

**Resources available for purchase
from the Alzheimer's Association**

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Books by Featured Speakers at our 2011 Education and Research Conference

Family Meals By M. Tucker. Actor and author Michael Tucker describes the range of feelings experienced by his family as they came together to care for his wife's mother, who has Alzheimer's disease.

Living Your Best With Early Stage Alzheimer's: An Essential Guide By Lisa Snyder. Written as a resource for people with early stage Alzheimer's, this book addresses some common concerns and fears while providing a guide to managing daily life, finding meaning and planning for the future.

Montessori-Based Activities for Persons with Dementia(Volume 1) Edited by Cameron Camp. Suggestions for enhancing daily life activities are offered, based on principles of Montessori education.

Montessori-Based Activities for Persons with Dementia (Volume 2) Edited by Cameron Camp et al. This second volume offers additional activity programming ideas including activities for men, group activities, intergenerational programming and sensory stimulation exercises

Psychiatry in Long Term Care Edited By William E. Reichman, MD and Paul R. Katz, MD. Psychiatric conditions in nursing home residents are discussed including dementia, delirium, and mood disorders. Psychiatric interventions are outlined: geriatric psychopharmacology, family and environmental interventions, and the role of psychiatric consultation and liaison.

Speaking Our Minds: What It's Like to Have Alzheimer's By Lisa Snyder. In this revised edition, interviews with seven individuals with dementia describe their day-to-day experiences living with the disease.

Books by Presenters at Some of Our Recent Education Conferences

The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Other Dementias and Memory Loss in Late Life –4th edition. *(In regular print or large print)*
By Nancy L. Mace and Peter V. Rabins. The classic guide to providing care for persons with dementia.

Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier and More Meaningful Lives By David Snowdon. A discussion of the findings of the longitudinal research project on factors related to Alzheimer's disease.

Alive with Alzheimer's By Cathy Stein Greenblat. A collection of photographs by sociologist and photographer Cathy Greenblat, this book contains powerful images of persons with Alzheimer's disease responding to the day-to-day care in a senior living facility.

Alzheimer's Action Plan: The Experts' Guide to the Best Diagnosis and Treatment for Memory Problems By P. Murali Doraiswamy, MD and Lisa P. Gwyther. A comprehensive resource offering persons with memory problems and their families practical information on diagnosis, treatment and care planning and a summary of the literature on prevention research and clinical trials.

Alzheimer's Early Stages: First Steps for Family, Friends and Caregivers By Daniel Kuhn. This book discusses issues of concern to families of individuals in the early stages, such as medical aspects, long-term planning and caregiver support.

Best Friends Approach to Alzheimer's Care By Virginia Bell and David Troxel. Especially for family caregivers, this book outlines the author's approach to providing care for a loved one affected by dementia, by building on basic qualities of friendship such as respect, empathy, trust and humor.

Decoding Darkness By Rudolph Tanzi and Ann Parson. Rudolph Tanzi, PhD, Professor of Neurology at Harvard University, describes his research leading to the identification of the genes associated with Alzheimer's disease.

Developing Support Groups for Individuals with Early-Stage Alzheimer's Disease By Robyn Yale. A valuable resource for early stage programming, this book touches on clinical and administrative issues involved in developing groups to help individuals with early-stage Alzheimer's disease cope with the illness.

Grandma's Cobwebs By Ann Frantti. For children preschool-grade 3, this story relates how Claire's parents explain Alzheimer's disease to her. An educational supplement is included.

"Hit Pause": Helping Families Deal with Anger By Edna Ballard. This booklet offers practical strategies for professionals who work with families affected by Alzheimer's and dementia.

Learning to Speak Alzheimer's By J. Koenig Coste. This family caregiver reference makes practical caregiving suggestions, and outlines the Habilitation approach to dementia care which focuses on working with the strengths and skills of the person with dementia.

The Longevity Revolution: The Benefits and Challenges of Living a Long Life By Robert N. Butler, MD. In his most recent book, Dr. Butler examines the economic and social consequences of the unprecedented increase in life expectancy that has occurred in the 20th century, and suggests policies to address these changes.

Mental Wellness in Aging: Strengths-based Approaches Edited by Judah Ronch and Joseph Goldfield. In this resource for professionals, 18 experts in the field of aging present case studies and strategies for working with older adults in a variety of settings with an emphasis on their personal strengths and coping strategies.

The Pleasure was Mine By Tommy Hays. This novel portrays the experience of a man caring for his wife with dementia, and the emotional challenges he faces.

Practical Dementia Care By Peter V. Rabins, Constantine G. Lyketsos and Cynthia D. Steele. Written for healthcare professionals, this reference covers aspects of care from time of diagnosis until end-of-life.

The Practice of Geriatrics By Edmund H. Duthie Jr, MD, Paul R. Katz, MD, and Michael Malone, MD. A medical text addressing all aspects of caring for the older adult in clinical practice. Assessment and treatment are outlined as related to common geriatric syndromes, neuropsychiatric disorders, and medical or surgical disorders.

Pressure Points: Alzheimer's and Anger By Edna Ballard, Lisa Gwyther and T. Patrick Total. For families and professionals, this book describes the sources of anger experienced by family caregivers and approaches to helping manage anger.

Sexuality and the Alzheimer's Patient By Edna Ballard and Cornelia Poer. This book discusses a range of concerns related to sexuality and intimacy and the person with Alzheimer's disease.

Voices of Alzheimer's By Betsy Peterson. This collection of stories, observations and encouraging words by individuals with Alzheimer's disease and their families and friends offers an insightful look at what it is like to be affected by the disease.

Why Survive? Being Old in America By Robert N. Butler, MD. In this Pulitzer-prize winning book, Dr. Butler discusses the phenomenon of aging in our society and proposes policy reforms to support the growing elderly population

Activity Planning

The Best Friends Book of Alzheimer's Activities (Volume 1) By Virginia Bell and David Troxel, Tonya Cox, and Robin Hamon. A guidebook for activity planning in a variety of care settings, this resource focuses on formal and informal activities for individuals in all stages of the disease.

The Best Friends Book of Alzheimer's Activities (Volume 2) By Virginia Bell, David Troxel, Tonya Cox and Robin Hamon. This sequel to the popular resource for activity professionals in dementia care is a compilation of programming ideas.

Designing a Better Day, Guidelines for Adult and Dementia Day Services Centers By Keith Diaz Moore. This book offers insights and resources for professionals who are designing and developing supportive day programs for individuals with dementia.

Forget Memory: Creating Better Lives for People with Dementia By Anne Basting. This book describes a variety of innovative programs for individuals with dementia.

Getting to Know the Life Stories of Older Adults: Activities for Building Relationships By Kathy Laenhue. This activities manual includes dozens of exercises using reminiscence, games and discussion to foster communication. Adaptations for people with dementia are included.

I'm Still Here: A Breakthrough Approach to Understanding Someone Living with Alzheimer's By John Zeisel. This book focuses on strategies for communicating with individuals with Alzheimer's through music, the arts, and nonverbal communication.

Memory Lane Kit: "Family" This kit includes a DVD, CD and book which together provide the basis for a reminiscence activity in a variety of settings.

Montessori-Based Activities for Persons with Dementia (Volume 1) Edited by Cameron Camp. Suggestions for enhancing daily life activities are offered, based on principles of Montessori education.

Montessori-Based Activities for Persons with Dementia (Volume 2) Edited by Cameron Camp et al. This second volume offers additional activity programming ideas including activities for men, group activities, intergenerational programming and sensory stimulation exercises.

Movement with Meaning: A Multisensory Program for Individuals with Early-Stage Alzheimer's Disease By Barbara Larsen. A program for persons with early-stage Alzheimer's disease is presented in a step-by-step format, incorporating music, movement, poetry and specific sensory activities.

Music Therapy in Dementia Care Edited by David Aldridge
Contributors from around the world take a comprehensive look at the use of music therapy with individuals with dementia.

Remembering Home: Rediscovering the Self in Dementia By Habib Chaudhury. This book suggests an approach to planning dementia care and activities based on how persons with dementia remember a "home".

Renewing Your Spirit (CD). By Susan Lanza. A guided imagery CD for Activity and Recreation Professionals.

Through the Seasons: An Activity Book for Memory-Challenged Adults and Caregivers By Cynthia R. Green and Joan Beloff. This large format color photo book contains pictures from the four seasons can be used to spark conversation. Related multisensory activities are suggested, communication and activity planning tips are included.

Administration

Alzheimer's Facts and Figures 2011 By the Alzheimer's Association. The most current statistical resource for US data related to Alzheimer's disease and related dementias.

The Art of Dementia Care By Daniel Kuhn and Jane Verity. This resource focuses on the relationship model of dementia care and offers practical examples aimed at encouraging the strengths and abilities of persons with dementia.

Creating Successful Dementia Care Settings By Margaret P. Calkins. A four-volume set offering practical information on the following aspects of care: *Understanding the Environment through Aging Senses; Maximizing Cognitive and Functional Abilities; Minimizing Disruptive Behaviors; Enhancing Identity and Sense of Home.*

The Cultures of Caregiving: Conflict and Common Ground Among Families, Health Professionals, and Policy Makers Edited by Carol Levine and Thomas Murray. This book brings together physicians, nurses, social workers and policy experts to examine the differences, conflicts, and common ground between families and health care professionals.

Dementia Care Mapping: Applications Across Cultures Edited by Anthea Innes. This resource offers a method for evaluating quality of care in dementia care settings and includes issues related to staff development and training.

Dementia Beyond Drugs By G. Allen Power, MD. An Eden Alternative Educator, geriatrician Dr. Power discusses how to create culture change within residential settings to provide person-centered dementia care which emphasizes non-pharmacological approaches to behavior management.

Design Innovations for Aging and Alzheimer's By Elizabeth Brawley. A comprehensive look at environmental design considerations related to the needs of older adults including individuals with Alzheimer's. Topics covered address design concerns for adult day care, hospice as well as residential settings.

Designing a Better Day, Guidelines for Adult and Dementia Day Services Centers By Keith Diaz Moore. This book offers insights and resources for professionals who are designing and developing supportive day programs for individuals with dementia.

The Enduring Self in People with Alzheimer's By Sam Fazio. This book illustrates the meaning of self and describes the importance of individualized dementia care.

Ethnicity and the Dementias Edited by Gwen Yeo and Delores Gallagher-Thompson. For professionals, this reference offers a multicultural perspective on the dementias, covering topics such as epidemiology, assessment, family concerns and managing dementia.

Quality Management Integration in Long-Term Care: Guidelines for Excellence By Maryjane Bradley and Nancy Thompson. This resource for long-term care administrators provides tools for facility-wide quality improvement initiatives.

Senior Living Communities By Benjamin Pearce. This resource book for administrators addresses topics related to operations management and marketing of assisted living, congregate and continuing care retirement communities.

A Way of Life: Developing an Exemplary Alzheimer's Disease and Dementia Program By Susan Gilster. A guide for administrators, this book offers a framework for developing a service-oriented and successful dementia care program.

Behavior Management

Caring for People with Challenging Behaviors: Essential Skills and Successful Strategies in Long-Term Care By Stephen Weber Long. A resource for staff training, this manual provides case studies to help care providers learn strategies for reducing and responding to disruptive behaviors of residents with dementia

Dementia Beyond Drugs By G. Allen Power, MD An Eden Alternative Educator, geriatrician Dr. Power discusses how to create culture change within residential settings to provide person-centered dementia care which emphasizes non-pharmacological approaches to behavior management.

Understanding Difficult Behaviors By Anne Robinson, Beth Spencer, Laurie White. This practical guide is designed to help family and professional caregivers understand the possible causes of a variety of challenging behaviors and to provide specific approaches to address these behaviors and problem-solve.

Bioethical and Spiritual Concerns

Palliative Care for Advanced Alzheimer's and Dementia: Guidelines and Standards for Evidence-Based Care By G. Martin, PhD and M. Sabbagh, MD, FANN (Editors) For professional caregivers, this book outlines care recommendations for persons with advanced dementia. Contributions by nurses, physical therapists, social workers, dietitians, psychologists and clergy address physiological, psychological, social and spiritual aspects of care.

Pray with Me Still: Rosary Meditations and Spiritual Support for Persons with Alzheimer's, Their Caregivers and Loved Ones By Holy Cross Family Ministries. A resource for caregivers and persons with dementia who experience support from prayer.

Vital Connections in Long-Term Care: Spiritual Resources for Staff and Residents By J. Barton. This book offers exercises, discussion questions and case examples for staff to consider in order to enhance how they address older adults' spiritual needs.

You are One of Us: Successful Clergy/Church Connections to Alzheimer's Families By Lisa Gwyther. Written for clergy, this booklet offers practical suggestions and guidelines for serving members of congregations with dementia.

Of interest to Social Workers and Counselors

Affirming Your Spirit. (CD) By Susan Lanza. A guided imagery CD for social workers and case managers.

Changes in Decision-making Capacity in Older Adults By Sara Qualls and Michael Smyer. This text provides general guidelines that can help professionals face the range of questions and issues related to assessment of capacity and interventions.

Clinician's Guide to Interpersonal Psychotherapy in Late Life: Helping Cognitively Impaired or Depressed Elders and Their Caregivers By Mark Miller. Geriatric psychiatrist Dr. Miller outlines modified evidence-based therapeutic strategies for counseling individuals with early changes in cognition.

Counseling the Alzheimer's Caregiver By Mary S. Mittleman, Cynthia Epstein and Alicia Pierzchala. Counseling strategies for professionals working with family caregivers coping with Alzheimer's in all stages.

Dementia and Social Work Practice: Research and Interventions Edited by Carole B. Cox. This book addresses clinical practice with early stage individuals and their families, care management and social work within community care and residential care settings.

Developing Support Groups for Individuals with Early-Stage Alzheimer's Disease By Robyn Yale. A valuable resource for early stage programming, this book touches on clinical and administrative issues involved in developing groups to help individuals with early stage Alzheimer's disease cope with the illness.

"Hit Pause": Helping Families Deal with Anger By Edna Ballard. This booklet offers practical strategies for professionals who work with families affected by Alzheimer's and dementia.

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Pressure Points: Alzheimer's and Anger By Edna Ballard, Lisa Gwyther and T. Patrick Total. For families and professionals, this book describes the sources of anger experienced by family caregivers and approaches to helping manage anger.

Promoting Family Involvement in Long-Term Care Settings: A Guide to Programs that Work Edited by Joseph Gaugler. A resource for adult day care staff as well as residential care staff, this book offers specific ideas for involving family in ways that enhance communication, and reduce staff stress levels.

Communication

Communication Disability in the Dementias By Karen Bryan & Jane Maxim. This book discusses assessment, diagnosis, and interventions for individuals affected with speech and communication difficulties associated with dementias.

Connecting the Dots: Breakthroughs in Communication as Alzheimer's Disease Advances By Judith London. Based on her experiences working with individuals with dementia and their families, psychologist London outlines methods for communicating meaningfully with those in the middle to late stages of Alzheimer's disease.

I'm Still Here: A Breakthrough Approach to Understanding Someone Living with Alzheimer's By John Zeisel. This book focuses on strategies for communicating with individuals with Alzheimer's through music, the arts, and nonverbal communication

Memory Books and Other Graphic Cuing Systems: Practical Communication and Memory Aids for Adults with Dementia By Michelle S. Bourgeois. This guidebook provides information and resources to utilize and create visual and written memory aides that enhance conversation with persons with dementia, assist with orientation and enhance communication of needs.

Late-Stage and End-of-Life Issues

Enhancing the Quality of Life in Advanced Dementia By L. Volicer. Summarizes treatment approaches for improving quality of life for individuals in late stages, as well as middle stages.

Ethical Foundations for Palliative Care for Alzheimer's Disease By Ruth Purtilo et al. This resource for healthcare professionals addresses quality-of-life issues throughout the disease, offering discussion of clinical ethics concerns and the role of palliative care.

Palliative Care for Advanced Alzheimer's and Dementia: Guidelines and Standards for Evidence-Based Care By G. Martin, PhD and M. Sabbagh, MD, FANN (Editors) For professional caregivers, this book outlines care recommendations for persons with advanced dementia. Contributions by nurses, physical therapists, social workers, dietitians, psychologists and clergy address physiological, psychological, social and spiritual aspects of care.

Nursing/Medical

Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier and More Meaningful Lives By David Snowdon. A discussion of the findings of the longitudinal research project on factors related to Alzheimer's disease.

Awakening Your Spirit (CD) By Susan Lanza. A meditation CD for nurses.

Bathing Without a Battle By Anne Barrick et al. A resource for caregivers in facility or home settings, this book offers techniques for assisting with personal care.

Changes in Decision-making Capacity in Older Adults By Sara Qualls and Michael Smyer. This text provides general guidelines that can help professionals face the range of questions and issues related to assessment of capacity and interventions.

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Ethnicity and the Dementias Edited by Gwen Yeo and Delores Gallagher-Thompson. For professionals, this reference offers a multicultural perspective on the dementias, covering topics such as epidemiology, assessment, family concerns and managing dementia.

Falls in Older People: Risk Factors and Strategies for Prevention by Stephen Lord, Catherine Sherrington, Hylton Menz, Jacqueline Close. For professionals and clinicians in community and residential environments, this book reviews the latest research in understanding and preventing falls in older populations.

HBO's The Alzheimer's Project (3-disc DVD Set) This critically acclaimed documentary provides an in-depth look at the research, scientific and medical advances in understanding Alzheimer's disease.

Managing and Treating Urinary Incontinence By Diane Kaschak Newman. The reference for professionals working with older adults discusses a range of treatment approaches to urinary incontinence including behavioral as well as medical interventions.

Memory Books and Other Graphic Cuing Systems: Practical Communication and Memory Aids for Adults with Dementia By Michelle S. Bourgeois. This guidebook provides information and resources to utilize and create visual and written memory aides that enhance conversation with persons with dementia, assist with orientation and enhance communication of needs.

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Nurse to Nurse Dementia Care By Cynthia D. Steele. Written by a senior faculty member of Johns Hopkins' Copper Ridge Institute, this reference for nurses presents common clinical situations in dementia care and outlines appropriate interventions.

Nurturing Nuggets for Nurses By Susan Lanza. Inspirational thoughts for professional caregivers.

Of Two Minds: A Guide to the Care of People with Dual Diagnosis of Alzheimer's Disease and Mental Retardation. By J. Antonangeli. An overview of Alzheimer's disease and mental retardation, particularly Downs Syndrome, and discussion of care options and techniques.

Palliative Care for Advanced Alzheimer's and Dementia: Guidelines and Standards for Evidence-Based Care By G. Martin, PhD and M. Sabbagh, MD, FANN (Editors) For professional caregivers, this book outlines care recommendations for persons with advanced dementia. Contributions by nurses, physical therapists, social workers, dietitians, psychologists and clergy address physiological, psychological, social and spiritual aspects of care.

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Rethinking Alzheimer's Care By S. Fazio. For use by professionals, this book offers thought-provoking exercises and discussion to inspire staff to look beyond loss and inspire new ways of connecting with individuals in various stages of the disease process.

Sexuality and the Alzheimer's Patient By Edna Ballard and Cornelia Poer. This book discusses a range of concerns related to sexuality and intimacy and the person with Alzheimer's disease.

Teaching Dementia Care, Skill and Understanding By Nancy Mace. Written by the coauthor of *The 36 Hour Day*, this resource for professionals details strategies for staff training in dementia care.

Nutrition

Assisting with Nutrition and Hydration in Long-Term Care By Hartman Publishing, Inc. This book offers guidelines for dining assistants, including promoting residents' rights, infection control, and developing effective communicating between staff and residents.

Bon Appetit: The Joy of Dining in Long-Term Care By Jitka Zgola and Gilbert Bordillon. A resource for staff of adult day and long-term care settings, this book focuses on the subject of mealtimes as a meaningful activity.

The I-Can't-Chew Cookbook: Delicious Soft Diet Recipes for People with Chewing, Swallowing and Dry Mouth Disorders By M. A. Piper, J. R. Wilson A resource for family caregivers, this cookbook presents recipes for anyone needing a soft-food diet.

The Importance of Food And Mealtimes in Dementia Care: The Table Is Set By Grethe Berg. This book discusses the role of mealtimes in residents' lives and opportunities and strategies for care facilities to highlight the activity and experience of mealtimes for residents.

Managing Nutrition in Dementia Care: A Supportive Approach for Caregivers By the Western New York Chapter of the Alzheimer's Association. This guide offers practical approaches to common problems associated with eating.

Safety/Wandering

Complete Guide to Alzheimer's-Proofing Your Home By Mark Warner. This book offers extensive information and tips for professionals and family caregivers to create a home environment that is safe, comfortable, and functional for individuals with Alzheimer's disease.

Dementia and Wandering Behavior: Concern for the Lost Elder By Nina M. Silverstein, Gerald Flaherty, Terri Salmons Tobin. Discussion of wandering as a life-threatening behavior, including practical suggestions for prevention of wandering and for responding to wandering incidents.

Evidence-Based Protocols for Managing Wandering Behaviors Ed. By Audrey L. Nelson and Donna Algase, This book summarizes the latest research on wandering and offers a range of interventions to address wandering and improve safety.

In Search of the Alzheimer's Wanderer: A Workbook to Protect Your Loved One By Mark Warner. A resource book for healthcare professionals and family caregivers, this reference provides information on preparing for a wandering incident and enhancing the search process when a person with dementia is missing.

For Family Caregivers

The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Other Dementias, and Memory Loss in Late Life –4th edition. *(Available in regular or large print.)*

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Alzheimer's Advisor: A Caregiver Guide to Dealing with the Tough Legal and Practical Issues

By Vaughn E. James. Written by an attorney and professor, this caregiver reference addresses some of the legal, financial and ethical aspects of caregiving.

The Alzheimer's Association's Caregiver Notebook This book contains tips for providing care and planning for the future. Each chapter has a section to write notes, making this book a personal record as well as a reference on different aspects of caregiving.

Alzheimer's Disease: The Family Journey By Wayne Caron, James Pattee, and Orlo Otteson. This book for family caregivers addresses how the disease impacts all aspects of family life, and identifies ways families can cope at different stages of the illness.

Alzheimer's Early Stages: First Steps for Family, Friends and Caregivers By Daniel Kuhn. This book discusses issues of concern to families of individuals in the early stages, such as medical aspects, long-term planning and caregiver support.

The Alzheimer's Healthcare Handbook By Mary Mittelman and Cynthia Epstein. This resource for family caregivers offers information to guide caregivers in the healthcare environment to access the best care possible.

Best Friends Approach to Alzheimer's Care By Virginia Bell and David Troxel. Especially for family caregivers, this book outlines the author's approach to providing care for a loved one affected by dementia, by building on basic qualities of friendship such as respect, empathy, trust and humor.

A Caregiver's Guide to Lewy Body Dementia by H. B. Whitworth and Jim Whitworth

Written by a former family caregiver as a resource for family caregivers, this book outlines the medical aspects of Lewy Body Dementia and caregiving tips for day –to- day management of the disease.

Complete Guide to Alzheimer's-Proofing Your Home By Mark Warner. This book offers extensive information and tips for professionals and family caregivers to create a home environment that is safe, comfortable, and functional for individuals with Alzheimer's.

The I-Can't-Chew Cookbook: Delicious Soft Diet Recipes for People with Chewing, Swallowing and Dry Mouth Disorders By M. A. Piper, J. R. Wilson A resource for family caregivers, this cookbook presents recipes for anyone needing a soft-food diet.

HBO's The Alzheimer's Project (3-disc DVD Set) This critically acclaimed documentary provides an in-depth look at the research, scientific and medical advances in understanding Alzheimer's disease.

Ideas for a Better Visit By the Ideas Institute. A booklet to help families, friends and volunteers prepare for visiting residents in long term care, including visiting residents with memory problems.

Jan's Story by Barry Petersen. Award-winning TV journalist writes about his wife's diagnosis with young-onset Alzheimer's and the struggles he experiences caring for her and witnessing the changes brought about by the disease

Learning to Speak Alzheimer's By J. Koenig Coste. This family caregiver reference makes practical caregiving suggestions, and outlines the Habilitation approach to dementia care which focuses on working with the strengths and skills of the person with dementia.

Managing Nutrition in Dementia Care: A Supportive Approach for Caregivers By the Western New York Chapter of the Alzheimer's Association. This guide offers practical approaches to common problems associated with eating.

Moving a Relative with Memory Loss: A Family Caregiver's Guide By Laurie White and Beth Spencer. This book assists families in thinking through the various decisions related to moving a loved one with dementia. Included are ideas on planning the move, making the move easier, and coping with common emotional reactions.

Nurturing Nuggets By Susan Lanza. Twenty-five supportive suggestions are offered for dementia caregivers in an easy-to-read small book format.

Pressure Points: Alzheimer's and Anger By Edna Ballard, Lisa Gwyther and T. Patrick Total. For families and professionals, this book describes the sources of anger experienced by family caregivers and approaches to helping manage anger.

The Savvy Caregiver (DVD set) This 4-DVD set designed for family caregivers presents a training program on the following topics: *Introduction to Dementia and Caregiving; Minimizing Confusion and Taking Charge; Activities and Loss of Abilities; Providing Structure and Support.*

Smiling Through Your Tears: Anticipating Grief By H. Hodgson and L. Krahn. Early and anticipatory grief, which occurs before a loss, is the focus of this book along with practical advice on healing.

Soothing The Spirit (CD) By Susan Lanza. A guided imagery CD for dementia caregivers to promote relaxation.

Staying Connected While Letting Go: The Paradox of Alzheimer's Caregiving By Sandy Braff and Mary Rose Olenik. Reflecting the experiences of caregivers who participated in the Alzheimer's Caregiver Study at the University of California at San Diego, this book provides insights on coping with all stages of the illness.

Strength in Caring: Giving Power Back to the Alzheimer's Caregiver By Mark Marloff. Focusing on self-care for caregivers, this book provides strategies for reducing stress and anxiety.

Taking Care of Our Folks: A Manual for Family Members Caring for the Black Elderly. By Deborah Y. Liggan, MD. Written by a physician interested in cultural aspects of healthcare, this book discusses major health issues and their impact on the African American community, and provides families information to guide their caregiving experience.

Talking to Alzheimer's: Simple Ways to Connect When You Visit with a Family Member or Friend By Claudia Strauss. An easy-to-use reference, this book offers specific suggestions for creating meaningful visits and dealing with common communication challenges.

Understanding Alzheimer's/Alzheimer's and Safety (DVD) By the Alzheimer's Association. This DVD contains two separate educational programs: "*Understanding Alzheimer's: An Introductory Guide*"; and "*Alzheimer's and Safety: A Guide to Planning and Preparation.*"

Understanding Difficult Behaviors By Anne Robinson, Beth Spencer, Laurie White. This practical guide is designed to help family and professional caregivers understand the possible causes of a variety of challenging behaviors and to provide specific approaches to address these behaviors and problem-solve.

Voices of Alzheimer's By Betsy Peterson. This collection of stories, observations and encouraging words by individuals with Alzheimer's disease and their families and friends offers an insightful look at what it is like to be affected by the disease.

When a Family Member Has Dementia: Steps to Becoming a Resilient Caregiver By Susan McCurry. This book for family caregivers offers practical tools for adapting to Alzheimer's disease.

For Children and Teens

Daughter By Ishbel Moore . This novel is the story of a 14-year-old girl who is coping with her mother's onset of Alzheimer's disease.

The Graduation of Jake Moon By B. Peck. Fourteen-year-old Jake looks back on his last four years watching his grandfather's Alzheimer's disease progress.

Grandma's Cobwebs By Ann Frantti. For children preschool-grade 3, this story relates how Claire's parents explain Alzheimer's disease to her. An educational supplement is included.

Rudy's Memory Walk By Gloria Velasquez A high school boy's life changes when his grandmother with Alzheimer's disease moves in with his family. From a teenager's point of view, this book shares how Rudy juggles everything going on his senior year at high school along with the situations his family faces as his grandmother's abilities and needs change.

Still My Grandma By Veronique Van Den Abeele. For children ages 4-8. This story depicts the special love and friendship that Camille has with her grandmother who has Alzheimer's disease.

Singing with Momma Lou By Linda Jacobs Altman. For children preschool-grade 3. In this tale, 9-year-old Tamika tells about her family's coping with her grandmother's illness, Alzheimer's disease.

What's Happening to Grandpa? By Maria Shriver. For children preschool-grade 3. A children's story telling the experience of young Kate and the challenges her family experiences when Kate's Grandpa is diagnosed with Alzheimer's disease.

Of interest to the Person with Dementia

Alzheimer's From the Inside Out by Richard Taylor. The author provides a collection of insightful essays describing how his diagnosis of Alzheimer's disease at age 61 affects his life, relationships, and independence.

Living Your Best With Early Stage Alzheimer's: An Essential Guide By Lisa Snyder. Written as a resource for people with early stage Alzheimer's, this book addresses some common concerns and fears while providing a guide to managing daily life, finding meaning and planning for the future.

A Personal Guide to Living with Progressive Memory Loss By Sandy Burgener and Prudence Twigg This book provides practical tips for coping with early stage memory loss, and gives real examples of ways people find to face challenges and remain active.

Speaking Our Minds: What It's Like to Have Alzheimer's By Lisa Snyder. In this revised edition, interviews with seven individuals with dementia describe their day-to-day experiences living with the disease.

A View from Within: Living with Early Alzheimer's By Thaddeus M. Raushi. A former college counselor and volunteer with the New York Chapter of the Alzheimer's Association, the author shares his thoughts and feelings about life with this disease beginning at age 57.

Caregiver Memoirs: Local Authors

Everything will be Alright By Glory Read. The story of a long marriage which ultimately has to face the diagnosis of Alzheimer's disease.

I Love you, Who are You?: Loving and Caring for a Parent with Alzheimer's By Patty Kerr. Based on her own caregiving experiences and the stories of other family caregivers, the author shares advice on being an Alzheimer's caregiver.