

## **Popular Books for Family Caregivers**

*There are many excellent resources available for someone caring for a loved one with Alzheimer's disease. This list includes titles that many families have told us they have found helpful in their caregiving experience.*

**The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Other Dementias and Memory Loss in Later Life** (4<sup>th</sup> Edition) *Available in regular or large print*

By Nancy L. Mace and Peter V. Rabins. This classic reference book provides guidelines for family caregivers in managing day-to-day changes brought about by the disease, and provides information about the process of medical evaluation, treatment of dementia and care options in the community.

**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 in Caregiving** By Daniel Kuhn. This book discusses issues of concern to families of individuals in the early stages of Alzheimer's disease. Topics addressed include diagnosis and treatment of the disease, care planning with the person with dementia, community resources and sources of caregiver support. Other chapters describe common feelings experienced by individuals who have been diagnosed, and ideas for families adjusting to changes in relationships.

**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

**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.

**Caregiver Notebook** By the Alzheimer's Association. This reference 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.

**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.

**Graduation of Jake Moon** By Barbara Park. A novel about fourteen-year-old Jake who looks back on his last four years and the changes he has seen in his grandfather who has Alzheimer's disease.

**Grandma's Cobwebs** By Anne Frantti. Written by an elementary school principal and former family caregiver, *Grandma's Cobwebs* helps children learn about Alzheimer's disease and about the common feelings family may have when a loved one has the disease. An illustrated storybook for children preschool-grade 3, *Grandma's Cobwebs* tells the story of Clair whose grandmother with Alzheimer's disease comes to live with her family. An educational supplement is provided to address frequently asked questions about Alzheimer's disease.

**Learning to Speak Alzheimer's** By Joanne Koenig Coste. The author offers a practical approach to caring for a loved one with Alzheimer's disease. She outlines her habilitation method for providing care, which focuses on enhancing communication by relating to the person with dementia by entering his/her reality.

**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.

**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 the range of feelings caregivers commonly experience when caring for someone with Alzheimer's disease.

**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.

**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 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.

**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

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Merchandise sale proceeds help to support our Programs and Services.  
Thank you for your support.*

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