



# Tuesday's Tip

information provided by Adriaance Memorial Library to make your life a little bit easier . . . .

## Caregivers Resources

Jan. 15, 2019

The [Caregivers Resources Guide](#) highlights library services (like *Extension Services*, *Accessibility* and *Talking Book and Braille Library*) and provides direct links to e-resources, print materials and media available online and in the Mid-Hudson Library System to assist caregivers with their daily routine.

**POUGHKEEPSIE PUBLIC LIBRARY DISTRICT** Explore. Discover. Connect.

Poughkeepsie Public Library District | LibGuides | Caregivers Resources | General Materials & Services


Caregivers Resources: General Materials & Services

General Materials & Services | Visually Impaired | Disabilities & Diseases | ChildCare | ElderCare & Terminal Illness | Veterans/Soldiers | Local Organizations

**Caregiving Basics:**

**Caregiving: Who are caregivers? - Alzheimer's Disease and Healthy Aging: Centers for Disease Control and Prevention (CDC)**

"Caregivers provide care to people who need some degree of ongoing assistance with everyday tasks on a regular or daily basis. The recipients of care can live either in residential or institutional settings, range from children to older adults, and have chronic illnesses or disabling conditions."



**The Caregiver Role -- Caregiving 101: On Being a Caregiver - Family Caregiver**

**Extension Services**

The Poughkeepsie Public Library District offers **extension services** to patrons who are unable to get to the library. The service is by application and certification. Individuals (or their caregivers) who are interested in home visits should print the **application** and submit it to the Library District.

Applicants must be residents of the City or Town of Poughkeepsie. Certification must be completed. All patron records are confidential.

- The application takes 1-7 days to process.
- Once approved, William Ahlbach or Dawn Lopez will be in contact to arrange the first visit and ask if they should bring any library materials with them.
- During that visit a library card can be issued if the patron does not already have one.
- Deliveries are made weekly.

For additional questions please contact either:

Name:	Phone:	Email:
William Ahlbach	(845) 485-3445	wahlbach@poklib.org
Dawn Lopez	x3401	

**Online Public Access Catalog (OPAC) - Search the MHLS**

**OPAC** - Search and request materials available in the Mid-Hudson Library System (MHLS)'s member libraries.

**General Print Resources**

**Consumer guide to continuing care: a user-friendly guide to New York's not-for-profit and public long term care and housing options by LeadingAge New York.**  
Call Number: 362.602 Con  
Publication Date: 2015/19  
Also available online: <https://www.naylornetwork.com/nhp-directory/>

**The family caregiver's manual: a practical planning guide to managing the care of your loved one by David J. Levy**  
Call Number: 649.8 Lev  
Publication Date: 2016

**Long-term care: how to plan and pay for it by Joseph Matthews**  
Call Number: 362.16 Mat  
Publication Date: 2016

**Building better caregivers: a caregiver's guide to reducing stress**

- General Materials & Services
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Type a word into the search box if you can't remember where you read it last on any Guide created by the Poughkeepsie Public Library.

Disease/Disability	Dewey Number(s)
Alzheimer's Disease	616.83 [ 1 ]
Arthritis	610.7 [ 22 ]
Brain	
• Brain Aging	• 613 [.714], 616.8 [05-831, .84]
• Brain Damage (Brain Wounds and Injuries)	• 617.4 [81]
• Memory	• 153.1 [2], 612.82, 793.734
Cancer	616.99 [40-46], 618.19 [-.92], 641.56 [31], 362.19 [6]
Chronic Pain	615 [.892], 616.04 [72], 616.849
Dementia	616.8 [3]
Depression	616 [76-92]
Diabetes	616.4 [62], 618.97

Click on the Disease/Disability name to view a list of titles available in the MHLS's online catalog, or,

...visit the library and **Browse** the non-fiction collection using the Dewey numbers listed in the right-hand column next to the Disease/Disability.

**\*Note:** some subjects have more than one Dewey number because they are found in multiple locations.

As always, please feel free to request materials by calling the Reference desk at  
**(845) 485-3445**  
**x3702.**