

Recommended Reading List for Professionals

General Information

Improving Hospital Care for Persons with Dementia Edited by Nina M. Silverstein and Katie Maslow; 2006, 272 pages. This book will help you to improve the experiences patients with dementia encounter in acute care settings, providing insight into the issues and gaps in quality of hospital care.

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. Tips range from how to make changes in the environment to how to address the issue of driving.

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.

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), 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.

Activities

The Best Friends Book of Alzheimer's Activities by Virginia Bell, David Troxel, Robin Hamon, Tonya Cox; 2004, 192 pages. Activities can be conducted spontaneously or be planned, with simple props, engaging residents in meaningful activity for extended periods. This excellent book offers activities that can be personalized to match remaining strengths, adult-oriented and "failure free."

Keeping Busy: a handbook of activities for persons with dementia by James R. Dowling; 1995, 173 pages. Written by an activity specialist, this book provides valuable guidance in designing appropriate activities in addition to a wide variety of activities with step-by-step instructions. Ideal for caregivers at home, as well as for professionals.

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.

Dementia and Wandering Behavior — concern for the lost elder by Nina M. Silverstein, Gerald Flaherty, Terri Salmons Tobin, 2002, 206 pages. Professional and family caregivers need to be aware of the specific preventive measures and responses to the problem of wandering, a life threatening behavior: "What works, what doesn't, and why."

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.

Communication

Counseling the Alzheimer's Caregiver by Mary S. Mittleman, Cynthia Epstein, Alicia Pierzchala, 2003, 337 pages. An important tool and research based resource for professionals who counsel Alzheimer families. Full of vivid vignettes and practical suggestions for coaching caregivers through the full spectrum of issues.

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.

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.

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.

Program and Professional Development

The Best Friends Approach to Care by Virginia Bell and David Troxel, 1997, 250 pages. Building on the elements of friendship: respect, empathy, support, trust, humor, this care model adapts to each person's remaining strengths and abilities not just by preventing catastrophic episodes but by making every day consistently reassuring, enjoyable, and secure.

Creating Successful Dementia Care Settings by Margaret P. Calkins, et al. 2002. Four volume set. Understanding the Environment through Aging Senses (88 pages), Maximizing Cognitive and Functional Abilities (224 pages), Minimizing Disruptive Behaviors (176 pages), and Enhancing Identity and Sense of Home (208 pages). Describes how to integrate the physical environment, staff care practices, and residents' needs into a complementary, holistic approach to dementia care.

Dementia and Social Work Practice: Research and Interventions Carole B. Cox, Editor, 2007, 434 pages. Offers chapters addressing the knowledge base related to dementia, evidence-based interventions, dementia among diverse populations and across cultures, community based services and residential care.

Dementia Care Mapping: Applications Across Cultures edited by Anthea Innes, 2003, 168 pages. Evaluating the quality of life and quality of care of people with dementia is challenging. Dementia Care Mapping (DCM) is a cutting-edge assessment tool that helps staff do exactly that. Helpful in improving staff understanding and overcoming resistance to change, DCM and its person-centered approach can invigorate staff caregiving practices, reducing patient excess disability and actively promoting their everyday competence.

The Best Friends Staff: Building A Culture of Care in Alzheimer Programs by David Troxel, MPH, and Virginia Bell, MSW. Directed specifically to staff, this motivating book offers practical tools as well as teaching methods for training staff so they can achieve better outcomes and enjoy a more rewarding experience. Indispensable for care facilities.

The Best Friends Book of Alzheimer's Activities, Volume Two by David Troxel, MPH, Virginia Bell, MSW, Robin Hamon, and Tonya Cox. Like the best-selling Volume One, this handy book is loaded with ideas and demonstrates how any program staff member can master the art of turning even simple interactions into engaging activities. The essence of person-centered care.

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 Individuals and Families" 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