



## Resource List: Midlife & Aging

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at [store.focusonthefamily.com](http://store.focusonthefamily.com). (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at [focusonthefamily.com](http://focusonthefamily.com).

### Included

[Books](#)

[Broadcasts](#)

[Webpages, Q&As, and Resource Lists](#)

[Referrals](#)

### Books

**Barbara and Susan's Guide to the Empty Nest** by Barbara Rainey and Susan Yates (2008) • 9781602000605 • (not currently available through Focus on the Family)

"Discovering New Purpose, Passion, and Your Next Great Adventure"

**The Best Is Yet to Be: Moving Mountains in Midlife** by Bruce Peppin (2015) • 9780781411042 •

Biblical principles and illustrations from others help you complete life well and pass on a lasting legacy.

**Blessing Your Grown Children** by Debra Evans (2012) • 9781589974791 •

"Affirming, Helping, and Establishing Boundaries"

**A Car Seat in My Convertible?** by Sharon Hoffman (2008) • 9781596692084 •

"Giving Your Grandchildren the Spiritual Ride of Their Lives"

**Championship Grandfathering** by Carey Casey (2009) • 9781589978744 •

"How to Build a Winning Legacy"

**Connect With Your Grandkids** by Cheri Fuller (2009) • 2350000000547 •

"Fun Ways to Bridge the Miles"

**Creative Grandparenting** by Judy Schreur, Jerry Schreur, and Erin Schreur (2013) • 9781572934887 •

Drawing on biblical truth, principles of child development, and personal experience, the Schreurs offer creative ways for grandparents to be a positive, caring presence at every stage in their grandchildren's lives.

**Empty Nest, What's Next?** by Michele Howe (2015) • 9781619706668 •

"Parenting Your Adult Children Without Losing Your Mind"

**Engaging Today's Prodigals** by Carol Barnier (2012) • 9780802405579 •

As a former prodigal, Barnier offers wisdom and encouragement for parents struggling to understand, relate to, and continue loving their prodigal adult child.

**Extreme Grandparenting: The Ride of Your Life** by Tim and Darcy Kimmel (2007) • 9781589974609 •

With honesty, humor, and practical experiences, the Kimmels help you reach out and relate to your grandchildren—not only as a loving family member, but as a spiritual rock during hard times.

**Generation G: Advice for Savvy Grandmothers Who Will Never Go Gray** by Marty Norman (2008) • 9780785228127 •

Norman looks at grandparenting in the twenty-first century and what it means to be a memory maker, legacy builder, generational healer, and historian.

**How to Really Love Your Adult Child** by Gary Chapman, Ph.D., and Ross Campbell, M.D. (2011) • 9780802468512 •

“Adulthood” carries new meaning in the 21st century—and parents are often caught between meeting their own needs and helping grown kids. Learn to set appropriate boundaries and create a healthy, rewarding relationship with your adult child.

**Improving With Age** by Stuart and Jill Briscoe (2015) • 9781619582071 •

“God’s Plan for Getting Older and Better”

**The Joys of Successful Aging: Living Your Days to the Fullest** by George Sweeting (2008) • 9780802472908 •

Offering insight on everything from health and humor to having a Christ-honoring attitude, Sweeting shows you how to let go of your fear of aging, “do your giving while you’re living,” and finish with grace!

**Long Distance Grandma** by Janet Teitsort (2005) • 9781582294445 •

“Staying Connected Across the Miles”

**Lost in the Middle: Midlife and the Grace of God** by Paul David Tripp (2004) • 9780972304689 •

You don’t have to be paralyzed by regret, defeated by aging, or discouraged by unfulfilled dreams.

**Love No Matter What** by Brenda Garrison (2013) • 9780849947414 •

“When Your Kids Make Decisions You Don’t Agree With”

**Nearing Home: Life, Faith, and Finishing Well** by Billy Graham (2013) • 9780849964824 •

“Growing older with grace is possible for all who will set their hearts and minds on the Giver of grace, the Lord Jesus Christ.”

**Once a Parent, Always a Parent** by Stephen A. Bly (1999) • 2350000000271 •

Bly helps parents of adult children understand how to be appropriately concerned for their children, and he suggests ways to avoid offenses and hurts.

**The Power of a Praying Grandparent** by Stormie Omartian (2016) • 9780736963008 •

“The best way to love your grandchildren is to pray for them.”

**The Power of Praying for Your Adult Children** by Stormie Omartian (2014) • 9780736957922 •

Seek God’s guidance for your adult children—for their faith, career, marriages, parenting, and other important decisions they’ll have to make.

**Prodigals and Those Who Love Them** by Ruth Bell Graham (2008) • 9780801071553 •

Graham knows about prodigals; two of her five children were spiritual wanderers. This book is a collection of readings she turned to for comfort, and she also offers personal encouragement through Scripture, poems, hymns, and prayers.

**Raising Your Children’s Children** by Martha Evans Sparks (2011) • 9780834125636 •

“Hope for Grandparents Raising Grandkids”

**Rethinking Retirement: Finishing Life for the Glory of Christ** by John Piper (2009) • 9781433503993 •

“How will we live [our final years] in such a way as to show that Christ is our highest Treasure?”

**The Second-Half Adventure** by Kay Marshall Strom (2009) • 9780802478757 • (not currently available through Focus on the Family)

“Whoever you are, whatever your skills, wherever your life road has taken you, you can use what you have gained to help change the world. There is work to be done, and there is a place for you.”

**The Second Half of Marriage** by David and Claudia Arp (1998) • 9780310219354 •

“Facing the Eight Challenges of Every Long-Term Marriage”

**Setting Boundaries With Your Adult Children** by Allison Bottke (2008) • 9780736921350 •

“Six Steps to Hope and Healing for Struggling Parents”

**Splitting Heirs** by Ron Blue and Jeremy White (2008) • 9780802413765 •

“Giving Your Money and Things to Your Children Without Ruining Their Lives”

**When God Interrupts** by M. Craig Barnes (1996) • 9780830819799 •

“Finding New Life Through Unwanted Change”

**Your Money After the Big 5-0: Wealth for the Second Half of Life** by Larry Burkett and Ron Blue (2007) • 9780805444322 •

This resource will help make your retirement planning successful—regardless of how much you’ve saved to this point.

**Broadcasts**

**Being a Champion to Your Grandkids** (Carey Casey) • 2350000010669 •

Casey, CEO of the National Center for Fathering, explains how important grandfathers are to their grandkids. Learn to bridge the relational gap between the generations and leave a lasting, godly legacy.

**Bringing Home the Prodigals** (Rob Parsons) • 9781624719196 •

Parsons shares his heart for prodigals and their families. We sometimes make people prodigals by being critical of unimportant things. Instead, we should consider the best ways to pray for them and demonstrate God’s love.

**Building Bridges With Your Adult Child** (Brenda Garrison) • 9781624718816 •

Garrison shares her personal parenting journey with her oldest daughter. The relationship worsened when 18-year-old Katie announced she would be moving out of their home. Learn to trust God with your adult child as you consider how to build bridges of love rather than walls of resentment.

**Casting a Vision for Your Adult Child** (Dr. Bob and Mrs. Cheryl Reccord) • 9781624715266 •

The Reccords candidly admit some of the challenges they faced in raising their kids. They remind parents to have a heart like the father of the prodigal son, waiting at the end of the road for him to come home.

**Connecting With Your Grandchildren** (Cheri Fuller) • 9781624718830 •

Fuller talks about the important role grandparents play in their grandchildren’s lives. She offers ideas and tips for engaging grandkids in fun ways and for staying in touch with children who live far away.

**Finishing Strong** (Stuart and Jill Briscoe) • 2350000010546 •

The Briscoes have partnered in ministry for most of their nearly 60 years of marriage. They share the importance of staying active, ministering to others, impacting younger generations, and being available for the Lord.

**Grace-Based Grandparenting** (Dr. Tim and Mrs. Darcy Kimmel) • 9781624715082 •

The Kimmels share personal experiences and insights on the roles of grandparents: 1) give a blessing (it’s less about what you say and more what you do); 2) leave a legacy; 3) bear a torch for the Gospel and moral living; and 4) set a standard.

**Grandparents: Connecting Across the Miles** (Cheri Fuller) • 9781624714535 •

Grandparents *can* connect with grandchildren who live far away.

**Improving Marriage After the Empty Nest** (Dr. Bob and Mrs. Cheryl Reccord) • 9781624711978 •

The empty-nest season brings joys *and* challenges, and the pain couples might feel when their children leave home can strain marriages to the breaking point. Draw together during this time and move forward with renewed fulfillment and purpose.

**Learning God’s Ways While Raising a Family** (Rob Parsons) • 9781683320135 •

Parsons talks about giving, serving, and loving. Hear practical wisdom and life lessons to pass on to your children and grandchildren.

**Leaving a Legacy of Love** (Bill Butterworth) • 2350000010256 •

Butterworth talks about leaving a legacy as parents. People who are loving understand three things: 1) Love is a top priority. 2) Love takes practice. 3) Love has tremendous power.

**Leaving a Legacy Through Letters** (Greg Vaughn) • 9781624716553 •

When Greg’s father died, Greg realized he didn’t possess anything that communicated his dad’s love. Wanting his own children’s experience to be different, he began writing letters to each of them saying how much he loved them.

**Living Well After Middle Age** (Ken Davis) • 2350000005405 •

Christian humorist Davis encourages listeners to live life to the fullest through faith, family, nutrition, and exercise.

**Loving Your Adult Child** (Dr. Gary Chapman) • 9781624712722 •

Chapman describes how to maintain a loving relationship with your adult child—whether they’re making poor choices or are sincerely struggling and just need a helping hand.

**Making Your Money Last** (Dave Ramsey) • 9781624714214 •

Midlife and beyond can be the most productive time in a person's life. Ramsey talks about preparing for and living well during retirement, covering everything from estate plans to Social Security to insurance needs.

**Practical Advice for Grandparents** (Jerry and Judy Schreur) • 9781683320395 •

The Schreurs discuss ideas to encourage grandparents to take an active role in the lives of their grandchildren and leave a generational legacy.

**Thriving in the Empty Nest Years** (Barbara Rainey, Susan Yates) • 9781624717192 •

Rainey and Yates give advice for finding fulfillment and significance based on their book *Barbara and Susan's Guide to the Empty Nest: Discovering New Purpose, Passion & Your Next Great Adventure*.

**Your New Roles With an Empty Nest** (Michele Howe) • 235000009656 •

Howe discusses the transition parents make to establish a new role when children leave home. She talks about appropriate boundaries with adult children who come home to live—including what tough love looked like for their prodigal daughter.

**Focus on the Family  
Webpages, Q&As, and Resource Lists**

**Abounding Midlife Living**

- [focusonthefamily.com/lifechallenges/life-transitions/abounding-midlife-living/abounding-midlife-living](https://focusonthefamily.com/lifechallenges/life-transitions/abounding-midlife-living/abounding-midlife-living)  
Articles offer information, suggestions, and inspiration for those approaching or journeying through their senior years.

**Q&As**

- [focusonthefamily.com/family-q-and-a](https://focusonthefamily.com/family-q-and-a)  
Browse our Q&As for advice and encouragement.

**Resource Lists**

- [focusonthefamily.com/family-q-and-a/resources-and-referrals](https://focusonthefamily.com/family-q-and-a/resources-and-referrals)  
Find recommended resources and referrals listed by topic, including:

- **Christian Growth for Adults** • RL022 •
- **Eldercare** • RL061 •
- **Female Health** • RL056 •
- **Grief & Loss** • RL045 •
- **Suggestions for Community Involvement** • RL021 •

**Referrals**

**Focus on the Family Counseling Consultation Line**

If you need someone to talk to, [Focus on the Family offers a free phone counseling consultation with a licensed counselor](#). Call **1-855-771-HELP (4357)**, Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they'd love to speak with you.

**Focus on the Family's Christian Counselor Network**

Search for licensed Christian counselors in your area: [FocusOnTheFamily.com/FindACounselor](https://FocusOnTheFamily.com/FindACounselor)

### **60 Plus Association**

515 King Street, Suite 315  
Alexandria, VA 22314  
703/807-2070

[60plus.org](http://60plus.org)

- This secular, citizen lobby organization is dedicated to protecting the rights of senior citizens.

### **The Alzheimer's Association**

225 North Michigan Avenue, Floor 17  
Chicago, IL 60601  
800/272-3900—Phone  
866/403-3073—TDD

[alz.org](http://alz.org)

- This secular organization provides information to families afflicted by Alzheimer's disease.

### **The Association of Mature American Citizens**

5 Orville Drive, Suite 400  
Bohemia, NY 11716  
888/262-2006

[amac.us](http://amac.us)

- This secular organization advocates for and provides updates about issues affecting seniors.

### **Christian Association of PrimeTimers**

P.O. Box 8551  
Big Sandy, TX 75755  
800/443-0227

[capmemberbenefits.org](http://capmemberbenefits.org)

- A Christian alternative to AARP, this organization provides money-saving values for those age 50 and over. They also offer products and services to encourage growth, as well as opportunities for service.

### **Christian Association of Serving Adult Ministries Network (CASA)**

13646 Northeast 24<sup>th</sup> Street  
Bellevue, WA 98005  
888/200-8552

[gocasa.org](http://gocasa.org)

- CASA provides a variety of resources to pastors and lay leaders, serving the needs of middle- and senior-age adults for spiritual growth, fellowship, education, and service.

### **The Cooper Aerobics Center**

12200 Preston Road  
Dallas, TX 75230  
866/906-2667

[cooperwellness.com](http://cooperwellness.com)

- The Cooper Wellness Program medical spa offers programs tailored to an individual's available time, personal needs, and health concerns.

### **Finishers Project**

P.O. Box 12649  
Chandler, AZ 85248  
480/584-5448

[finishers.org](http://finishers.org)

This service organization helps connect people with mission opportunities around the globe.

### **God Cares Ministry**

515 Moore Road, Suite 3  
Avon Lake, OH 44012  
440/930-2173

[godcaresministry.com](http://godcaresministry.com)

- This organization helps Christian volunteers "share the love and Word of Jesus Christ with the people living in nursing home."

### **LateLife Hope**

[email@latelifehope.com](mailto:email@latelifehope.com)

[latelifehope.com](http://latelifehope.com)

- Jim and Jan Conway offer support for living the remaining season of life with dignity and productivity.

### **Love-Wise**

3600 S. Harbor Blvd. #116

Oxnard, CA 93035

805/242-6360

[love-wise.com](http://love-wise.com)

- The ministry of Bill and Pam Farrel: "We concluded that anyone can have successful relationships so we've devoted our lives to sharing the practical skills we learned with as many people as possible."

### **National Institute on Aging**

31 Center Drive, MSC 2292

Bethesda, MD 20892

800/222-2225—Phone

800/222-4225—TTY

[nia.nih.gov](http://nia.nih.gov)

- This secular organization provides information on aging and Alzheimer's disease.

### **The Seniors Coalition**

1250 Connecticut Avenue Northwest, Suite 200

Washington, D.C. 20036

202/261-3594

[senior.org](http://senior.org)

- This organization represents the interests and concerns of senior Americans for issues at the state and federal levels—to protect the well-being of older Americans, while supporting common-sense solutions to the challenges of the future.

### **The Sonshine Society**

P.O. Box 327

Lynnwood, WA 98046

425/353-4732

[sonshinesociety.org](http://sonshinesociety.org)

- This interdenominational group comes alongside local churches and individual Christians to provide a consistent and effective witness to those in nursing homes or other care centers.

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Referrals to secular organizations dealing with specialized areas of knowledge shouldn't be read as an indication that their stances necessarily align with Focus on the Family's perspective in all areas.