

Recommended Reading List for Individuals and Families

General Information

Caring for a Person with Alzheimer's Disease: Your Easy to Use Guide from the National Institute on Aging NIH Publication Number: 09-6173, May 2009, 136 pages. This comprehensive guide provides a wealth of information and resources to help families understand the most important concerns of family caregivers, including: Planning Ahead, Keeping the Person Safe, Adapting Activities, Medicines to Treat AD Symptoms and Coping with Late Stage Care. A free copy of this book is currently available by contacting the Alzheimer's Disease Education and Referral (ADEAR) Center at 1-800-438-4380 or go to www.nia.nih.gov/Alzheimers.

A Guide to Caring for People with Alzheimer's and Related Dementias. Published by the Alzheimer's Association. 2009, 116 pages. A thorough and informative guide which will help you to understand the diagnosis and changes over the course of the illness, taking care of yourself, legal and financial planning, providing effective support and in the early, middle and late stages, and other critical issues. To purchase this book, go to "Shop for the Cause" at alz.org.

Learning to Speak Alzheimer's: a ground breaking approach for everyone dealing with the disease by Joanne Koenig Coste; 2003, 240 pages. This insightful book explains the "habilitation" approach to care, and how to help those with dementia to use their remaining skills. Practical tips range from how to make changes in the environment to how to address the issue of driving.

Navigating the Alzheimer's Journey: a compass for caregiving by Carol Bowlby Sifton, 2004, 652 pages. Whether the diagnosis is still fresh or you are well into the caregiving journey, practical suggestions in this book will smooth the way. Includes such topics as managing activities of daily care, capitalizing on remaining abilities and making plans for future care.

Of Two Minds: a guide to the care of people with the dual diagnosis of Alzheimer's disease and mental retardation by Judith Antonangeli; 1995, 168 pages. Provides an overview of Alzheimer's, mental retardation (particularly Down syndrome), suggestions for care in home and group settings emphasizing behavior management in a therapeutic environment.

The Simplicity of Dementia: a guide for family and carers by Huub Buijssen, 2005, 176 pages. An accessible and sympathetic guide on supporting people with dementia at every stage and how to confront challenges. The experience of dementia, communication, mood and behavior problems, issues of caregiver guilt and other reactions are discussed.

The 36 Hour Day/4th edition by Nancy Mace and Peter Rabins, 2006, 323 pages. No nonsense comprehensive guide updated to include new information on diagnostic evaluation, research, medications, legal and financial information and many other new sections.

What If It's Not Alzheimer's: a caregivers guide to dementia Edited by Lisa Radin and Gary Radin, 2003, 339 pages. This book is the first comprehensive guide dealing with frontotemporal dementia (FTD), one of the largest groups of non-Alzheimer's dementias. Designed as a resource and reference guide, this useful handbook is full of practical information that caregivers need.

Early Stage

The Alzheimer's Action Plan: The Expert's Guide to the Best Diagnosis and Treatment for Memory Problems by Murali Doraiswamy, MD, Lisa Gwyther, LICSW and Tina Adler. This clear and compassionate book is readable, thorough and compelling for people with early stage memory loss, their families and professionals.

Alzheimer's Early Stages: first steps for Family, Friends and Caregivers by Daniel Kuhn; 2003, 306 pages. Focuses on the concerns of the families of people newly diagnosed with Alzheimer's disease: medical aspects, long-term planning, giving care and receiving support.

Caregiving Issues

Activities of Daily Living by Kathy Laurenhue, 2006, 93 pages. A companion to the Alzheimer's Basic Caregiving, this guide offers helpful, compassionate suggestions for managing bathing, dressing, grooming, continence care, nutrition and hydration.

Alzheimer's Basic Caregiving by Kathy Laurenhue, 2006, 125 pages. Offers all caregivers a useful overview of dementia, strategies for pain assessment, improving communication, and tools for understanding, preventing and managing of some of the more common behavior issues, such as wandering, sleep disturbance and illogical beliefs.

Later Stage Alzheimer's Disease: A Caregivers Guide, MA/NH Chapter Book, 2009, 86 pages. This comprehensive overview of the concerns of later stage caregivers providing care at home offers valuable information about such important topics as: activities, bathing, home safety, behavior management and more. Available free to family caregivers. Call the Association at 800.272.3900.

Pressure Points: Alzheimer's and Anger by Edna Ballard, Lisa Gwyther and T. Patrick Toal, 68 pages. Anger is a common yet difficult emotion for caregivers. This compassionate guide will help caregivers assess and deal with anger in ways that support their own well being and that of the person cared for. Order at www.nia.nih.gov/alzheimers.

Strength in Caring: giving power back to the Alzheimer caregiver by Mark Marloff, 2005, 232 pages. Good caregiving means good self care and this book is a guide to help readers equip themselves psychologically and practically, reducing stress and anxiety. Filled with exercises and tips for gaining control and moving ahead.

Understanding Difficult Behaviors by Anne Robinson, Beth Spenser, Laurie White, Editors; 1989, non-paginated. For caregivers in all care settings, this book focuses on common problem areas, including agitation, hallucinations, paranoia, incontinence, activities of daily living, wandering, screaming, and wanting to go home.

For Children

The Magic Tape Recorder (a story about growing up and growing down) by Joyce Simard, 2006. Children may have trouble visiting elders with a dementing illness. This wonderful and colorful book for young children helps them understand, know what to do, feel helpful and enjoy visits.

Singing with Momma Lou by Linda Jacobs Altman, Illustrated by Larry Johnson, hardcover, 2002. This loving story follows the almost-ten year old Tamika as she visits her beloved grandmother in a nursing home and figures out how to reach beyond memory loss and stay connected.

Still My Grandma by Veronique Van den Abeele, Illustrated by Claude K. Dubois, Hardcover, 2006. For children ages 4-8, including young readers, this is a lovely story of the special and enduring relationship of Camille and her beloved grandmother who develops dementia.

Wilfrid Gordon McDonald Partridge by Mem Fox, illustrated by Julie Vivas, 1989, 28 pages. Young Wilfrid lives next door to a nursing home and loves Miss Nancy who has "lost her memory." For young (and even older) children.

Communication

Keeping in Touch with Someone who has Alzheimer's by Jane Crisp, 2000, 110 pages. This practical book guides caregivers with methods of keeping in touch throughout the many phases of dementia and many difficulties presented, emphasizing the concrete and emotional benefits to all involved.

Talking to Alzheimer's: simple ways to connect when you visit with a family member or friend by *Claudia Strauss; 2001, 161 pages.* A practical and warm approach to visiting and creating enjoyable and meaningful times with loved ones, this book encourages, guides and answers questions. Section for helping children visit.

Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's by *Olivia Ames Hoblitzelle, 2008, 332 pages.* This wise and encouraging memoir offers practical self-help sections as well as vignettes and spiritual perspectives on dealing with Alzheimer's as it affects the person with dementia, family and friends through the stages of the disease.

Personal Stories

Alzheimer's from the Inside Out by *Richard Taylor, 2007, 255 pages.* The author of this very readable collection of essays has Alzheimer's disease. It is meant for "fellow travelers" and is an excellent resource for all who want to understand and better deal with the changes, losses, and choices to be faced.

Dancing with Dementia-my story of living positively with dementia by *Christine Bryden, 2005, 200 pages.* Bryden's account of her own slow progression of frontotemporal disease captures the reality of living with dementia. She explores the effects of her memory problems, loss of independence and difficulties with communication, explaining how others can help.

Voices of Alzheimer's: courage, humor, hope and love in the face of dementia by *Betsy Peterson, 2004, 252 pages.* With humor and grace the author offers simple advice, wisdom and the understanding of others who have traveled the same path. Honoring both the despair and the joys makes this book realistic and comforting.

These books are generally available via the internet (at sites like amazon.com, barnesandnoble.com), or by order through bookstores. Some may be available through your library. The Association no longer sells non-Association publications.

Our "Recommended Reading List for Professionals" can be found at www.alz.org/MANH under Local Resources.

The Alzheimer's Association is the largest national voluntary health organization dedicated to advancing Alzheimer research and helping those affected by the disease.

Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

The Alzheimer's Association
Massachusetts/New Hampshire Chapter
800.272.3900
www.alz.org/MANH