



Greater Kentucky/Southern Indiana  
Lending Library Listing

**CATEGORY: CAREGIVING**

**The Aging America Resource Guide** (2002) Provides information on the issues that are faced when an aging loved one needs support.

**Alzheimer's: Answers to Hard Questions for Families** Illustrates some of the most common situations caregivers will have to face.

**Alzheimer's: The Answers You Need** (1998) by Helen Davies and Michael P. Jensen. A guidebook for people in the early stages of AD and their caregivers.

**Alzheimer's: Finding the Words** (1995) by Harriet Hogsdon. A communication guide that shows how Alzheimer's affects speech and gives approaches and techniques for communicating.

**Alzheimer's Disease: The Family Journey** (2000) by W. Caron, J. Patee & O. Otteson. Using a family-centered approach, it focuses on the family and how to strengthen family relationships when impacted by Alzheimer's disease.

**At the Heart of Alzheimer's** (1996) by Carol Simpson. This book is a complete guide to understanding and caring for a person with Alzheimer's disease. The author discusses how to handle specific behaviors; communication techniques; caregiver survival tips; handling family dynamics and finding a support system. This book also assures the caregiver that they are not alone. Ms. Simmons provides testimonials by well-known personalities that are fascinating.

**Alzheimer's Disease: A Call to Courage for Caregivers** (1986) by Martha Adams. This book focuses on the interactions between the victims, the family, friends and community. She shares her personal experiences and feelings as a caregiver. She emphasizes practical aspects of the many problems facing families. Witnessing her humanity in caring for her mother provides encouragement and hope to those of us caring for a loved one.

**Alzheimer's Disease: The Family Journey** (2000) by Wayne Caron, PhD; James Pattee, MD; Orlo Otteson, MSW. The authors utilize the 'phase' model throughout the book to help families negotiate the road map as their loved one travels through the caregiving journey. They describe the phases of the journey and the major issues and dilemmas associated with each phase. This book helps families understand that Alzheimer's is a family illness that affects all parts of the family system.

**The Alzheimer's Sourcebook for Caregivers** (1993) by Frena Gray Davidson. A practical guide for getting through the day as a caregiver. Topics covered include: signs & symptoms, care decisions, coping strategies, and caregiver needs.

**The Best Friends Approach to Alzheimer's Care** (1997) by Virginia Bell and David Troxel. A complete model of care built around creative and effective communication and meaningful activities that can be used in care settings ranging from private homes and adult day centers to long-term care facilities.

**Blessed Are the Caregivers:** (1995) by Danny Cain and Bob Russell. Provides a hands-on practical approach which depicts real life situations that caregivers can use in providing their loved ones' care.

**Care That Works** (1999) by Jitka Zgola. Optimal dementia care involved three elements: a good relationship between the caregiver and the person with dementia, a safe and nurturing environment, and meaningful activities. This book enables caregivers to develop their own approaches, evaluate their effectiveness, and continue to grow in skill and insight.

**Coach Broyles' Playbook for Alzheimer's Caregivers** (2007) by Frank Broyles. Frank Broyles, the Athletic Director for the University of Arkansas, was touched by Alzheimer's disease when his wife, Barbara, was diagnosed with the disease. In this book, he presents information on his experience and advice a lot like he would a coach's playbook. The book is very easy to read and understand.

**The Comfort of Home** (1998) by Maria M. Meyer and Paul Derr. Guide to caregiving in the home covering such topics as equipping the home, providing proper nutrition, managing activities of daily living, dealing with emergencies and handling finances. Explores the issue of determining whether or not home care is the right decision.

**Coping With Caregiver Worries** (1998) by James R. Sherman, Ph.D. Identifies what worries caregivers most and offers suggestions on how to overcome those worries.

**Creative Caregiving** (1994) by James R. Sherman, Ph.D. Offers dynamic caregiving strategies, guidelines for taking care, and serves as a resource for caregivers.

**Dementia Reconsidered** (1997) by Tom Kitwood. While recognizing the difficulties of the present day, this book demonstrates the possibility of a better life for people who have dementia by coming to an optimistic conclusion.

**A Dignified Life** (2002) by Virginia Bell & David Troxel. Written especially for family caregivers, this book uses the internationally recognized Best Friends Approach to guide families in care.

**Finding the Answers** (2002) by Alzheimer's Association. This guide offers practical advice on all aspects of caring for someone with AD, handling everyday concerns and provides a list of resources and organizations that may be helpful to a caregiver.

**Individualized Dementia Care** (1995) by Joanne Rader. A guide to understanding, preventing, and redirecting difficult behaviors associated with dementia.

**Learning to Speak Alzheimer's** (2003) by Joanne Koenig Coste. This book offers hundreds of practical tips to ease life for everyone involved with Alzheimer's disease. From coping with a diagnosis, to respecting the person, to dealing with paranoia, the book covers a variety of topics all caregivers should know and understand.

**The Magic of Humor in Caregiving** (1995) by James Sherman. The well established healing benefits of laughter in reducing stress and tension are clearly explained. Book also shows how playfulness can be used to increase personal effectiveness and promote wellness.

**Maintaining Family Bonds When Care Needs Change** (1999) by Kathie Erwin, Ed. D. This book explores care decisions and Activities for family bonding.

**Mama Can't Remember Anymore** (1996) by Nancy Wexler. This book provides answers to the frequently asked questions presented by caregivers.

**Navigating the Alzheimer's Journey: a Compass for Caregiving** (2004) by Carol Bowlby Sifton. Book is filled with reassurances and practical advice, which gives you the encouragement and tools you need to manage the daily care of someone with dementia in a caring, compassionate, and supportive way.

**Positive Caregiver Attitudes** (1994) by James R. Sherman, Ph.D. This guide allows caregivers to reconsider personal attitudes and actions. The promotion of positive self-esteem and integrity issues are discussed and presented.

**Preventing Caregiver Burnout** (1994) by James R. Sherman, Ph.D. This guide allows caregivers to find ways to handle and manage stressful encounters as well as evaluate caregiving approaches and techniques.

**Rethinking Alzheimer's Care** (1999) by Sam Fazio, Dorothy Seman & Jane Stansell. This text encourages a reframing of the Alzheimer's experience. A thoughtful exploration of how to find opportunities in the disease instead of despair.

**Strength in Caring: Giving Power Back to the Alzheimer's Caregiver** (2005) by Mark Matloff, Phd. A self-help book that helps caregivers gain more emotional balance, build happiness, empower yourself psychologically to better cope with the demands of caregiving and much more.

**Talking to Alzheimer's** (2001) by Claudia J. Strauss. The book provides simple ways to connect when you visit with a family member or friend.

**Term and Tips** (1995) by Alzheimer's Association. Nearly 250 terms have been collected and explained in this book.

**Therapeutic Caregiving: A Practical Guide for Caregivers of Persons with Alzheimer's and Other Dementia Causing Diseases** (1995) by Barbara Bridges. Written for family members and employed in-home caregivers, this book presents therapeutic techniques for keeping persons with dementia more functional.

**There's Still a Person In There** (1999) by Michael Castleman, et al. Shares a plan for facing Alzheimer's by offering an optimistic, sensitive approach.

**The 36 Hour Day** (1991) by Nancy Mace and Peter Rabins. A family guide to caring for persons with AD and related dementias.

**The Validation Breakthrough** (1993) by Naomi Feil. The author shows families how they can avoid conflict and stress by validating feelings rather than focusing on confusion.

**Validation: The Feil Method** (1992) by Naomi Feil. To validate is to acknowledge the feelings of the person. Different techniques and approaches are described.

**When a Loved One is Ill** (1990) by Leonard Felder. In this compassionate and knowledgeable guide, the author relates the breakthroughs of caregivers who have been successful in taking good care of themselves and their loved ones in need.

**When Someone You Love Has Alzheimer's Disease** (1996) by E. Grollman & K. Kosik, M.D. Guide for friends and family of people with Alzheimer's. Topics include diagnosis of the disease, the course it takes, spiritual and emotional challenges caregivers face, how to explain Alzheimer's to children, and how to balance the person's needs with your own.

**When Someone You Love Has Alzheimer's Disease** (2004) by Cecil Murphey. A book of daily encouragement, it offers spiritual hope and help for people whose love ones are facing this debilitating disease. It contains daily words of encouragement to help the reader focus on God in the midst of trials.