



# The FSAP Update

a newsletter from the Faculty and Staff Assistance Program

Fall, 2007

*The Faculty and Staff Assistance Program provides assessment, brief counseling, and referral services for all faculty and staff regarding any personal or health-related problem which affects an individual's life and work. FSAP services are free to faculty, staff, and family members and are completely confidential. The staff also provides consultation to supervisors when an employee's personal problems are affecting work performance or relationships. For more information or to make an appointment, call 545-0350.*

## On paper and in person – FSAP eldercare resources

by Elizabeth Holtzman, Director, Faculty and Staff Assistance Program

**C**aring for elderly relatives sometimes feels overwhelming, but the FSAP can help. Our lending library includes many books on eldercare, each with a specific focus. Here are some of my favorites:

### ***Eldercare for Dummies* – Rachelle Zukerman, Ph.D.**

**Wiley Publishing, Inc., 2003.**

Don't be put off by the title! This thorough, easy-to-read book is filled with "how-to" information on intervention, housing, legal issues, death with dignity and more.

### ***The Complete Eldercare Planner, Second Edition: Where to Start, Which Questions to Ask, and How to Find Help* – Joy Loverde.**

**Random House, Inc., 2000.**

Another collection of concrete information, this book shows you where to begin, what questions to ask and how to find help. Action checklists help you with planning.

### ***You and Your Aging Parent: A Family Guide to Emotional, Physical, and Financial Problems* – Barbara Silverstone, Ph.D. and Helen Kandel Hyman. Pantheon, 1990.**

The emphasis in this book is on the emotional issues that arise in caregiving situations. A *New York Times* reviewer summed this book up perfectly: "From the 'games old people play' in order to milk the maximum of guilt and devotion from their grown children, to the denial mechanisms of sons and daughters unable to face up to a parent's increased dependency, the authors cover the psychological terrain with grace and poise."

Some emotions

can be very difficult.		
Need help?		
Call the FSAP!		

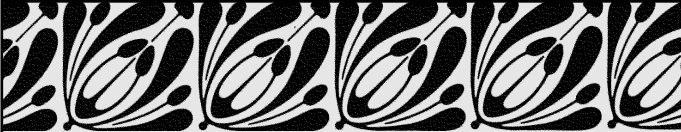
THE FACULTY AND STAFF ASSISTANCE PROGRAM  
(i) FSAP is a free, confidential assessment / referral and brief counseling service for all faculty, staff and family members. **545-0350**  
[www.umass.edu/uhs/services/fsap](http://www.umass.edu/uhs/services/fsap) ... .. UMass/Amherst

***The Eldercare Handbook: Difficult Choices, Compassionate Solutions* – Stella Henry, R.N. and Ann Convery. Collins, 2006.**

This book is filled with real-life stories about people dealing with eldercare issues. The information on placing a loved one in a caretaking facility is especially helpful.


***Respecting Your Limits when Caring for Aging Parents* – Vivian Greenberg. Jossey-Bass, 1998.**

This is one of my favorite books because it addresses how to understand and accept the limits of what we can do as caretakers. The author covers problems like unrealistic expectations, getting siblings involved and coping with difficult parents. She helps readers understand some of the issues underlying the aging parent's difficult behaviors and find ways to manage them.



*Reading is helpful, but talking to others who are experiencing the same things keeps many of us going through the tough times.*

***The FSAP is organizing a monthly discussion and support group. To learn more, call 545-0350.***



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