

**TO SURVIVE CAREGIVING: A Daughter's Experience, A Doctor's Advice**  
**on Finding Hope, Help and Health**  
**By Cheryl E. Woodson, MD, FACP, AGSF**  
**5 CD audio version**  
**From SpokenBooks Publishing ISBN# 1-60031-019-2**  
**www.buybooksontheweb.com**

**TABLE OF CONTENTS**

**TRACK:MINUTE:SECONDS**

**Disc ONE**

**INTRODUCTION** **01:00:34**

**CHAPTER 1:THE CRISIS IN CAREGIVING**

**Aging America: *More* Older Adults** **02:00:58**

**The Older You Get, the Older You Get:**

***Older* Older Adults** **02:02:25**

**Have We Gained Time, or Are We Doing Time?**

***Sicker* Older Adults** **02:03:17**

**Doing More with Less: Shrinking Caregiver Resources** **02:04:47**

**Five Generations of Caregiving in an American Family** **03:00:00**

**CHAPTER 2:GETTING HELP FROM PROFESSIONALS**

**Don't Deny: Stay Out of Egypt; D'Nile Is Not Just a River** **04:00:28**

**Don't Delay: Dare to Be Direct** **05:03:20**

**Don't Despair: There *Is* Help** **05:05:42**

**Comprehensive Geriatrics Assessment** **06:00:00**

**Level of Care Prescription** **07:02:44**

**Geriatrics Care Managers** **08:00:00**

**The Family Conference** **08:02:28**

**Home Care Physicians** **09:00:00**

**Assisted-Living/Respite Care** **09:00:46**

**Physician User's Manual:**

**Getting the Most From Your Doctor** **09:03:06**

**CHAPTER 3:GETTING HELP FROM FAMILY AND FRIENDS**

**Don't Ask, Don't Tell—Won't Work:**

**Let People Know You Need Help** **11:00:36**

**Take the "S" Off of Your Chest, or Step Away From**

**the Kryptonite: You Can't Do It Alone** **11:04:02**

**Disc TWO**

**"Ye Have Not, Because Ye Ask Not:" You Have to Ask** **01:00:16**

**Show Up, or Shut Up: If They Don't Help,**

**They Can't Criticize** **01:02:44**

**TO SURVIVE CAREGIVING: A Daughter's Experience, A Doctor's Advice  
on Finding Hope, Help and Health  
By Cheryl E. Woodson, MD, FACP, AGSF  
5 CD audio version  
From SpokenBooks Publishing ISBN# 1-60031-019-2  
[www.buybooksontheweb.com](http://www.buybooksontheweb.com)**

**If You Don't Want to Have to Drive All the Time,  
Take Your Hands Off the Steering Wheel:  
Let People Help You 03:00:45**

**CHAPTER 4: PROTECTING THE PRIMARY RESOURCE. THAT'S YOU!**

**Physical Health: Avoiding Your Loved One's Fate 04:00:00  
Financial Health: The DOs and DON'Ts 08:00:00  
Emotional Health: The Mind You Save May Be Your Own 11:00:00**

**Disc THREE**

**Spiritual Health: Put on the Armor of Inner Peace;  
Wield the Sword of Forgiveness 02:04:05**

**CHAPTER 5: WHEN ELDERCARE PUTS OTHER RELATIONSHIPS AT RISK**

**Your Marriage and Family 06:00:00  
Your Children 06:02:05  
The Healthy Parent 06:05:40  
Your Life 07:00:00**

**CHAPTER 6: WHEN THE DOCTOR SAYS IT'S NOT SAFE FOR YOUR LOVED ONE TO....Balancing Independence and Safety**

**Dad Shouldn't Drive Anymore 08:01:18  
Mom Shouldn't Live Alone Anymore 09:02:17  
Communication for Cooperation =R-E-S-P-E-C-T 10:00:00**

**Disc FOUR**

**CHAPTER 7: THE NURSING HOME DECISION**

**"Never:" The Spirit of the Promise 01:00:18  
Choose the Best of Bad Options 01:01:18  
Stay in Control of the Care Plan 01:03:13**

**CHAPTER 8: END OF LIFE CARE**

**Add Life to Years, Rather Than Years to Life 03:00:08  
Advance Directives: How Do You Want to Live? 05:00:00  
Hospice: "To Transform Dying into  
the Last Act of Living Well" 06:00:00**

**CHAPTER 9: WE DEAL WITH GRIEF**

**Grief Begins Long Before Your Loved One Dies 07:00:09  
Grieving Dementia, "the Slow Walk Home" 08:00:30  
Grief and Guilt: Wishing it Was Over 08:03:11**

**TO SURVIVE CAREGIVING: A Daughter's Experience, A Doctor's Advice  
on Finding Hope, Help and Health  
By Cheryl E. Woodson, MD, FACP, AGSF  
5 CD audio version  
From SpokenBooks Publishing ISBN# 1-60031-019-2  
www.buybooksontheweb.com**

**CHAPTER 10: THE FAILURE OF PUBLIC POLICY**

<b>Demographics Don't Drive the Dollars</b>	<b>09:00:54</b>
<b>Medicare: Paying to do Things <i>to</i> People, Not <i>for</i> People</b>	<b>09:02:21</b>
<b>Where Are the Geriatricians? For This Little Money, Wouldn't YOU Rather Flip Burgers?</b>	<b>10:04:40</b>
<b>The Myth of Assisted Living: Planning For People Who Don't Exist</b>	<b>13:03:29</b>
	<b>13:06:01</b>

**Disc FIVE**

<b>The Myth of Assisted Living: Planning For People Who Don't Exist</b>	<b>(continued)</b>
---	--------------------

<b>A Call to Arms: The Legislators Need to Know What You Need</b>	<b>03:02:19</b>
---	-----------------

<b>CONCLUSION</b>	<b>05:00:01</b>
-------------------	-----------------