ABSTRACT

Introduction: Patient and caregiver education is fundamental to optimal care in Geriatric Psychiatry. Extensive education ideally occurs in the office setting during the clinical encounter. However, clinicians generally have limited time available for patient and caregiver education.

Methods: Self-help books such as the seminal title “The 36 Hour Day” can bridge the knowledge gap for patients and their families. Informal lists of recommended self-help books have been compiled for general adult psychiatry, but most do not specifically address Geriatric Psychiatry. Below is a personal list based on my own review.

INTRODUCTION

Patient and caregiver education is fundamental to optimal care in Geriatric Psychiatry. Extensive education ideally occurs in the office setting during the clinical encounter. However, clinicians generally have limited time available for patient and caregiver education.

METHODS

Self-help books such as the seminal title “The 36 Hour Day” can bridge the knowledge gap for patients and their families. Informal lists of recommended self-help books have been compiled for general adult psychiatry, but most do not specifically address Geriatric Psychiatry. Below is a personal list based on my own review.

TOP 10 SELF HELP BOOKS IN GERIATRIC PSYCHIATRY

1. The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss, by Peter Rabins (Johns Hopkins University Press, 5th edition 2011) Since the 1980s, this has been and remains the essential guide for dementia caregivers.


7. Eldercare For Dummies by Rachelle Zukerman (For Dummies, 2011) Excellent guide for caregivers and families to navigate medical, legal and financial issues. Clear and authoritative.


CONCLUSIONS

This poster lists self-help literature currently available in the area of Geriatric Psychiatry. Books and bibliotherapy can help patients and caregivers cope with issues they are facing.

ACKNOWLEDGEMENT

Thanks to Mayo Clinic Health System librarian Matthew B. Hoy for his assistance with this poster.