

alzheimer's association™

the compassion to care, the leadership to conquer

ALZHEIMER'S ASSOCIATION – GREAT PLAINS CHAPTER

LENDING LIBRARY

VIDEOS

Video tapes are available for check out through the Alzheimer's Association of the Great Plains Office. There is no charge for use by association subscribers. Non-subscribers and all others will be charged a \$15 fee per tape. To borrow a video, please contact our office at 420-2540 or 1-800-272-3900 (toll-free). **WE HAVE LIMITED LEGAL PERMISSION FROM THE OWNERS AND PRODUCERS TO USE THESE VIDEOTAPES FOR NON-BROADCAST, EDUCATIONAL PURPOSES: THEY MAY NOT BE AIRED OR DUPLICATED.**

PLEASE NOTE IF VIDEOS AREN'T RETURNED WITHIN TWO WEEKS AFTER SHOWING THERE WILL BE A \$25.00 FINE

ALONE BUT NOT FORGOTTEN--48 min.

Husbands, wives and loved ones are often the "hidden heroes" of Alzheimer's disease. They provide countless hours of care and support for their loved ones, often sacrificing their own emotional, physical and financial health in the process. But what if there are no "loved Ned"? What if there is no surviving spouse or adult child to provide this type of care? Along with a manual for professionals, this tape is aimed at helping professionals and communities. It's a fact that people with Alzheimer's do live alone.

ALZHEIMER'S: A MULTI-CULTURAL PERSPECTIVE -- 34 min.

Documentary focuses on actual experiences of four families as they care for an elder with AD. Seen from the perspective of four ethnic groups: Chinese, Japanese, Latino, and Vietnamese. Shows the obstacles they face. Family discusses possible solutions to some of these problems.

ALZHEIMER'S AWARENESS FOR RURAL CAREGIVERS --

ALZHEIMER'S DISEASE: CREATIVE SURVIVAL – 1989 presentation by Lela Shanks. One Hour

ALZHEIMER'S DISEASE: INSIDE LOOKING OUT -- 18 min.

Portrays the strength of individuals behind the "label" of Alzheimer's disease. They speak of the importance of openness and the ability to accept and cope with this condition. They are also able to discuss how being diagnosed with AD has affected their relationship with their spouses, children, co-workers, and others.

ALZHEIMER'S DISEASE: LIVING IN THE MOMENT – (1.42:35)

Off-air recording of studio segments, March 3, 1998. Excerpts from Nebraska ETV broadcast. Tape includes all live segments with studio guests William Burke, MD; Jane Potter, MD; Daryl Bohac, PhD; Lela Shanks, caregiver/author; Sharon Colling, CSW/NHA; Ralph Peppard, JD; Barb Sand, MSN/ARNP; and John Frey, JD.

ALZHEIMER'S DISEASE: NATURAL FEEDING TECHNIQUES -- 14 min.

Three case studies of how to use natural feeding techniques with dementia patients. The case studies discuss issues of tube feedings and the importance of techniques that assist patients to eat naturally, without the use of tube feedings. Excellent video for in-service; use for all caregivers.

ALL ABOUT THE BRAIN PART III The Aging Brain (Fall 2000 seminar- One hour)

Show why Research is so important, how it is being done and hear from our physicians and scientists who are making exploration of the brain and nervous system. Turning research findings into life-saving and life-extending treatments for our patients.

ALZHEIMER'S AND VASCULAR DEMENTIA UNDERSTANDING THE UNCERTAINTIES

(Janssen 2001) Alzheimer's and vascular dementia present Many challenges for clinicians with pure Alzheimer's at one end, pure vascular dementia at the other, and a very gradual continuum in between.

BABY BOOMERS -- 30 min.

Depicts how Alzheimer's disease is expected to escalate as Baby Boomers enter their sixties, and how they are already being affected. Brief overview of services provided by the Alzheimer's Association: Safe Return, support groups, respite care, and family caregiving.

BILL MOYERS ON DYING - CBS Four Part Special (60 minutes each video)

CLINICAL PROFILES IN ALZHEIMER'S DISEASE: Mild, Moderate, and Severe -- 25 min.

Three AD patients, in mild, moderate, and severe stages of the disease have been filmed during a professional assessment. Their actual responses are shown, and followed by a professional's explanations of what occurred.

COMMUNICATION COMMUNICATES WITH SOMEONE WHO HAS ALZHEIMER'S DISEASE OR RELATED DEMENTIAS VOL.3 -30 min.

(2001 Healing Arts Production) Defines Alzheimer's Disease and its effects and teaches communication techniques that can bring a higher quality of life both to the person who has Alzheimer's and to the caregiver.

COMMUNICATION CARING FOR SOMEONE WITH MID TO LATE STAGE ALZHEIMER'S Vol. 5 - 45 min.

Topics include Flexibility and Humor, Changes that occur in mid to late changes Core principles in Alzheimer's Care Activities Tolerance levels, Naps, Balancing the day, Repetitive calling out, sexuality and intimacy, pain management, incontinence and toileting.

COMMUNICATION: HOW TO COMMUNICATE EFFECTIVELY WITH SOMEONE WHO HAS A HEARING LOSS Vol. 1 -- 28 min.

This closed captioning video teaches caregivers to effectively communicate with someone who has a hearing loss.

COMPASSIONATE TOUCH -- 23 min.

Illustrates benefits of therapeutic massage and attentive touch for residents and staff. Shows successful implementation of the program in two facilities, including: promotion and billing strategies; evaluation procedures; demonstrated results. Also outlines role of facility supervisor, and includes interviews with health care professionals and family members.

COMPLAINTS OF A DUTIFUL DAUGHTER -- 44 min.

Chronicles the various stages of a mother's Alzheimer's disease and the evolution of a daughter's response to the illness. The desire to cure the incurable -- to set right her mother's confusion and forgetfulness, to temper her mother's obsessiveness -- gives way to an acceptance which is finally liberating for both daughter and mother. Neither depressing nor medical.

THE COURAGE TO GRIEVE, THE COURAGE TO GROW: RECOVERING AND GROWING THROUGH GRIEF -- 45 min.

Judy Tatelbaum, M.S.W. (author of *The Courage to Grieve* and *You Don't Have to Suffer*) teaches you through this video to recognize the stages of grief, to develop tools for healing, and to feel complete with grief. In a powerful demonstration, it will teach you to say good-bye and begin living wholeheartedly.

DEALING WITH ALZHEIMER'S: A COMMON SENSE APPROACH TO COMMUNICATION -- 21 min.

Family members dealing with the difficult task of caregiving for a loved one with dementia are often frustrated by the victim's loss of communication. This video helps caregivers by giving basic information about losses caused by AD; teaching verbal and non-verbal communication techniques; describing common behavior changes; and actual caregivers demonstrating strategies to prevent or reduce problem behaviors.

DEALING WITH ALZHEIMER'S: FACING DIFFICULT DECISIONS -- 26 min

This video is meant for later stages of Alzheimer's may not be suitable for early stage. Changes that occur in middle and later stages of the disease; describing a strategy for family discussion of decisions; discussing nursing home placement versus home care; and discussing treatment decisions including use of cardiac resuscitation, life support, tube feeding, and comfort care. The tape shows interviews with family caregivers who have faced these decisions. This is a useful tool in the discussion of advanced directives with caregivers.

DEMENTIA AND DRIVING DON'T MIX -- 30 min.

Examines the difficult decisions families face in "taking away the car keys" of individuals with dementia. Professionals from medicine, occupational therapy, law enforcement and the department of motor vehicles discuss ways families can best cope with these difficult decisions. Family members also share their views.

THE DIARY OF ROZIE MOCK -- 25 min.

Rozie Mock's diary contains a record of the events and memories surrounding the care for her husband, Joe, who had AD. This video can help trigger support group discussion on the following topics: asking for help, benefits of support groups, and the mixture of feelings surrounding death of a person. A warm, loving account of Rozie's experiences.

DORIS AND DOROTHY -- 25 min.

A January 2000 "60 Minutes" presentation about a set of twins, one who has Alzheimer's and the other who cares for her.

EARLY ONSET ALZHEIMER'S -- 11 min.

January 2002. Dr. Burke and family members.

EARLY ONSET A CONVERSATION WITH LETTY

(Produced by Joseph & Kathleen Bryan Alzheimer's Disease Research Center) 22 min A middle aged woman in early stages of Alzheimer's disease attempting to cope with the changes this has brought to her and her family. This video also helps to break down public misconceptions about people with memory impaired illnesses.

EDUCATED CAREGIVER DVDs (Vol. 1-3) by Leeza Gibbons

VOLUME 1 (80 MINUTES)

- Coping Skills Challenge of Caregiver and how your physicians can help
- Gaining Control over Daily Routine Dealing with Natural Feelings of helplessness, anger, resentment and guilt.
- The benefit of Support Groups
- Averting Compassion Fatigue
- Preparing for WHEN YOUR LOVED ONE LEAVES HOME
- STRATEGIES TO CUT STRESS
- SPIRITUAL QUESTIONS
- ADJUSTING TO LOSS

VOLUME 2 (45 MINUTES)

- HANDS ON SKILLS
- GIVING A BATH
- ORALHYGINE AND NAIL CARE
- CHANGING AN OCCUPIED BED
- OBSERVING FOR WARNING SIGNS OF MEDICAL PROBLEMS
- MAKING YOUR HOME SAFER
- CARING FOR A LOVED ONE WITH VISUAL OF HEARING IMPAIRMENTS

VOLUME 3 (48 MINUTES)

- ESSENTIAL KNOWLEDGE
- COMMUNICATING EFFECTIVELY, AND HONESTLY WITH A LOVED ONE
- COMMUNICATING EFFECTIVELY WITH HEALTHCARE PROVIDERS
- GIVING AND MONITORING MEDICINES
- UNDERSTANDING MEDICATION INTERACTIONS
- AVOIDING MEDICATION MISTAKES
- PREVENTING INFECTIONS AND USING STERILE TECHNIQUES
- PREVENTING PRESSURE ULCERS (BED SORES) AND PROVIDING WOUND CARE
- ENSURING THAT YOUR LOVED ONE ENJOYS PROPER NUTRITION

EXERCISE VIDEO (National Institute on Aging) - 46 Min.

Aimed at improving Health of Older People with Manual

THE FAMILY CAREGIVER'S GUIDE 6 VIDEOS - Peter V. Rabins, MD Interviews with Families

1. Living with Alzheimer's 22 minutes
2. Caregiver Options 22 minutes
3. Endings Show True Feelings & Life Stories 24 minutes
4. Ethical Issues 22 minutes

- 5. The Middle Years 22 minutes
- 6. New Relationships 20 minutes

THE FAMILY GUIDE TO ALZHEIMER’S HOSTED BY LEEZA GIBBONS (Lifeview Resources Inc 2001) Volume 1-5
VHS & DVD series

Volume 1 (62 min)

Understanding Alzheimer’s Recognizing symptoms, making an early accurate diagnosis, what to expect during the various stage of the disease, How Alzheimer’s affects the brain.

Volume 2 (67 min)

Behavior issues How Alzheimer’s affect our perception of reality, Common symptoms-including agitation, hallucinations, sleeplessness and sun downing, wandering and incontinence. Redirection and “fiblets” as strategies for dealing with Alzheimer’s-related behaviors.

Volume 3 (42 min)

Daily Life offers specific information on: Making the home environment safe, communicating with someone with Alzheimer’s, structuring a manageable daily routine.

Volume 4 (62 min)

How (and why) to get outside help, involving other family members, handling activities of daily living, such as eating, dressing and bathing.

Volume 5 (44 min)

Transitions offer specific information on: Adapting social activities for your loved one, spiritual issues, how to evaluate care facilities, grieving

THE FORGETTING (VHS or DVD approx. 120 min.)

A Portrait of Alzheimer’s takes a dramatic, compassionate all-encompassing look at this fearsome disease and aims to help all Americans better understand and cope with its impact.

GRANDMA LUCILLE’S HUG -- 15 min.

(Also **LOVING GRANDPA** -- 15 min.) Children’s videos and activity sheets. Puppet characters portray everyday scenes involving children and their grandparents with Alzheimer’s disease. The disease is seen from the child’s point of view.

HELPING PEOPLE WITH DEMENTIA WITH ACTIVITIES OF DAILY LIVING

-- 22 min. Shows both professional and family caregivers how to break down ADLs into simple tasks that people with dementia can perform.

HOME CARE COMPANION: FALL PREVENTION – 25 min.

Techniques used to reduce the risk of falls to you and the person you are caring for, as well as maintaining independence. Also covered are medical conditions that contribute to falls and reasons why the elderly are more at risk for falling.

HOME CARE COMPANION: FIRE SAFETY -- 30 min.

Fire safety and prevention are an important part of caring for an older adult. People age 65 and older are twice as likely to die in a home fire as the national average; and elders 85 years and older are four and a half times more likely to succumb to a fire in their homes. Most residential fires are caused by those living in the home due to carelessness, lack of knowledge and improper response once a fire has started. The video covers fire prevention and caregiver response in the event of a fire.

HOME CARE COMPANION: HOW TO CARE FOR SOMEONE ON BEDREST -- 40 min.

Techniques for providing safe and continuous care to someone on bed rest are demonstrated. The video comprises several distinct sections that could be shown separately.

HOME CARE COMPANION: HOW TO MANAGE MEDICATIONS -- 25 min.

Clearly demonstrates safe and efficient ways to administer medications; suggests questions a caregiver should ask the doctor and pharmacist.

IN THIS VERY ROOM—12 min.

(Produced by Senior Community Video Project, Inc.) This video clearly demonstrates that Alzheimer’s residents can actively participate in many pleasurable and creative activities. It shows them engaged in music, dance. Visual art and drama improvisations. These scenes are interspersed with statements by family members that confirm the value of these creative approaches for Alzheimer’s resident.

IN YOUR HANDS -- 16 min.

Legal aspects to consider.

INTERVENTIONS – 80 min.

One of THREE parts in the **CREATIVE INTERVENTIONS IN THE ALZHEIMER'S PATIENT** Series. (Description in the Training Video Section.)

INTRODUCTION TO THE ALZHEIMER' ASSOCIATION -- 10 min.

JANE PAULEY SHOW 7/20/05 - Interviewed family members who had AD 60 minutes

JUST FOR THE SUMMER- Churchill Films

Objectives- after viewing, the audience should be able to understand and describe some of the symptoms and challenges of Alzheimer's disease, discuss the problems and difficulties of taking care of someone with Alzheimer's, increase understanding of the effects of Alzheimer's on patients and family members, suggest ways of coping with the responsibility of an Alzheimer's patient and be motivated to learn more about the disease.

LEADING A SUCCESSFUL SUPPORT GROUP- 20.02 min.

LIVING WITH ALZHEIMER'S – (35 minutes each and in box set)

LIVING WITH ALZHEIMER'S: A PARTNERSHIP IN CARING -- 19 min.

A good introduction and overview of AD and its effects on the patient and family. The video outlines available services and can advise the viewer on decision making.

LIVING WITH GRACE -- 28 min.

The touching story of Grace, an AD victim, and her family

LOVING GRANDPA -- 15 min.

(Also **GRANDMA LUCILLE'S HUG**) Children's videos and activity sheets. Puppet characters portray everyday scenes involving children and their grandparents with Alzheimer's disease. The disease is seen from the child's point of view.

MAINTAIN YOUR BRAIN- 2004

MANAGING & UNDERSTANDING BEHAVIOR PROBLEMS IN ALZHEIMER'S DISEASE AND RELATED

DISORDERS- PART I: Alzheimer's Disease and Related Diseases—17:33 min

PART II : DELIRIUM AND DEPRESSION

MANAGING THE DIFFICULTIES OF MEALTIME – The Enlightened Alzheimer Caregiving CD series empowers at-home caregivers with a greater understanding of Alzheimer's disease and provides “hot-to” solutions that work. (English & Spanish version on one CD)

MEMORY LANE (DVD) FAMILY –

Join us for a stroll down Memory Lane Caregivers of family members and loved ones afflicted with memory loss can revisit good times together, share a common experience and sing along to an oldie but goodie.

MUSIC 'N MOTION - Music 'n Motion is a sing along and chair motion activity designed especially for seniors. Some of the health benefits include reduced stress, increased mental alertness, improved cardiovascular fitness. (9DVD) 28:32 minutes.

NURSES' AIDES MAKING A DIFFERENCE: Skills for Managing Difficult Behaviors in Dementia Victims -- 31 min.

(Description in Training Video Section.)

The Oliver Story 2007 Michael husband of Linda Caregiver (true story)-

He has the disease and still is at home. (DVD)

ORAL CARE FOR THE ALZHEIMER'S PATIENT -- 10 min.

A visual guide to techniques that encourage healthy dental care for dementia patients, including tips for reducing the patient's agitation during the care routine.

ORIENTATION TO ALZHEIMER'S DISEASE – 17.13 min.

PALLIATIVE CARE FOR ADVANCED DEMENTIA- A self – instructional seven-part teaching program

PART OF DAILY LIFE -- 17 min.

From the American Occupational Therapy Foundation, this video deals with ways that you can make your role as caregiver easier, while helping your loved one have an improved quality of life; Doing familiar activities is easier when tasks are first broken down into smaller more manageable steps Communication can be improved by using short sentences and plain words. Small modifications can be made to your home to make it a safer and more workable environment. The first three sections contain suggestions, review sheets, and worksheets for caregivers; at expand upon the video illustrations of ways to improve a relative's quality of life. The fourth section provides a list of resources to contact or read if you want more information about task breakdown, better communications, or home modifications.

A PRESCRIPTION FOR CAREGIVERS: TAKE CARE OF YOURSELF -- 60 min.

Filmed in front of a live audience of caregivers, packed with humor and stories from real life. Topics include: heeding resentment as a warning of doing too much, varieties of guilt, options for self-care, figuring out how much care is enough, the importance of humor.

THE PROBLEM-SOLVING METHOD -- 35 min.

Videos On the Improving Caregiving Skills Video Training Series. (Description in Training Video Section.)

RESOURCES ON ALZHEIMER'S DISEASE

for gerontology professionals (Gail Peterson PHD & Kim Petersen MD) (2006) DVD & BOOKS

SAFE RETURN & LAW ENFORCEMENT POLICE TRAINING -10/25/05 13 min

Information about understanding wandering behavior and how Safe Return can assist law enforcement and emergency responders in timely search and rescue efforts. Several officers discuss their real life stories and how they have successfully used the Alzheimer's Association program to reunite lost memory-impaired adults with their loved ones.

SAVING MEMORIES, ENHANCING LIVES -- 16 min.

In this 1999 video, people affected by AD describe how the Alzheimer's Association has improved lives -- by funding research, working to change legislation, and providing information and vital support services. A good introduction to the national organization.

SOLVING BATHING PROBLEMS IN PERSONS WITH ALZHEIMER'S DISEASE -- 22 min.

Offers step-by-step approaches to safely bathing a person with AD. Shows techniques to approach a variety of behaviors that will be encountered in bathing, tips on how to be more flexible and creative, and how to recognize subtle and significant changes in the person with AD.

SOMEONE I LOVE HAS ALZHEIMER'S DISEASE -- 17 min. An excellent video for helping young people understand Alzheimer's disease and cope with the multitude of emotions they might have when a close family member has the disease.

SPECIAL CARING -- 30 min.

Presents a problem-solving approach to managing the person with Alzheimer's disease. Taped on location at an Alzheimer's care facility and in a family home, includes comments from both staff and family caregivers.

STOLEN TOMORROWS -- 30 min.

Deals with diagnosing AD and the effects this has on families. Produced by Lincoln General Hospital. Features local physicians and Lincoln support group members sharing their individual stories.

A SUPPORTIVE SETTING: The Corrine Dolan Alzheimer Center -- 26 min.

The Center is a nonprofit, nonsectarian organization consisting of a rehabilitation hospital and nursing home with a dementia care unit. The Alzheimer's Association and other organizations were instrumental in the development of planning, training, research, and program elements at the Center.

A THOUSAND TOMORROWS: INTIMACY, SEXUALITY AND ALZHEIMER'S -- 30 min.

In candid interviews with caregivers and their spouses who have AD, this video reviews blurring of roles between caregivers and "intimate partner" as the need for caregiving increases' changes in behavior that affect intimacy between the partners: and mismatch of sexual desire and attraction. It is designed to help couples understand that they are not alone, showing examples of how others have managed to cope with changes. It helps remove some difficulty that family and professionals have in discussing effects of this disease on a couple's intimate life.

THICKER THAN WATER -- 10 min.

Dramatized video demonstrates techniques for working with families in nursing home settings, focusing on distraught family members. It shows how to diffuse anger, acknowledge concern and provide information to the family.

THOU SHALT HONOR- SEEN ON PBS – Wiland-Bell Productions, LLC

TOUCHED BY AN ANGEL AND FORGET ME NEVER

TRANSPORTATION SOLUTIONS FOR CAREGIVERS -- 13.34 min.

Easter Seals Project Action 2002. Helping families with Alzheimer's when transporting their loved ones in vehicles.

UNDERSTANDING ALZHEIMER'S AND ALZHEIMER'S AND SAFETY- (DVD 2008) In the introduction program, viewers will learn what happens to the brain as Alzheimer's progresses, how to get a diagnosis and what to do next, how Alzheimer's disease affects behaviors and treatment and care.

The Safety program offers information on how to stay safe at home, while traveling, behind the wheel, using medications and alcohol and how to avoid wandering and getting lost.

UNRAVELING -- 45 min.

Portrays six families in British Columbia whose lives have been changed by AD. The viewer is given the impression of being "inside" this disease from the vantage points of the person suffering from AD and from the families who watch and manage its course. May be valuable for discussion in support groups. Covers aspects of in-home and residential care.

A VOW TO CHERISH – 60 min.

Portrays a family going through the changes brought on by Alzheimer's disease. This made-for-TV movie was produced by the Billy Graham Association, and aired in the fall of 1999.

WAVES OF STONE -- 56 min.

This video explores the wilderness that is Alzheimer's disease by joining research, science, and clinical practice with emphasis on the impact on the lives of the patient and the caregiver.

The Way We Were (2005) -- 3:44 min ALZ 101 Memories

WHAT EVERY CAREGIVER NEEDS TO KNOW ABOUT ALZHEIMER'S DISEASE (DVD) A video-based teaching tool for professional and family caregivers. Featuring Dr. Gail & Kim Petersen, experts on dementia training. The video has six chapters: Introduction to Alzheimer's Disease, MCI, Early, Moderate, Severe Cognitive Disability and Review. Physical changes in the brain, cognitive capabilities and behavioral manifestations are covered. (70 minutes, close captioned)

YOUR BRAIN: UNRAVELING THE PUZZLE- 55:04 min.

EDUCATIONAL VIDEOS FOR THE AFRICAN-AMERICAN COMMUNITY

MEMORIES OF LOVE: CARING FOR THE CAREGIVER -- 16 min.

Designed for people who work with African-American caregivers, this videotape provides advice on improving the care of patients by empowering the patients' families with education, support, and assistance. A multidisciplinary panel describes caregiver support options such as respite and daycare. Family members of patients discuss the effects of Alzheimer's disease on their lives and their coping strategies.

EDUCATIONAL VIDEO FOR THE SPANISH SPEAKING COMMUNITY

HASTA QUE HAYA UNA CURA (UNTIL THERE IS A CURE) -- 20 min.

Designed to inform Spanish-speaking patients, families, and the public about AD. It answers questions about the diagnostic process. Useful to agencies serving Spanish-speaking clients.

EDUCATIONAL VIDEO KITS TRAINING VIDEOS

ASSISTING THE NURSING HOME RESIDENT WITH ALZHEIMER'S DISEASE: A DAY IN THE LIFE OF NANCY MOORE -- 28 min.

This video is developed specifically for nurses' aides who care for victims of dementia. It sets the tone for training by showing Nancy, a nurses' aide, in her daily routine of caring for Alzheimer residents. Nancy is recognized and validated for the important role she has in determining the quality of care given to the AD patient. This video is an excellent training resource for nursing homes and helpful to family members for understanding the nurse aides' role in caring for their loved one.

CREATIVE INTERVENTIONS WITH THE ALZHEIMER'S PATIENT

-- A video tape series designed to provide the professional and private caregiver an introduction into understanding Alzheimer's behavior, current functional assessment tools, and interventions for caregiving in-service aid and a must for all those providing care or service needs to the Alzheimer's sufferer. The video tape series includes:

Tape 1: Understanding Behaviors: Part 1 -- 115 min.

The need for developing creative interventions; What we need to know about dementia; Common organic dementia's; How brain damage changes behavior; Differences between confusion, delirium, dementia and depression ; Characteristics of the Left & Right Hemispheres; Global Deterioration Scale; Correlating Alzheimer's stages to normal human development; Specific behaviors for each stage;

Tape 2: Understanding Behaviors: Part 2 -- 100 min.

Specific behaviors for each stage (cont'd); Tailoring care and discovering their needs; Assessment Tools; Fromje; Cognitive Rating Scale; Functional Assessment Staging; Hierarchic Dementia Scale

Tape 3: (80 Min)

Stage specific ADLS Symptom management, adapting care. Modifying the environment sensory stimulation developing a structured daily program.

DANCE THERAPY AND DEMENTIA -- 26 min.

Depicts use of dance therapy developed by Israeli dance therapist Shoshana Hirsch, who has more than 10 years of work with AD patients in hospitals and daycare settings.

DETECTING DEMENTIA: COGNITIVE ASSESSMENT FOR HOME HEALTH CARE PROFESSIONALS -- 18 min.

A training video for home healthcare professional be aware of the prevalence and manifestation of dementia, to implement a brief assessment of memory orientation and cognitive abilities needed for routine daily activities, and to encourage referrals of symptomatic patients for complete medical evaluation. Instructor's guide, with copies of the Short Blessed Test, Mini-Mental State Examination, and Short Portable Mental Status Questionnaire included to demonstrate samples of cognitive screening tools available.

EMERGENCY ENCOUNTERS: MANAGING THE INDIVIDUAL WITH ALZHEIMER'S DISEASE -- 15 min.

When emergency medical personnel go out, they face challenges of individual assessment and management of the crisis. A crisis involving a person with AD presents a special challenge. How does one know that unusual behavior is due to AD? How should a crisis involving an individual with AD be managed to avoid catastrophic reactions? What needs do families of the individuals have? Answers are in this video.

EVEN THESE MAY FORGET: A PASTORAL CARE CHALLENGE -- 18 min. Training program for clergy, consisting of a videotape, on how to provide support for individuals and families dealing with cognitive loss.

THE GLASS HALF FULL -- 20 min.

Vividly illustrated video and training package with therapeutic techniques and easy-to-follow activities for people with Alzheimer's disease.

HELPING PEOPLE WITH DEMENTIA WITH ACTIVITIES OF DAILY LIVING -- 22 min.

Shows both professional and family caregivers how to break down ADLs into simple tasks that people with dementia can perform without direct assistance.

IMPROVING CAREGIVING SKILLS- for use by health professional's at-home caregivers. THE PROBLEM SOLVING METHOD—35 min.

5 sessions include overview of dementia. Problem identification, principles of the: Antecedent/Behavior/Consequence ABC's

NURSE AIDES MAKING A DIFFERENCE: SKILLS FOR MANAGING DIFFICULT BEHAVIORS IN DEMENTIA VICTIMS -- 31 min.

In this training tape, actors portray nursing home residents and staff in seven vignettes illustrating how aides can handle problem behaviors and demonstrating appropriate interventions. The film has an entertaining "talk show" format intended for use in both initial training and continuing education of aides.

SORTING OUT THE CLUES: MONITORING MEDICINES IN ALZHEIMER'S DISEASE -- 17 min.

Guidelines for pharmacological treatment are illustrated using actual patients and staff. Produced to train nursing home staff about psychotropic drugs for dementia, this video teaches a paradigm for monitoring medication and side effects from antidepressants, antipsychotics, and sedative-hypnotics. The presentation is organized by class of medication and examines side effects by general type such as effects of dopamine blockade and anti cholinergic effects.

RESPIRE VIDEOS

CELEBRATING AFRICAN-AMERICAN CULTURE -- 46 min.

This video, tailored for African-Americans, recalls a variety of memories. While the visit reviews some points in the history of African-Americans in America, it also jogs more personal memories. Church picnics and celebrations, families, and some "good old home cooking" are included. Traditional songs which prompt singing and memories associated with culture and tradition highlight the celebration. "Swing Low, Sweet Chariot," "Go Tell It on The Mountain," "Lift Every Voice and Sing," and "Amazing Grace" are examples of the rich music mixed into this production.

GONNA DO A LITTLE MUSIC -- 53 min.

Marianne provides an entertaining visit with songs like "Skip to My Lou." Old favorites like "Moonlight Bay" and "You Are My Sunshine" provide the backings for musical entertainment, as well as sing-a-longs' with hand, arm, and leg movements and pleasant memories. A guitar and autoharp are introduced and used for musical support. While some viewers may not be able to participate with all the movements led by Marianne, the tape has been proven effective in holding viewers' attention as displayed by slight toe-tapping, humming, or participatory actions throughout the tape.

A KIBITZ WITH DAVID -- 59 min.

Jewish participants will be invited to enjoy a visit with David, a warm, caring Jewish man as he recalls memories from yesteryear, like weddings and holiday celebrations and Friday night Shabbos services. Yom Kipper, Rosh Hashanah, Chanukah, and Passover are a few of the celebrations that will be called to mind. Included will be old favorite Yiddish songs such as "S'vivon," "Tum Balaliaka," "Dayeenu," and, of course, the old traditional "Hava Nagilah." David's wife and children help light not only the Shabbos candles, but also the special spirit and feelings central to the proud Jewish viewer.

LADIES...LET'S CHAT -- 40 min.

This "chat" includes topics from family gatherings and meal preparations to dressing up with hats and courtship days. Tied to these discussions are songs including such favorites as "Put On Your Old Grey Bonnet," "Over The River and Through The Woods," and more. Joining Diane for this visit are her grandchildren -- a seven-year-old, a three-year-old, and an infant. Together they visit with the viewer and join in on some fun songs and activities like "Eency Weensy Spider," "Mary Had a Little Lamb," "Hickory Dickory Dock," and "Old MacDonald."

LUNCHBREAK WITH TONY -- 25 min.

Tony visits during his work break about workdays and jobs work companions, old games like stickball and baseball, first cars and first loves. Tony also talks about tasks requiring tools from his toolbox such as hammers and screwdrivers. A brief recall of family is also included. Mixed in with this visit are a variety of songs related to the topics. "Take Me Out to the Ballgame," "I've Been Working on the Railroad," and "Let Me Call You Sweetheart" is a few examples. Tony's cuddly dog, Sparky, joins him toward the end of the visit.

SHARING FAVORITE THINGS -- 38 min.

Joyce discusses pleasant memories of growing up, including hometowns and parents. She visits a child and a lively dog.

THOSE GOOD OLE SCHOOL DAYS -- 50 min.

Susie helps viewers fondly relive, and even laugh at, some of "Those Good Ole School Days" on a trip down memory lane. Fun songs like "School Days" and "She'll Be Comin' Round the Mountain" help prompt memories and pleasant thoughts. School day games like "Here We Go Round the Mulberry Bush" round out this entertaining visit.

A VISIT WITH MARIA -- 39 min.

Viewers will share memories of childhood days, parents, and festivals. Maria, a beautiful and pleasant Hispanic lady, will invite viewers to join along with old favorite songs including such as "La Cucaracha," "All En El Rancho Grande," and "Cielito Lindo." The entire visit is in Maria's native Spanish language. Animal sounds and light hand and arm exercises will provide additional stimulation for the viewer. As Maria bids farewell, she extends an invitation for another visit.

A YANKEE DOODLE DANDY TIME - 30 Min.

Becky prepares for a 4th of July Celebration while she visits with viewers. She shares the flowers of her summer garden and the decorations for her party. The American flag helps jog memories of patriotism and songs like "It's a Grand Old Flag" and "Yankee Doodle." The fun times associated with marching bands and parades also call to mind songs like "When Johnny Comes Marching Home". Even Becky's cat joins in on this patriotic visit. Right after memories of America's past with "Take Me out to the Ballgame," a sing-along of "America" helps round out this visit.

BOOKS

The following is a list of the books available through the Great Plains Chapter Office. There is no charge for use by association subscribers. To borrow a book, please contact our office at 420-2540 or 1-800-272-3900

NEW BOOK - Palliative Care for Advanced Alzheimer's and Dementia, Guidelines and Standards for Evidence-Based Care by Gary A. Martin & Marwan N. Sabbagh. This book testifies that caregivers can have a monumental impact on the lives of persons with advanced dementia. Through specialized programming and a renewed effort toward patient-centered care, caregivers can profoundly enrich the quality of life for these persons. Providing guidelines for healthcare professionals, caregivers, and family members, this book introduces palliative care programs and protocols for the treatment of people with advanced dementia. The book can also be purchased from the Alzheimer's Association Desert Southwest Chapter, http://www.alz.org/dsw/in_my_community_shop.asp

Aging with Grace by David Snowdon, Ph.D. What the Nun Study teaches about leading longer, healthier, and more meaningful lives.

Alone in Marriage by Susie Larson. When you said "For better or worse." You never imagine "the worse" would be so hard. When faith, hope and love are present, it's possible to thrive in every season of your life even in the difficult times.

Alzheimer's Activities (by B.J. Fritz Ray) Hundreds of activities for men and women with Alzheimer's Disease & Related Disorders. A timely and useful document filled with a wealth of information and expertise.

Alzheimer's Care with Dignity (2 copies) – The must-have handbook to help you care for your loved one at home with dignity and respect. Gain confidence, improve quality of life, overcome emotions and renew hope and spirituality- by Frank Fuerst.

Alzheimer's A Caregiver's Guide & Sourcebook (Third Edition Howard Gruetzner 2001) includes the latest breakthrough therapies. New material about depression and stress.

Alzheimer's Caregiver - (Mark Matloff PH.D. c. 2005) A treasury of information, ideas and powerful techniques to assist, emotionally strengthen, and manage caregiver stress.

ALZHEIMER'S CARING FOR YOUR LOVED ONE & CARING FOR YOURSELF (1990 Sharon Fish) Drawing on personal experience of caring for a parent and a professional background in hospital, community, and nursing home settings. Sharon Fish looks at the facts about Alzheimer's and the realities caregivers face.

Alzheimer's Disease: Activity-Focused Care by Carly R. Hellen (Woburn, MA: Butterworth-Heinemann, 1998). Provides practical and innovative strategies for care of people with AD. Written from the viewpoint that activity-focused care promotes the resident's cognitive, physical, psychosocial, and spiritual well being, the text is recommended for professional and family caregivers.

ALZHEIMER'S DEMENTIA & MEMORY LOSS- Straight talk for Families and Caregivers. Help me cope and survive by Monica Vest Wheeler.

Alzheimer's Disease The Family Journey- by Wayne A. Caron, PhD, James J. Pattee, MD, Orlo J. Otteson, MA

Alzheimer's Disease Help and Hope – Ten Simple Solutions for Caregivers by Jo Huey. A communication tool with Ten Absolutes, developed while providing direct care for persons with Alzheimer's disease. The instructions are simple. If you find yourself on the Absolutely Never side, don't despair, simply move to the RIGHT side of the list and things will improve.

ALZHEIMER'S ESSENTIALS (2005 Bretten C. Gordeau & Jeffrey Hiller PHD) this is an excellent and much needed handbook for families, friends and caregivers of those affected by dementia or Alzheimer's. Very practical and useful with a solid scientific base.

ALZHEIMER'S FROM THE INSIDE OUT - by Richard Taylor author with dementia –Alzheimer's type. He has spoken with thousands of caregivers and professionals.

Alzheimer's Early Stages (by Daniel Kuhn, MSW 3/2003) Book to offer knowledge and support for the Early Stages of Alzheimer's disease. Part I what is Alzheimer's Disease Part II Giving Care Part III Caring for Yourself.

Alzheimer's What the Heck Do We Do Now? By John G. Bloomer. For families facing Alzheimer's. A narrative of three families and their experiences with the disease.

And Thou Shalt Honor (The Caregivers Companion by Beth Witrogen McLeod forwarded by Rosalynn Carter 2002 by Wiland-Bell Productions) Bringing to light the challenges facing caregivers. This picks up where the PBS Special show leaves off.

Anna's Scrapbook Journal of a Sister's Love by Susan Aitken

At the Heart of Alzheimer's- by Carol Simpson. A complete guidebook to Understanding and Caring for a Person with Alzheimer's Disease.

The Best Friends Approach to Alzheimer's Care by Virginia Bell and David Troxel (Baltimore, MD: Health Professions Press, Revised 10/2002). Learn new ways to solve problems, encourage positive behavior, and improve communications. Written for families, nursing ability staff, adult day center staff, and persons with early stage Alzheimer's.

The Best Friends Approach to Alzheimer's Care (Spanish) by Virginia Bell/David Troxel)

The Best Friends Staff: Building a Culture of Care in Alzheimer's Programs by Virginia Bell and David Troxel (Baltimore, MD: Health Professions Press).

The Best Friends book of Alzheimer's Activities by Virginia Bell & David Troxel (Health Professions Press 2004)

CARGIVING IN THE U.S. (AARP) Conducted by THE NATIONAL ALLIANCE FOR CAREGIVING (NEW) Profile of Caregivers Profile of Care Recipients

Care of Alzheimer's Patients: A Manual for Nursing Home Staff by Lisa P. Gwyther, ACSW (Chicago: American Health Care Association and Alzheimer's Disease and Related Disorders Association, 1985).

The Caregiver by Aaron Alterra (South Royalton, VT: Steerforh Press, 1999). Alterra's descriptions of his efforts at understanding his wife's experience of being an "Alz" are at the heart of this book. He believes that many of Alzheimer's symptoms can be better understood if the caregiver recognizes that the patient struggles to adapt not to a single memory loss, but to a loss of relationship – a lost sense of how things connect. Standing by on the "outside," Alterra constantly strives to find new ways to maintain connection with his wife. Ultimately, he presents his caregiving not so much as a tragic passage, but as another stage in a continuum of relationship.

Caregiver's Handbook: A Complete Guide to Home Health Care edited by Jemima Dunne (New York: Visiting Nurse Associations of America, DK Publishing, 1998). Addresses needs of the caregiver, offering constructive guidance and emotional support. Features basic nursing procedures, advises on equipment, adapting the home, home hygiene, maintaining mobility, caregiving skills.

The Caregivers' Handbook by Jim Boulden (Santa Rosa, CA: 1991). "How to" reference for volunteers and families working with life-threatening illness. The style of presentation is brief, factual and direct with references given for further support or information.

Caregiver Survival Series by James R. Sherman, Ph.D. (Golden Valley, MN: Pathway Books, 1994). Magic of Humor in Caregiving; Creative Caregiving; Positive Caregiver Attitudes; Preventing Caregiver Burnout

Caring for People with Alzheimer's Disease: A Manual for Facility Staff by Lisa P. Gwyther. A manual for facility staff.

CARING FOR YOUR PARENTS (Helene McClean 1987 Dolphin Book) A sourcebook of options and solutions for both generations. Adult offspring can help aging parents safeguard their health, maintain their independence, and deal with physical psychological and financial problems that are likely to arise during their later years.

Catch a Falling Star: Living with Alzheimer's by Betty Baker Spohr with Jean Valens Bullard (Seattle, WA: Storm Peak Press, 1995). Based on the author's personal journals, written as she cared for her husband, Hank. A story of love, courage, and truth that will comfort, inspire, and inform those who come in contact with AD people.

Clouds on a Clear Day: An Alzheimer's Anthology- Alzheimer's Association-Utah chapter (Salt Lake City, UT: 1997). This is a collection of literary and graphic art provided by caregivers, friends, and mere bystanders of Alzheimer's patients. Forty individuals contributed their poems, short stories, journal entries, song lyrics and graphic art.

Chicken Soup for The Caregiver's Soul (2004 #1 New York Times Best Selling Authors Jack Canfield Mark Hansen LeAnn Thieman with a Foreword by Rosalynn Carter. Health Communications Inc. Deerfield Beach, Fl.) Stories to Inspire Caregivers In the Home, the Community and the World.

The Complete Guide to Alzheimer's-Proofing Your Home by Mark L. Warner (West Lafayette, IN: Purdue University Press, 1998). Written by a practicing architect and gerontologist, this book shows how to create a home environment to cope with difficulties

associated with Alzheimer's and related dementia. Deals with both interior and exterior spaces, providing key information on safety and security in the context of the potential problems related to Alzheimer's. Practical advice based on a thorough knowledge of dementia enables both loved one and caregiver to lead not only manageable but also satisfying lives.

Contemporary Environments for People with Dementia by Uriel Cohen and Kristen Day (Baltimore, MD: Johns Hopkins University Press, 1993). Offers information on currently existing facilities to illustrate the application of their practical design principles linked to specific therapeutic goals based on the relationship between the physical environment and people with dementia

CONVERSATIONS AT THE NURSING HOME (A MOTHER A DAUGHTER AND ALZHEIMER'S) PBA PUBLISHING (2006) by DEANNA SHAPIROI It explores the complex relationship between mother and daughter in language deceptively straightforward and disarmingly beautiful. Filled with so much understated wisdom, it is that rare work of art to be read and reread.

Coping with Alzheimer's: A Caregiver's Emotional Survival Guide by Rose Oliver, Ph.D. and Frances A. Bock, Ph.D. (North Hollywood, CA: Wilshire Book Co., 1987). Speaks directly to the caregiver, in exploration of feelings, where they come from, how they work, and the behaviors -- adaptive and maladaptive -- to which they lead. The authors show how to change emotional and behavioral responses to this illness to positive and constructive ones.

Coping with Caring (by Lyn Roche Elder Books 1996) Daily Reflections for Alzheimer's Caregivers.

Counseling the Alzheimer's Caregiver (A Resource for HealthCare Professionals) AMA Press 2003) This manual very useful resource for many workers involved in the provision of care to Alzheimer's victims and their families.

Creating Moments of Joy by Jolene Brackey. A journal for caregivers full of practical solutions and insights.

Developing Support Groups for Individuals with Early-Stage Alzheimer's Disease (Robyn Yale 2001) This excellent reference is the only one of its kind on sound clinical experience. The volume makes a valuable contribution not only by offering specific information but also instilling in others the courage to work with individuals who have early-stage Alzheimer's Disease.

Designing for Alzheimer's Disease by Elizabeth C. Brawley (New York: John Wiley & Sons, Inc., 1997). Offers a complete blueprint for effective design development and implementation. Easily adapted for use in home or healthcare settings, this book is a resource for architects, interior designers, nursing home administrators, and care providers to improve quality of life for the elderly.

A Dignified Life – The Best Friends Approach to Alzheimer's' Care – A Guide for Family Caregivers by Virginia Bell, M.S>W. and David Trozel, M.P.H. A supportive and practical offering with a down-to-earth, comprehensive approach for providing care.

The Dignity Within (Copyright 2004 by Caring Concepts, Inc) A Handbook for Caregivers, Family Members, and Friends of Those Who Have Alzheimer's Disease or Related Dementia

DIMINISHED CAPACITY by Sherwood Kiraly. How much are your memories worth?

EASY THINGS TO MAKE TO MAKE THINGS EASY (Doreen Greenstein PHD Cornell University) BRROKLINE BOOKS 1997) Simple Do-It-Yourself Home Modifications for Older People Others with Physical limitations.

Elder Rage (Quality Books Inc 2001) Jacqueline Marcell How to Survive Caring for Aging Parents

ESTABLISHING PARTNERSHIPS (ADMINISTRATION ON AGING) Establishing partnerships between managed care and aging service organizations. A replication manual based on the Alzheimer's Association Kaiser Permanente Metropolitan Los Angeles Dementia Care Project.

FADING by Frances A> Kraft – One family's journey with a woman silenced by Alzheimer's. Preventative, nutritional and psychological help for the families and patients with Alzheimer's disease.

FADING MEMORIES- An Adolescent's Guide to Alzheimer's Disease

Failure-free Activities for the Alzheimer's Patient: A Guidebook for Caregivers by Carmel Sheridan (San Francisco, CA: Cottage Books, 1987). Offers simple activities that help reinforce the patient's self-esteem while relieving boredom and frustration at the same time.

Families Who Care- Assisting African American and Rural Families Dealing with Dementia- edited by Constance L. Coogle and Ruth B. Finley

Finding Your Way after Your Spouse Dies by Marta Felber – A guide for coping with the practical issues that face the recently widowed as they struggle through the grieving process. It is written by one who has experienced personal grief and loss and understands what needs to be faced when a spouse dies.

Forget-me-not: Caring for an Alzheimer Patient by Jan Charker (Rozelle, NSW, Australia: Milner Publishing, 1994). Dave Charker was only 51 when he died after a three-year battle with Alzheimer's disease. His widow tells with compassion and humor, of life with an Alzheimer's patient. She tells her husband's story to give strength to others in the same situation and to give encouragement to join the fight, as she has done, against this cruel disease.

The Forgetting by David Shenk (Doubleday 2001). Extremely readable book about the Science of Alzheimer's and the reality of living with the disease with unusual sensitivity to people with the disease and their families. Talks about people with Alzheimer's attending support group meetings.

For Sasha, with Love: An Alzheimer's Crusade by Gail Bernice Holland (New York: Dembner Books, 1985). In this personal story, Anne Bashkiroff shares her long ordeal and many frustrations in caring for her husband, as well as the triumphs in bringing the plight of brain-damaged victims and families to the forefront of national attention.

Ginny a Love Rembered by Bob Artley (Iowa State University Press Ames 1994) Bob's memoir with his beloved Ginny and the battle with Alzheimer's that consumed her. Bob was an editorial cartoonist Des Moines Register and Worthington Minneapolis Globe.

Glimmers: A Journey into Alzheimer's Disease by Heidi E. Hamilton (River Wood Books, 2003) Heidi Hamilton's Glimmer presents the reader with a deeply moving account of one woman's journey into Alzheimer's disease. Hamilton, a Georgetown University associate professor in Linguistics and an expert in the fields of language and aging, befriends an aging woman and chronicles the woman's difficult and touching journey through Alzheimer's disease, sharing snapshots of her life and the rare and precious glimmers of her friend through the fog of this relentless disease. This book provides hope and practical advice to family members and caregivers.

Glimpses of Grace by Rosemary J. Upton (Baker Book House, 1990). In diary-like form the author documents the emotional pressures and frustrations of all the family members in dealing with her mother's struggle with Alzheimer's Disease.

Grace for Grief (1995 Michael & Brenda Pink) It can help anyone survive and learn from their time of loss.

Handbook of the Biology of Aging by Edward L. Schneider and John W. Rowe (San Diego, CA: Academic Press, 1990). General overview of biomedical gerontology, for the scientific audience.

Hannah's Heirs: The Quest for the Genetic Origins of Alzheimer's Disease by Daniel A. Pollen, MD (New York: Oxford Press, 1993). A revealing story of what an inherited disorder and its disastrous effects can mean to a family, chronicles a family, genetics in general, and the genetics of AD specifically.

Hard Choices for Loving People: CPR, Artificial Feeding and the Elderly Patient by Hank Dunn (Herndon, VA: A & A Publishers, Inc., 1992). Outlines some of the decisions facing the elderly in nursing homes and hospitals and their families. The goal of this booklet is to give you enough information so that you can make an informed decision.

HELP AND HOPE by Jo Huey (Alzheimer's Institute 2001) This book is written as an excellent communication tool for caregivers. Jo Huey developed "The Ten Absolutes" while providing care for persons with Alzheimer's disease. The instructions are simple. "If you find yourself on the Absolutely Never Side, don't despair, simply move to the RIGHT side of the list and things will improve." This book is written to improve the quality of life for the care for persons with Alzheimer's disease.

HELP FOR ALZHEIMER'S (FOR ALZHEIMER'S CAREGIVERS FAMILIES AND FRIENDS) (2006 Jean Robinson, RD) Author a caregiver for her husband and mother. Things are related so simply, and the occasional humor help-even if I had to put in down a few times to cry. This guide can also help you.

He Used to be Somebody by Beverly Bigtree Murphy (Boulder, CO: Gibbs Associates, 1995). A personal account of the author's experience as a professional who became a family caregiver. She also speaks directly to couples facing Alzheimer's in second marriages.

The Heart of Grief by Thomas Attig (Oxford University Press, 2000). The author offers guidance, comfort and a new understanding of how we grieve.

How to Care for Aging Parents by Virginia Morris (New York: Workman Publishing, 1996). Addressing the needs of both the cared-for and caregiver, it's a one-stop resource on the medical, emotional, legal, and financial issues involved in caring for elderly parents.

HOW TO HELP A GRIEVING FRIEND A Candid Guide for Those who Care by Stephanie Grace Whitson. Identifies the subtle difference between helpful and hurtful conversations. She shares her grief-tested strategies with you so you can be equipped with the right words to say when your friend needs you the most.

I'M STILL HERE – A Breakthrough Approach to Understanding Someone Living with Alzheimer's by John Zeisel, Ph.D. A deeply compassionate look at how we care for people living with Alzheimer's, offering a revolutionary yet pragmatic map for the compassionate care of people with cognitive impairments like Alzheimer's disease.

ICE CREAM IN THE CUPBOARD (Pat Moffett) 2007) A true story of Early Onset Alzheimer's. A touching story of a husband's undying love. Pat Moffett offers hope and comfort to patients, caregivers and anyone who must deal with Alzheimer's disease in this agonizing tale, which is a testament to the endurance of the human heart.

I WAS THINKING (BY Diane Waugh RN BSN) NEW (2008) Unlocking the door to successful conversations with loved ones with cognitive loss.

In a Tangled Wood by Joyce Dyer (Dallas, TX: SMU Press, 1996). Dyer shows that the struggle against AD can be combined with loving acceptance and care for its victims. She offers her own humor and wisdom to families facing their journey with AD.

In Sickness and In Health: Caring for a Loved One with Alzheimer's by William M. Grubbs (Forest Knolls, CA: Elder Books, 1997). A caregiver's courageous tale of caring for his wife who had Alzheimer's disease. Suggests a new model of care to meet the needs of AD patients and their families and better training for doctors. Grubbs shows caregivers how to survive the disease. Families, as well as friends, volunteers, support groups and medical personnel will benefit from reading this book.

Individualized Dementia Care: Creative, Compassionate Approaches by Joanne Rader (New York: Springer Publishing Company, 1995). A guide to understanding, preventing and redirecting difficult behaviors associated with dementia. Emphasizes the importance of examining the environment to see how it may be creating difficult behaviors, as well as how it can be altered to reduce or eliminate them.

THE JOURNAL OF THE ALZHEIMER'S ASSOCIATION (Volume 1 Issue 1 Abstracts July 2005) Volume 2 Issue 1 January 2006) (Volume 2 Issue 2 April 2006) Volume 3 Issue 2 April 2007 Supplement 1 Volume 3 Issue 2 April 2007 Volume 3 Issue 3 July 2007 Volume 3 Issue 3 Supply 2 July 2007 Volume 4 Issue 1 January 2008 Volume 4 Issue 1 Supply 1 January 2008

Journey into Alzheimer's Disease by Robert Davis (Wheaton, IL: Tyndale House, 1989). Through his story, Reverend Davis gives hope to other victims and their caregivers. It tells the story of the disease from the inside, a record of the physical and spiritual changes experienced by the author.

Key Elements of Dementia Care by the Alzheimer's Association (Chicago: 1997). Intended for direct use by facility staff as well as family members. Contains a wealth of information from a variety of experts in the field of dementia care. Includes information on environment, human resources, programming, ongoing resident care, assessment and care, and service plans.

Learning to Speak Alzheimer's (First Mariner Books Edition 2004) Forward by Robert N. Butler M.D. (Joanne Koenig Coste) Cope with Alzheimer's - A Roadmap for the journey through Alzheimer's.

Letters from Madelyn. Chronicles of a Caregiver by Elaine K. Sanchez. Madelyn's life turns upside down when her husband suffers a stroke. Tender, gruffy, and uproariously funny, Madelyn's letters deal with the grim reality of aging and illness, and prove that grace, humor and faith can transcend tragedy.

Letting Go with Love: The Grieving Process by Nancy O'Connor, Ph.D. (Tucson, AZ: La Mariposa Press, 1984). A practical and supportive approach to facing loss and change, with lucid, practical demonstrations of self-help clearly expressed.

Life Worth Living: The Eden Alternative in Action by William H. Thomas, MD (Acton, MA: VanderWyck & Burnham, 1996). Describes a program that eliminates the three plagues of nursing homes: loneliness, helplessness, and boredom. The "Eden Alternative" transforms nursing homes into lively human habitats. Gardens, animals, birds, and children bring life and involvement to settings. The book provides the how-to-steps for "Eden zing" anywhere.

Living in the Labyrinth: A Personal Journey through the Maze of Alzheimer's by Diana Friel McGowin (Forest Knolls, CA: Elder Books, 1993). The compelling story of Diana Friel McGowin's battle with Alzheimer's disease. McGowin gives us a rare and captivating view into the victim's world and the experience of living with dementia. Her story is ultimately one of hope. Other patients may find comfort in her story, and caregivers can learn how to reach out and give the help that is needed.

THE LONG WAY HOME((NEW VERY GOOD BOOK (Journey Through Alzheimer's) Marian Richtie 2005 Harrop Press printed in Canada) The author cared for her husband aspects of the disease rather than the medical ones. It is an honest and accessible work appealing to the average reader.

Love in the Land of Dementia by Deborah Shouse (2006) for many families, a diagnosis of Alzheimer's is an ending. For Deborah, it was a beginning. My mother taught me how to celebrate and appreciate what we have right now. Through her mother's Alzheimer's discovered compassion, deepening love and increased connection with her mother and her family.

Losing Lou Ann by Clinton Erb (Brandon, VT: Holistic Education Press, 1998). The author, caregiver for his wife, chronicles the effect of Pick's Disease on a 44-year-old woman and her family.

Measure of the Heart A Father's Alzheimer's, A Daughter's Return by Mary Ellen Geist. A book about love powerful enough to compel a daughter to give up her career to move back home to help care for her father deteriorating from Alzheimer's disease. A source of inspiration and help for the millions of caregivers in America today.

Memories of the Heart – A Father's Alzheimer's, A Daughter's Return – How can you just stand by when one of the people you love most is suffering? How do you care for someone who doesn't even remember your name? *Measure of the Heart* by Mary Ellen Geist is a source of inspiration and help for the millions of caregivers in America today.

The Moral Challenge of Alzheimer's Disease by Stephen G. Post, Ph.D. (Baltimore, MD: Johns Hopkins University Press, 1995). Encourages humane and dignified care for people with dementia by examining the moral basis for such care against the background of cultural trends that threaten it. Addresses specific ethical issues of interest to professionals, families and affected individuals.

NEBRASKA HOSPICE AND PALLIATIVE CARE PARTNERSHIP LONG TERM CARE (DIRECT STAFF MANUAL) Nebraska Health Care Association Inc. (2008)

The Notebook (Copyright 1996 Nicholas Spark) Now a Major Motion Picture from New Line Cinema) It is a celebration of how passion can be ageless and timeless, a tale that moves us to laughter and tears and makes us believe in true love all over again.

No Turning Back (Lyn H. Silberman Enterprises Inc, October 2004) A journey into the world of Alzheimer's with my mother.

On the Brink A Caregiver's Journey by Sheila Keck with Mary Haase, R.N. (2 copies). Sheila Keck is an accidental caregiver who took on primary caregiver responsibilities for her father-in-law, Alan, when no one else was ready to care for a patient with Alzheimer's disease. Her journal from eight months of care giving provides insight and lessons for others facing similar circumstances.

One Family's Journey Through Alzheimer's by Mary B Walsh (2000). Mary allows us an intimate glimpse into her family's world. Through their joys and sorrows, laughter and tears, triumphs and failures, their faith shines through.

Partial View by Cary Smith Henderson, SMU Press, Dallas, 1998 A one-year diary written just following the author's diagnosis of AD. This book describes first-hand the emotional impact of the disease.

The Positive Interactions: Program of Activities for People with Alzheimer's Disease by Sylvia Nissenboim and Christine Vroman.

Progress Report on Alzheimer's Disease by the Alzheimer's Association, the National institute on Aging and the National Institutes of Health (Washington, DC: U.S. Department of Health and Human Services, 2004-2005 2006) New Discoveries New Insights. A helpful booklet designed for patients and caregivers to understand Alzheimer's disease. Discusses advances in understanding, treating and preventing AD

REMINISCENCE UNCOVERING A LIFETIME OF MEMORIES- by Carmel Sheridan (author of Failure-Free Activities for the Alzheimer's Patient.

RESOURCES ON ALZHEIMER'S DISEASE for gerontology professionals (Gail Peterson PHD & Kim Petersen MD) (2006) & DVD

Safe Return Home by Tom Batiuk and Chuck Ayers (Kansas City: Andrews McMeel, 1998). An inspirational book for caregivers, a collection of "Crankshaft" cartoon strips dealing with AD. With actual letters from fans interspersed throughout, this book elegantly deals with a serious subject in a dignified and touching way.

Senior Days by Colleen Nicol with Brian Nicol. Insightful Tales and no-nonsense help from the frontlines of eldercare.

She Never Said Goodbye by George Vernon Ellison (Aquarius House Press, Vista, CA 2000). This true story carries a compelling message that will help others cope with the emotional upheaval of Alzheimer's disease and to better understand the anxiety and needs of their loved one. It is a story of true and honest love, and one man's brave strength in surviving the impact of Alzheimer's disease.

SO FAR AWAY - Twenty Questions for Long-Distance Caregivers January 2006 U.S. Dept Health & Human Services. Twenty questions for long-distance caregivers.

Sparkling Memories (2005 by Gary Mex Glazner) The Alzheimer's Poetry Project Anthology

Still Alice by Lisa Genova. *Still Alice* is a compelling debut novel about a 50-year-old woman's sudden descent into early onset Alzheimer's disease, written by first-time author Lisa Genova, who holds a Ph. D in neuroscience from Harvard University. Alice Howland, happily married with three grown children and a house on the Cape, is a celebrated Harvard professor at the height of her career when she notices a forgetfulness creeping into her life. As confusion starts to cloud her thinking and her memory begins to fail her, she receives a devastating diagnosis: early onset Alzheimer's disease. Fiercely independent, Alice struggles to maintain her lifestyle and live in the moment, even as her sense of self is being stripped away. In turns heartbreaking, inspiring and terrifying, *Still Alice* captures in remarkable detail what's it's like to literally lose your mind...

Still Holding Hands - 2002. Based on the fact written and recorded by Stacie Ruth Stoeling, age 15, is the story of love and triumph over adversity-a story of faith. Story of Stacie's grandparents, a close Christian couple, captures the intricacies of joy and human suffering with Alzheimer's disease. This is Ray and Hilda's Christians love story.

Strength in Caring – Giving Power Back to the Alzheimer's Caregiver by Mark Matloff, Ph.D. A guide to help alzheimer's caregivers, elderly cope and thrive.

The Study Of The Nuns Aging With Grace by Dr. David Snowden

THE SUNSHINE ON MY FACE by Lydia Burdick) A read aloud book for memory challenged adults.

SURRENDURING OUR STRESS Prayers to Calm the Soup and Strengthen the Spirit by Joan Guntzelman, Short reflections and prayers to help you find the peace you need to get on with your day.

Talking to Alzheimer's by Claudia J. Strauss. Simple ways to connect when you visit with a family member or friend.

TED'S STROKE THE CAREGIVER STORY (by Ellen Paullin) A beautifully written personal odyssey, full of indomitable spirit and practical wisdom. The Paullins remind us afresh of the patient's perspectives on complex technologies of modern medicine-and mankind's eternal need for human and humane care in sickness and disability.

The Seed The Mary Bickford Story by Angela Eby.

"Therapeutic Caregiving" by Barbara J. Bridges, R.N. A down-to-earth practical and compassionate guide for family caregivers, as well as professional staff employed in adult family homes, home health agencies and long-term care facilities. This is an excellent resource that provides therapeutic techniques for keeping persons with dementia more functional, both mentally and physically.

The 36-Hour Day, Revise 4th Edition (2 copies) by Nancy L. Mace, MA and Peter V. Rabins, MD, MPH (Baltimore, MD: Johns Hopkins University Press, 2006). A family guide to caring for persons with Alzheimer's disease related dementing illnesses, and memory loss in later life. The material has been tested many times by both family and professional caregivers

Through the Wilderness of Alzheimer's: A Guide in Two Voices by Robert and Anne Simpson (Minneapolis: Augsburg Fortress, 1999). In telling the story of their journey into Alzheimer's, the Simpsons offer families accurate, firsthand information about the disease, as well as support and practical help for patients and caregivers. Their dramatic story, told from both of their perspectives, uses journal entries, conversations, letters, and prayers to trace the onset, diagnosis, and treatment of Robert's condition.

To Hold a Falling Star: A Personal Story of Living at Home with Alzheimer's by Betty Baker Spohr with Jean Valens Bullard (Seattle, WA: Sirpos Press, 1990). Based on Betty's personal journals, the book chronicles in life-affirming words and simple illustrations the last decade of the Spohrs' life together as Alzheimer's disease took its inevitable toll on Hank, her husband. This very personal story offers helpful information and inspiration for families and friends of those who are touched by the tragedy of Alzheimer's or any related dementing illness.

Tuesdays with Morrie by Mitch Albom (New York: Bantam Doubleday Dell Publishing Group, Inc., 1997). A magical chronicle of a former student's rediscovering his former professor during the last months of the older man's life. Their rekindled relationship turns

into one final class on lessons in how to live. victims. A group of authors cover every aspect of the disease, providing practical advice on dealing with the disease.

Understanding Difficult Behaviors by Anne Robinson, Beth Spencer, and Laurie White. Some practical suggestions for coping with Alzheimer's Disease and Related Illnesses

Validation: The Feil Method, by Naomi Feil, ACSW (1992). "For all those who care for and about disoriented old-old people. Validation helps helpers become comfortable with disoriented old-old who freely express feelings. Validation accepts people as they are. Validation tells the reason behind the feelings. Validation helps the disoriented old-old reach their goals - not ours."

The Validation Breakthrough: Simple Techniques for Communicating with People with "Alzheimer's-type Dementia" by Naomi Feil (Baltimore, MD: Health Professions Press, 1993). Feil shows caregivers how they can avoid conflict and stress by validating feelings rather than focusing on confusion. Fifteen case studies illustrate the simple techniques that are appropriate at each stage of dementia. A resource for families, friends, neighbors, home health aides, doctors, nurses, social workers, and long-term care staff.

The Vanishing Mind: A Practical Guide to Alzheimer's Disease and Other Dementias by Leonard L. Heston and June A White (New York: W. H. Freeman and Company, 1991). This helpful guide provides authoritative answers to these and other questions, helping those afflicted and their families make realistic plans for proper care. It addresses the family's need to cope with problems such as driving, medical coverage, legal competence and supervision. It also provides clear, scientific descriptions of the disorders, their onsets, courses, probable causes and genetic factors.

Voices of Alzheimer's (Da Capo Press 2004) Betsy Peterson spent fourteen years caring for her husband as he suffered from Alzheimer's. This experience put in touch with many others who faced the same struggles. Voice presents a varied and realistic look at what it's like to be affected by the disease.

Walking One Another Home by Rita Bresnahan (Liguori/Triumph, 2003). This book is about much more than Alzheimer's. It speaks to countless situations where a person feels hopeless in the face of loss or other challenging circumstances. It is about loving, intentional, and spirited ways of living, especially in difficult times.

When a Family Member has Dementia – Steps to Becoming a Resilient Caregiver by Susan M. McCurry. McCurry draws upon her experience as part of a research team in the world that looks at caring for people with dementia and offers clear, practical strategies for managing the most stressful problems that families encounter.

The Island by Victoria Hislop. A journey into a mother's past.

The Wilderness a Novel by Samantha Harvey (2009). In the Wilderness, Samantha Harvey delves into the intricate world of Alzheimer's through her portrayal of Jake, an architect in his mid-sixties who is desperately trying to piece together the events and loves of his life as they all too quickly slip from his grasp. Absorbing and exquisitely original, The Wilderness breathtakingly captures the cognitive decline of a man and transforms a difficult and heartbreaking subject into a work that is both brave and arrestingly understated.

You Are One of Us: Successful Clergy/Church Connections to Alzheimer's Families by Lisa Gwyther (Duke University Medical Center, 1995). How clergy and members may assist families by including them in church activities and developing programs that support family caregivers.

Your Name is Hughes Hannibal Shanks: A Caregivers Guide to Alzheimer's by Lela Knox Shanks (Lincoln, NE: University of Nebraska Press, 1996). A personal account of Mrs. Shanks's caregiving for her husband, Hughes, in their home after he was stricken with AD. Shanks describes her initial denial, discovery of coping skills, eventual acceptance and ultimate recognition that successful caregiving depends on "never losing sight of the patient's humanness." The book outlines twenty coping and survival strategies to guide caregivers.

When Someone You Love Has Alzheimer's (2004 Cecil Murphy Beacon Hill Press) Offers spiritual hope and help for people whose loved ones are facing this debilitating disease. Words of encouragement.

WHEN IT GETS DARK by Thomas DeBaggio (11/2003) An Enlightened Reflection on Life with Alzheimer's. No one has shown us the contours of Alzheimer's better than Thomas DeBaggio. No one has written a braver, more honest book about this fearsome disease.

THE WORST DAY OF MY LIFE SO FAR; MY MOTHER, ALZHEIMER'S AND ME (by M.A. Harper Hill Press 2001) A comic, timely novel about Alzheimer's and one woman's struggle to discover herself.

Children's Books

A Beautiful Pearl by Nancy Whitelaw (Morton Grove, Il; Albert Whitman and Co., 1991) Although her mind is deteriorating from the effects of AD, Grandma presents Lisa with a special gift on her birthday.

Flowers for Grandpa Dan (Thumbprint 2005) (Connie McIntyre A gentle story to help children understand Alzheimer's. Disease gradually changes Grandpa Dan's ability to garden with Danny. Danny learns there is one thing that never changes.

Grandma's Soup by Nancy Karkowsky (Rockville, Md: Kar-Ben Copies Inc., 1989) Features a Jewish family, especially on little girl Eve, who tells the story of her family gathering for a Shabbat each Friday and how everyone enjoys Grandma's soup. With the onset of AD. Everything changes, beginning with the change in the taste of Grandma's soup.

Grandpa Doesn't Know It's Me by Donna Guthrie. Book written for children about a young granddaughter's relationship with her grandfather who develops Alzheimer's Disease.

Nanny's Special Gift by Rochelle Potaracke, FSPA

Still My Grandma (Illustrated by Claude K. Dubois) Written by Veronique Van den Abeele is a translator, teacher, and writer. She wrote this book after her own grandmother developed Alzheimer's disease. Veronique lives in Belgium. Ages 4 to 8 Camille and her grandma have a special friendship. They have sleepovers and bake cookies but one day grandma forgets Camille's name. The doctor said she had Alzheimer's disease.

Through Tara's Eyes by Kathy Baumann and Erin Conners

What's Wrong with Grandma? by Margaret Shawver (New York: Prometheus Books, 1996). A young girl tries to understand the frustrating, frightening changes in her grandmother caused by Alzheimer's disease.

What's Happening to Grandpa? by Maria Shriver (Little Brown & Company & Warner Books 2004) It offers a realistic, but reassuring, glimpse into the ways everyone in a family can help ease the burden of the Alzheimer's struggle.

WILFRID GORDON MCDONALD PARTRIDGE (Mem Fox Kane Miller Publisher 1989) A young boy's relationship with his aging neighbor. It has colorful pictures for younger children.