Step-by-Step

CAREGIVER READING & RESOURCE LIST

Practical guidance, thoughtful planning, and support through caregiving and loss.

ARTICLES | 2023–2026

Caregivers: You Deserve a Break
Heidi Godman • Harvard Health Publishing / Harvard Health Letter • 2023

Caregiving Crisis
Maureen Salamon • Harvard Health Publishing / Harvard Women's Health Watch • 2024

Finding the Right Grief Support Group for Healing
Sharon Jayson • AARP • 2025

5 Estate Planning Things You Need to Do Now, From a Financial Planner
Joe F. Schmitz Jr. • Kiplinger, Adviser Intel • 2024 (updated 2026)

How Caregivers Deal with Anticipatory Grief
Paul Wynn • Brain & Life • 2023

Living Wills and Advance Directives for Medical Decisions
Mayo Clinic Staff • Mayo Clinic • 2025

BOOKS FOR CAREGIVERS

Already Toast: Caregiving and Burnout in America
Kate Washington • Beacon Press • 2021

The Anatomy of Hope: How People Prevail in the Face of Illness
Jerome Groopman • Random House • 2003 (ebook)

The Beauty of What Remains: How Our Greatest Fear Becomes Our Greatest Gift
Steve Leder • Avery • 2021

Being Mortal: Medicine and What Matters in the End
Atul Gawande • Metropolitan Books • 2014

The Five People You Meet in Heaven
Mitch Albom • Hyperion • 2003

Self-Care for Caregivers: A Practical Guide to Caring for You While You Care for Your Loved One
Susanne White • Adams Media • 2022

To Live Until We Say Good-Bye
Elisabeth Kübler-Ross; photographs by Mal Warshaw • Prentice-Hall • 1978

When Caregiving Calls: Guidance as You Care for a Parent, Spouse, or Aging Relative
Aaron Blight • Rivertowns Books • 2020

The articles and books listed a sample of what is available. The listed articles are approximately 5 pages or Less for clear, quick reference.

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