Cost is \$10.95 plus shipping and handling.

Lotus in the Fire: The Healing Power of Zen, by Jim Bedard, 1999.

This book is based on the experience of a 42-year-old man with acute myelogenous leukemia, as he journeys through medical treatments and shares the strength he gains from Buddhist meditations. He receives a bone marrow transplant; his sister is his donor. Appropriate for mid-teens to adults. Cost is \$11.00 plus shipping and handling.

One Hundred Days: My Unexpected Journey from Doctor to Patient, by David Biro, 1999.

This book is written from the patient's perspective. Written in diary format, this patient's transplant experience, along with those of his wife and family, are detailed. Appropriate for teens through adults. Cost is approximately \$13.00.

Share the Care: How to Organize a Group to Care for Someone Who Is Seriously Ill, by Cappy Capossela and Sheila Warnock, 2004.

This handbook gives a step-by-step model for how to organize a group

of friends and family members to act as a caregiver team. The book includes guidelines, worksheets and ideas from other caregiver groups. More information about the share-the-care group caregiving model and the book can be found at www.sharethecare.org. Cost is approximately \$14.00.