

Recommended Reading & Watching List – Lesson 3



Books

- Emotional Agility—Get Unstuck, Embrace Change, and Thrive In Work and Life\ Dr Susan David



Articles

- Adapting the Resilience Framework for Family Caregivers of Hospice Patients With Dementia
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7179812/#:~:text=Through%20these%20resilience%20resources%2C%20family,a%20better%20quality%20of%20life>
- Reflective Practice Toolkit, University of Cambridge.
<https://libguides.cam.ac.uk/reflectivepracticetoolkit/introduction>
- How Is the Caregiver Doing? Capturing Caregivers’ Experiences With a Reflective Toolkit
<https://mental.jmir.org/2019/5/e13688/pdf>
- Self-management by family caregivers to manage changes in the behavior and mood of their relative with dementia: an online focus group study :
<https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-016-0268-4>



Movies & Videos

- Caregivers are the backbone of our society | Alicia Garza -
<https://www.youtube.com/watch?v=3EqiQ6mfsdl>

Training

Consulting

Professional Development