

**What books are available for families on caregiving?**

Families are often looking for good books on caregiving. Identified here is a selected list of books on caregiving for persons with Alzheimer's disease.

Materials are available for loan from the Greenfield Library or for purchase through various outlets.

Related to Popular Searches is:  
How to Borrow

Prepared by the Alzheimer's Association Green-Field Library; [greenfield@alz.org](mailto:greenfield@alz.org); 312.335.9602

***Activities of daily living: an ADL guide for Alzheimer's care.***

Kathy Laenhue.

Bradenton, FL: Wiser Now, Inc., 2006.

The author incorporates a light-hearted approach to such topics as dressing, bathing, grooming, continence care, nutrition, and hydration.

***Alzheimer's action plan: the expert's guide to the best diagnosis and treatment for memory problems.***

P. Murali Doraiswamy; Lisa Gwyther

New York, NY: St. Martin's Press, 2008.

Provides insights from a social worker and Alzheimer's disease expert on the diagnosis, best tests and medical treatment, coping, behaviors, clinical trials, informed consent, and more.

***Alzheimer's advisor: a caregiver's guide to dealing with the tough legal and practical issues.***

James Vaughn

New York, NY: American Management Association, 2009

Covers legal implications, estate planning, advance directives, guardianship, legal liability, cost of care, caring for caregivers, and more.

***Alzheimer's basic caregiving: ABC guide***

Kathy Laenhue.

Bradenton, FL: Wiser Now, Inc., 2006.

The author uses humor and practical caregiving advice in her book about patterns of disease progression, the reasoning behind behaviors, and effective communication.

***Alzheimer's disease sourcebook: basic consumer health information about Alzheimer disease, other dementias, and related disorders.***

Karin Bellenir

Detroit, MI: Omnigraphics, 2008.

A compendium of basic consumer health information about Alzheimer's disease and other dementias

***Comfort of home for Alzheimer's disease: a guide for caregivers.***

Maria Meyer, Mary Mittelman, Cynthia Epstein, Paula Derr.

Portland, OR: CareTrust Publications, LLC, 2008.

Provides information on caring for someone at home in three major sections: preparing for home care, day by day care, and resources.

***Dignified life: the best friends approach to Alzheimer's care. A guide for family caregivers.***

Virginia Bell; David Troxel

Deerfield Beach, FL: Health Communication, 2005.

Based on the Best Friends model of care, the book focuses on creative and effective communication and meaningful activities.

***For family caregivers of people with memory disorders.***

Lisa Gwyther; Edna Ballard.

Durham, NC: Duke Family Support Program, 2002.

This resource is free to download. Section 3 of the toolkit is a forty-one-page resource in *Working with Family Caregivers of People with Memory Disorders*. It covers the common themes related to family care as well as unique topics like drug assistance.

<http://www.ncdhhs.gov/aging/iatoolkit.pdf>

***Navigating the Alzheimer's journey: a compass for caregiving.***

Carol Bowlby Sifton.

Baltimore, MD: Health Professions Press, 2004.

Contains chapters on the disease, communication, management, behaviors, environment, capitalizing on remaining abilities, getting help, care planning and planning for the future.

***The 36-hour day.***

Nancy Mace; Peter Rabins

Baltimore, MD: Johns Hopkins University Press, 2006.

A comprehensive guide to the care of those in all stages of Alzheimer's disease, the guide combines practical advice and specific examples and covers the medical, legal, financial, and emotional aspects of caring.

***To survive caregiving: a daughter's experience, a doctor's advice on finding hope, help, and health.***

Cheryl Woodson

West Conshohocken, PA: Infinity Publishing Co., 2007.

A comprehensive and candid guide to the experience of care giving with an African-American focus.

***Understanding difficult behaviors.***

Ann Robinson, Beth Spencer, Laurie White.

Ypsalanti, MI: Eastern Michigan University, 2007.

This resource receives high praise for its format, specific hard-to-find information, and practical steps to take when faced with a variety of behaviors. Over 225,000 copies have been sold internationally.

[http://www.emich.edu/gerontology/pdfs/order\\_difficult\\_behaviors.pdf](http://www.emich.edu/gerontology/pdfs/order_difficult_behaviors.pdf)