

Publication and Video List

BOOKS

THE 36 HOUR DAY - A practical guide for families. By Nancy Mace and Dr. Peter Rabins, Johns Hopkins University Press, 1999. **Large print, \$21.95 non-member, \$19.95 member**

THE 36 HOUR DAY - A practical guide for families. By Nancy Mace and Dr. Peter Rabins, Johns Hopkins University Press, 1999, **\$15.00 non-member, \$13.50 member**

ALZHEIMER'S DISEASE: ACTIVITY-FOCUSED

CARE - The updated edition of this unique guide provides practical and innovative strategies for care of people with Alzheimer's disease, emphasizing the activities that make up daily living - dressing, toileting, eating, exercising, communication. The text is written from the viewpoint that activity-focused care promotes the resident's cognitive, physical, psychosocial, and spiritual wellbeing. Hellen's focus is on activities that emphasize the abilities of the residents. Caregivers are urged to support the person with Alzheimer's by participating in daily life tasks and activities "with" the person rather than doing "to" or "for" them. By Carly R. Hellen, OTR/L, Elsevier, 1998. **\$60.95 non-member, \$58.25 member**

THE ALZHEIMER'S HEALTH CARE HANDBOOK: HOW TO GET THE BEST MEDICAL CARE FOR YOUR RELATIVE WITH ALZHEIMER'S DISEASE, IN AND OUT OF THE HOSPITAL - Consumer text offers clear explanations and sensitive advice about how to meet the needs of a family member with Alzheimer's disease. Explains the disease, its stages, and why providing regular health and medical care is important. Also offers steps to take before and after hospitalization for ensuring the best outcome. By Mary S. Mittelman, Dr. PH & Cynthia Epstein, ACSW. Marlowe & Company. **\$12.50 non-member, \$11.50 member**

THE BEST FRIENDS BOOK OF ALZHEIMER'S ACTIVITIES - Bring out the best in each person with dementia with these versatile, easy-to-implement Best Friends™ activities. What do best friends do but play, laugh, and reminisce together? They support and reassure each other when challenges arise. A best friend knows your habits, what you like to do, and what makes you feel good. This book puts all of these qualities to work to help you transform the activity programming at your nursing facility, adult day center, assisted living facility, or home care setting. Virginia Bell, David Troxel, Tonya Cox, & Robin Hamon, Health Professions Press, 2004. **\$23.45 non-member, \$22.40 member**

THE BEST FRIENDS STAFF - Every day the Best Friends approach to Alzheimer's care is changing lives around the world. It improves not only the quality of life for persons with Alzheimer's disease but also for the staff providing care. Here is your opportunity to bring the same improvements to your own program. With *The Best Friends Staff*, you can help residents and staff members enjoy the respect, reassurance and fulfillment that everyone deserves. Virginia Bell & David Troxel, Health Professions Press, 2001. **\$33.00 non-member, \$30.00 member**

CREATING MOMENTS OF JOY - A heartwarming, inspirational book for anyone whose life has ever been touched by Alzheimer's disease. Provides loving ways to create moments of joy. The top seller at the 1999 National Alzheimer's Conference. By Jolene Brackey, *Enhanced Moments*, 1999. **\$16.50 non-member, \$15.00 member**

A DIGNIFIED LIFE - Offering an enlightened new approach to Alzheimer's care this book will become a practical, life-enhancing resource for anyone faced with the daunting responsibility of caring for someone with Alzheimer's, either at home or a medical facility. By Virginia Bell & David Troxel, Health Communications, Inc., 2002. **\$15.00 non-member, \$13.50 member**

FACING ALZHEIMER'S: FAMILY CAREGIVERS SPEAK - In this deeply practical and warm-hearted book, eight women who lived through their husbands' declines talk frankly about the painful situations they faced, and the decisions they had to make. **\$18.65 non-member, \$16.95 member**

FAMILY GUIDE FOR ALZHEIMER'S CARE IN RESIDENTIAL SETTINGS: This book is based on "*Guidelines for Dignity*". It provides 50 check points for families to consider as they plan for long term residential care. A checklist is included. Alzheimer's Association, 1992. **\$1.95 non-member, \$1.75 member**

THE FORGETTING: In *The Forgetting*, David Shenk's portrait of an epidemic offers lucid primers on the mechanics of memory and dementia, along with vivid glimpses of how Alzheimer's affects patients and families and how it may soon transform whole societies. Shenk enables us to confront Alzheimer's not as an alien pestilence but as part of the human condition. By David Shenk, Random House, 2001. **\$15.00 non-member, \$13.50 member**

GONE FROM MY SIGHT: THE DYING EXPERIENCE - A booklet describing the stages of the dying process including physical and emotional changes one experiences through the time of death. By Barbara Karnes, self published, 1996. **\$3.00 non-member, \$2.70 member**

LEARNING TO SPEAK ALZHEIMER'S: A GROUNDBREAKING APPROACH FOR EVERYONE DEALING WITH THE DISEASE - This guide for families presents an approach to caring for people with Alzheimer's disease that emphasizes the importance of communicating with patients by focusing on their emotional language. Topics include, for example, understanding the diagnosis, respectfully stopping the patient from driving, establishing a plan of care, and enriching the patient's life. By Joanne Koenig Coste, Houghton Mifflin Company, 2003. **\$14 non-member, \$12.60 member**

MOVING A RELATIVE WITH MEMORY LOSS: A Family Caregiver's Guide - This practical, easy-to-read guide will help families navigate the myriad decisions and emotional upheaval involved in transitioning a family member from their own home to a residential or nursing home care setting. By Laurie White and Beth Spencer, Whip Publications, 2000. **\$14.00 non-member, \$12.60 member**

NAVIGATING THE ALZHEIMER'S JOURNEY: A COMPASS FOR CAREGIVING – Caring for someone with Alzheimer's disease is more stressful than almost any other caregiving role. You may already know firsthand how true this is. While there is currently no cure for the disease, there are treatments, and it is truly *your care* that is the most meaningful for your loved one. Filled with reassurances and practical advice, this book gives you the encouragement and tools you need to manage the daily care of someone with dementia in a caring, compassionate and supportive way. Includes information on Alzheimer's disease and other dementias, activities of daily life, communication and interaction, challenging behaviors, environment and more. Carol Bowlby Sifton, Health Professions Press, 2004. **\$20.95 non-member, \$18.85 member**

PARTIAL VIEW – The author, who was diagnosed with Alzheimer's in 1985 when he was a history professor, captures the emotional impact of Alzheimer's disease. Frustrated by his failing memory and his physical inability to write, he began to use a tape recorder as a creative outlet. In describing his narrowing world, Cary hopes to help others with Alzheimer's and their caregivers cope with and understand the disease. By Cary Smith Henderson, Texas A&M University Press, 1998. **\$29.50 non-member, \$26.50 member**

SERVING THE MEMORY IMPAIRED RESIDENT IN SENIOR HOUSING

This guidebook was written for and in collaboration with the senior housing provider community including developers, owners, managers, resident service providers, maintenance staff and community service organizations. Over 160 pages long, the book is packed with factual information, practical tips and ready-to-use tools. Topics covered include: dementia and Alzheimer's disease, communication, challenging behaviors, environment and safety, and a step-by-step guide for deciding when to intervene and how to get help. By Maine Alzheimer's Association staff and guest contributors, 2003. **Unbound: \$19.75 non-member, \$17.95 member. Bound: \$29.00 non-member, \$27.00 member.**

TALKING TO ALZHEIMER'S – Addresses head on both the practical and emotional difficulties experienced by loved ones and the effort it takes to respond as lovingly and constructively as possible when visiting. By Claudia J. Strauss, New Harbinger Publications, Inc., 2001. **\$11.97 non-member, \$10.88 member**

UNDERSTANDING DIFFICULT BEHAVIORS: SOME PRACTICAL SUGGESTIONS FOR COPING WITH ALZHEIMER'S DISEASE AND RELATED ILLNESSES - Detailed explanation of the possible causes and a wealth of practical suggestions for coping with many common behaviors including agitation, repetition, wandering, incontinence and problems accepting personal care. By Anne Robinson, Beth Spencer and Laurie White, University of Michigan, 1991. **\$17 non-member, \$15.30 member**

SEXUALITY AND THE ALZHEIMER'S PATIENT - For families and professionals. This guide was developed for families and professionals caring for the person with Alzheimer's disease. It addresses problems and concerns about sexuality that are often troublesome for caregivers and others concerned about the well-being of the individual with dementia. Topics include: Affection and Self-Esteem Needs of the Patient; Touch: The Universal Need; Behaviors That Only Appear to be Sexual; Explicit Sexual Behaviors and Suggestions on How to Deal With Them; Perspectives from Professionals and Family Caregivers; Questions for the Nursing Home Staff; Special Role for the Professional in Helping Families. By Edna Ballard and Cornelia Poer, 199, Duke University Medical Center Office of Communications. **\$12.00 non-member, \$10.80 member**

WHAT IF IT'S NOT ALZHEIMER'S? – Although today the public all too often associates dementia symptoms with Alzheimer's disease, the medical profession can now distinguish various types of "other" dementias that also undermine cognitive abilities, often with onset at a younger age. *What If it's Not Alzheimer's* is a comprehensive guide dealing with frontotemporal dementia (FTD), one of the largest groups of non-Alzheimer's dementias. By Lisa Radin and Gary Radin, Prometheus Books, 2003. **\$17.20 non-member, \$16.45 member**

YOU ARE ONE OF US: SUCCESSFUL CLERGY/ CHURCH CONNECTIONS TO ALZHEIMER'S FAMILIES. A wonderful book designed for clergy, covering such topics as communication, how Alzheimer's affects families, tending to the spiritual self, visiting people at home and at the nursing home, and church responses to Alzheimer's families in the community. By Lisa P. Gwyther, Duke University Medical Center, 1995. **\$5.50 non-member, \$5.00 member**

I REMEMBER...RECIPES AND MEMORIES – This cookbook is a collection of over 300 recipes and memories from friends, volunteers and staff of the Alzheimer's Association. Proceeds from the cookbook will go to support the programs and services of the Maine Chapter. **\$18.95**

VIDEOS and DVDs

Person with Dementia and Family Caregiver Perspective

"Alzheimer's: My Mom, Our Journey", 2002 – A documentary about one American family coping with the magnitude of a fatal disease. The story is seen through the eyes of Gloria and her three children as they experience first-hand the devastating effects an incurable illness has on a family.

"Alzheimer's Disease: Inside Looking Out" - An 18 minute videotape featuring persons with Alzheimer's disease sharing their experiences.

"Complaints of a Dutiful Daughter" - A touching personal story of an adult daughter coming to terms with her mother's disease.

“Don’t Forget About Me” – 16 minute film created by a high school art class to help younger children understand Alzheimer’s disease in a factual but non-threatening manner.

“From Here to Hope” – People with Alzheimer’s disease join caregivers and researchers to present a broad perspective on the disease. The program includes experiences of people in each stage of the disease and presents caregivers with an overview of home health care, adult day care and respite services. Using an autopsy, experts show the changes that occur in the brain and discuss treatment options.

“Glenn’s Perspective on Grace” - This film continues the experience of Grace and Glenn Kirkland. Grace is now in foster care; this film records a home visit.

“I Know a Song” - This documentary catalogues a daughter’s loving support for the mother through 6 years at home and into a nursing home.

“Living with Grace” - This documentary explores the lives of two people; Grace, a patient with AD, and Glenn, her husband and caregiver.

“Losing It All - The Reality of Alzheimer’s” - This film looks at Alzheimer’s in four different family settings.

VIDEOS and DVDs

Caregiver Training (Professional Staff and/or Family)

“Bathing Without A Battle” - Actual residents in a nursing home are shown with negative and positive bathing strategies. Demonstrate showers, tub baths, and the new bed bath routine with step by step instruction. This is a realistic film which could be a starting point for even greater change since staff in this film are not as therapeutic as could be. Recommended for facility staff only. 40 minutes

“Caregiver Series” - These 5 tapes are designed to aid the caregiver who cares for an Alzheimer’s patient at home; *Communication, Managing Difficult Behavior, Caring for the Caregiver, Meeting Daily Challenges, Safety First.*

“Caregiver Wellness” – This video provides tools and resources to help caregivers transform stress and maintain wellness.

“Caring for Someone With Mid to Late Stage Alzheimer’s Disease” – Explores some typical issues that occur in the mid to late stages of Alzheimer’s disease. It will help you find solutions that can be applied to your own caregiving situation.

“Communicating with Severely Confused Older Adults” – This video provides demonstrations how to communicate with people who have advanced dementia, including the later stages of Alzheimer’s disease.

“Creating Moments of Joy” Video provides loving ways to create moments of joy for anyone whose life has ever been touched by Alzheimer’s Disease.

“Dealing with Alzheimer’s: A Common Sense Approach to Communication” – This video provides family and professional caregivers with verbal and nonverbal communication methods along with additional techniques for preventing or reducing inappropriate behaviors.

“Dealing with Physical Aggression in Caregiving: Non-Physical and Physical Interventions” – A training package by Carly Hellen, OTR/L and Peter Sternberg, LCSW, teaches caregivers how to prevent, intervene and if necessary contain physically aggressive behaviors while preserving the safety and dignity of the resident. (three videos)

“He’s Doing This to Spite Me: Emotional Conflicts in Dementia Care” – Caregivers may misinterpret erratic and difficult behaviors as intentional. (“She’s doing this on purpose!”) This feeling, combined with the stress of caregiving and a lack understanding of the effects of the disease, may cause the caregiver to respond with frustration, impatience, even anger. This video explores these feelings and misunderstandings using caregiving scenes interspersed with caregiver comments and guidance from professionals in the field of dementia care.

“Helping People with Dementia in Activities of Daily Living” – Designed for families and staff, this program demonstrates how to break down activities such as dressing and eating into simple tasks that people with dementia can perform without direct assistance. (22 minutes)

“Hi, Buddy- The Developmentally Delayed Individual with Alzheimer’s Disease” video depicting the role of both Down’s Syndrome and Alzheimer’s disease in individuals and their impacts.

“Home is Where I Remember Things” – This videotape is for use in training home care, day care, or residential staff caring for people with Alzheimer’s. Also appropriate for public awareness and support group presentations. Three separate family care situations: a son caring for his father at home, a woman caring for her sister with help from an in-home care aide and a woman caring for her husband with help from a day program, support group and paid companion.

“A Prescription for Caregivers: Take Care of Yourself” Filmed in front of a live audience of caregivers, this video is packed with humor and stories from real life. Topics include: heeding resentment as a warning sign of doing too much; the many varieties of guilt; options for self-care; figuring out how much care is “enough”; and the importance of humor.

VIDEOS and DVDs

Fictional Works Featuring Alzheimer’s Disease

“Road to Galveston” Jordan Roosevelt, at 65, found herself alone, destitute, and depressed. Up against the wall, she took heart from the suggestion of a friend, a blind woman who was a nurse: enter a foster care program in which one takes care of patients in their own home. The patients she cares for are Alzheimers sufferers. Based on the true story of Peggy Lee of Camilla, Texas

“Do You Remember Love” Barbara Wyatt-Hollis is an English professor who begins to fall under the effects of Alzheimer’s. The film documents her decline and the emotional turmoil it causes for her. It also show how the changes impact her husband, George, and their children. The film also looks at the process by which families can be educated and supported to deal with the impact of the disease, as well what is done for those afflicted.

“Sundowning” is the story of three generations of Maine lobstermen. The grandfather is the hard-edged ruler of the family until dementia, brought on by Alzheimer’s disease, begins his decline. The film, shot on the Maine coast, presents major fishing industry issues including declining catches and disputes with Canadian fishermen. On a personal level, it deals with love, betrayal, loyalty, self-sacrifice and reconciliation

ORDER FORM

BOOKS

| Title | Quantity | Price | Total \$ |
|--------------------------|----------|-------|----------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| <u>BOOK TOTAL</u> | | | _____ |

VIDEO LOAN

Title: _____

Alternate video: _____

DATE NEEDED: _____

Video Policy:

1. 2 weeks maximum loan.
2. Maximum of 2 videos at a time

PAYMENT INFO

Book Total: _____

S/H: _____ (Mailing costs are \$3.00 for the first book; for each additional book add \$.25)

TOTAL INCLUDED: _____

SHIP TO:

Name _____ Day time phone _____

Address _____

City _____ State _____ Zip _____

Purchaser's name, address & phone number IF different than "SHIP TO" information:

Name _____ Daytime Phone _____

Address _____ City _____ St. _____ Zip _____