

**Dr. Steiner's**  
**RECOMMENDED READING AND RESOURCES**

**After the Diagnosis: From Crisis to Personal Renewal for Patients with Chronic Illness**, JoAnn LeMaistre, Ph.D.

This easy-to-read book is ideal for patients and family members. Dr. Le Maistre describes the normal stages and challenges of coping with chronic illness using case examples. Ulysses Press, 1995 P.O. Box 3440, Berkeley CA 94703- 3440.

**Believing in Ourselves: A Celebration of Women**, N. Carson, J. Jones,

Inspirational photo-essay book about 35 women who have dealt with major obstacles, includes Dr Steiner's story. Andrews McMeel, 2002. Order from local bookstore or [www.amazon.com](http://www.amazon.com)

**Elderhouse: Planning Your Best Home Ever**, Adelaide Altman

"Very useful for women and men moving into their older age - the new kind of age where the concern is maintaining autonomy and control over their live..." Betty Friedan, Chelsea Green, Vermont, 2002.

**Exit Strategies: A Plan and A Place For Your Estate Information(TM) interactive CD and workbook**, Jeanne K. Smith

This wonderful software program provides you with a place to record your vital personal information and wishes. Enables family members to know what to do in times of crises such as a disaster, an incapacity or death. □ [www.exitstageright.com](http://www.exitstageright.com)

**Legacy: A Step-by-Step Guide to Writing Personal History**, Linda Spence

Easy-to-read book written to help a family elder write their memoirs. Gives helpful suggestions of questions to ask and ways to interview a family member. Swallow Press, Ohio Univ., 1997.

**Mainstay: For the Well Spouse of the Chronically Ill**, Maggie Strong.

Excellent book for caregivers, friends and health care workers. Penguin Books, 1988.

**Opening Up: The Healing Power of Confiding in Others**, James W.Pennebaker

"Dr. Pennebaker has demonstrated that expressing emotions appears to protect the body against damaging internal stress and seems to have long-term health benefits." - Daniel Goldman, *The New York Times* □ New York: Morrow, 1990. Available at Powell's Books at [Powells.com](http://Powells.com) or at [Amazon.com](http://Amazon.com)

**The Art of Condolence What to Write, What to Say, What to Do at a Time of Loss**  
Leonard M. Zunin, MD and Hilary Stanton Zunin

This beautifully written book offers gentle and practical guidance for those who want a better understanding of grief, or want to comfort or reach out to someone dealing with the loss of a loved one. Harper Perennial, N.Y., 1992.

**Writing as a Way of Healing**, Louise De Salvo.

Excellent guide for anyone who wants to explore their emotional history, look at painful events in their lives, and gain deeper understanding of themselves. Practical advice, helps both new and experienced writers will find ways to safely and comfortably write about their personal life stories. Harper S.F. 1999.

**RESOURCES:**

**Independent Living Resource Centers**

Services and resources for individuals with disabilities  
call (713) 520 0232 or send an email to: [ilru@ilru.org](mailto:ilru@ilru.org)

**National Family Caregivers Association**

800-896-3650 [www.nfcacares.org](http://www.nfcacares.org) NFCA offers education, information, and advocacy for family caregivers.

**Consumerlab.com** Independent information and product reviews about medications and supplements, drug interactions medication research.

**Medical Information Form:** A one-page form lists your emergency contact information and medications. Folds to the size of a credit card, available, free at: [www.DrSteiner.com](http://www.DrSteiner.com).

**SITES FOR PEOPLE WITH MEDICAL ILLNESS & THEIR LOVED ONES:**

**CaringBridge** Personal web sites for those experiencing significant life events. CaringBridge is a non-profit organization that offers free, personalized web sites to those wishing to stay in touch with family and friends during significant life events. CaringBridge authors craft messages that are informative and reflect a special sensitivity to privacy issues. At each web site, well-wishers can read updates about the subject and leave messages in the Guestbook.

**CarePages** Provides free websites, blogs and supportive information for patients that connect friends and family during a health challenge.

**Lotsa Helping Hands** Helps friends, family, colleagues, and neighbors assist loved ones in need manage and coordinate offers of help.

For presentation to AAMDS conference 2009

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