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from the Alzheimer's Association**

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Books by Speakers at our 2008 Conference for Healthcare Professionals

The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease and Related Dementing Illnesses, and Memory Loss in Late Life –New 4th edition. (In regular print and Large Print)

Quando El Dia Tiene 36 Horas (Spanish version)

By Nancy L. Mace and Peter V. Rabins. The classic guide to providing care at home for persons in the early and middle stages of dementia.

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.

Alzheimer's Early Stages: First Steps for Family, Friends and Caregivers (Audio CD) By Daniel Kuhn. An abridged audio version of the well-known book. Discussion focuses on issues of concern to families of individuals in the early stages, including medical information, long-term planning, and resources for caregiver support.

Essentials for the Activity Professional in Long-Term Care By Susan Lanza. A comprehensive reference for activity professionals covering information about the aging process, activity planning, program development, and administrative considerations such as budgeting, program evaluation and regulatory compliance.

Nurturing Nuggets By Susan Lanza. 25 supportive suggestions are offered for dementia caregivers in an easy-to-read small book format.

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

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.

Books by Speakers at Our Recent Professional Conferences

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 into factors related to Alzheimer's disease.

The Arts and Dementia Care: A Resource Guide By Anne Basting and John Killick. A number of established arts programs described in this reference offer insights into arts programming in dementia care.

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 focusing on the subject of mealtimes as a meaningful activity.

Culture Change in Long-Term Care Edited by Audrey Weiner and Judah Ronch. For professionals, this resource addresses issues related to organizational change in long-term care settings.

Decoding Darkness By Rudolph Tanzi, PhD 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 Anne Frantti. For children preschool-grade 3, this story relates how the parents of Clair explain Alzheimer's disease to her. An educational supplement is included.

Improving Hospital Care for Persons with Dementia Edited by Nina Silverstein and Katie Maslow. This book provides insights into the hospital experience for patients with dementia, identifies gaps in quality of hospital care and offers case examples to illustrate strategies that improve patient's acute hospital experience.

Learning to Speak Alzheimer's By J. Koenig Coste. Practical caregiving suggestions are made and the Habilitation approach to dementia care is described, which focuses on working with the skills of the person with dementia.

The Memory Bible By Gary Small. Renowned neuroscientist who directs the UCLA Memory Clinic and the UCLA Center on Aging reviews techniques to reduce forgetfulness, and summarizes the research on how food, medicines, exercise, alcohol, stress and other lifestyle choices directly affect the aging of our brains.

Mental Wellness in Aging: Strengths-based Approaches Edited by Judah Ronch and Joseph Goldfield. In this resource for professionals, eighteen 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.

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.

Activity Planning

Alzheimer's Activities that Stimulate the Mind By Emilia Bazan-Salazar. This guidebook presents ideas for a wide range of activities for individuals at different stages of Alzheimer's disease.

Alzheimer's Disease: Activity- Focused Care By Carly Hellen. A guidebook for professional caregivers, this book offers practical information on task breakdown and daily activity design to benefit the daily life of individuals with dementia.

The Arts and Dementia Care: A Resource Guide By Anne Basting and John Killick. A number of established arts programs described in this reference offer insights into arts programming in dementia care.

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.

Essentials for the Activity Professional in Long-Term Care By Susan Lanza. A comprehensive reference for activity professionals covering information about the aging process, activity planning, program development, and administrative considerations such as budgeting, program evaluation and regulatory compliance.

Horticultural Therapy and the Older Adult Population By Suzanne Wells. This guidebook explores research, design, and implementation of horticulture therapy programs for professionals who work with older adults.

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) Ed. 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) 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.

Positive Interactions Program of Activities for People with Alzheimer's Disease By Nissenboim. More than 90 activities are detailed for use with individuals with dementia, with an emphasis on meaningful interactions.

Strengthen Your Mind: Activities for People with Early Memory Loss By Kristin Einberger and Janelle Sellick. This book contains 70 worksheets which outline stimulating activities for individuals with early memory loss.

Administration

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.

The Best Friends Staff: Building a Culture of Care in Alzheimer's Programs By Virginia Bell, and David Troxel. The authors of the popular "Best Friends" book for family caregivers apply their approach to staff issues in dementia care settings.

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.

Culture Change in Long-Term Care Edited by Audrey Weiner and Judah Ronch. For professionals, this resource addresses issues related to organizational change in long-term care settings.

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.

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 Yeo and 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

Behaviors in Dementia: Best Practices for Successful Management Edited by Mary Kaplan and Stephanie Hoffman. Experts in the dementia care field offer staff training ideas and programming strategies for addressing behavioral issues in dementia care including agitation, bathing, feeding, activity planning and more.

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

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

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.

Caregiver Counseling

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.

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.

Innovative Interventions to Reduce Caregiver Distress: A Clinical Guide Edited by David Coon et al. A number of caregiving issues are discussed, with a variety of approaches outlined. Included are cultural diversity and caregiving, difficult behaviors, specific concerns of spousal caregivers and more.

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 Ed 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.

Supporting the Caregiver in Dementia, a Guide for Healthcare Professionals Ed. by S. LoboPrabhu, MD, V. A. Molinari, PhD and J. Lomax, MD. A resource for professionals, this guide presents a multidisciplinary approach to providing support for dementia caregivers.

For Children and Teens

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

An Early Winter By M. Bauer. For children grades 4-7, this book relates the story of a boy coming to terms with his grandfather's Alzheimer's.

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 Anne Frantti. For children preschool-grade 3, this story relates how the parents of Clair explain Alzheimer's disease to her. An educational supplement is included.

If I Forget, You Remember By Carol Lynch Williams. For children grades 4-7, this book tells the story of Elyse and the changes her family experiences when her grandmother comes to visit.

Remember Me? Alzheimer's Through the Eyes of a Child ¿Te acuerdas de mi? By Sue Glass For children preschool- grade 3. This bilingual story tells one girl's adjustment to her grandfather having 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.

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.

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.

Successful Communication with Alzheimer's Disease Patients: An In-service Manual By Mary Jo San Pietro and Elizabeth Ostuni. A resource for all caregivers, with a focus on good communication being the foundation of caregiving.

For Family Caregivers

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

Cuando El Dia Tiene 36 Horas (Spanish version)

By Nancy L. Mace and Peter V. Rabins. The classic guide to providing care at home for persons in the early and middle stages of dementia.

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.

Alzheimer's Early Stages: First Steps for Family, Friends and Caregivers (Audio CD) By Daniel Kuhn. An abridged audio version of the well-known book. Discussion focuses on issues of concern to families of individuals in the early stages, including medical information, long-term planning, and resources for 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.

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.

Eldercare 911: the Caregiver's Complete Handbook for Making Decisions By Susan Beerman and Judith Rappaport-Musson. Including a chapter specific to Alzheimer's disease, this book offers information to assist families in making decisions about care planning.

Family Care Guide By the Massachusetts Chapter of the Alzheimer's Association. A guide to coping with the problems encountered by people with Alzheimer's and their caregivers. Areas addressed include long term planning, communication, wandering, driving, and daily living activities.

Learning to Speak Alzheimer's By J. Koenig Coste. Practical caregiving suggestions are made and the Habilitation approach to dementia care is described, which focuses on working with the skills of the person with dementia.

Moving a Relative with Memory Loss: A Family Caregiver's Guide By Laurie White and Beth Spencer. This 2006 edition 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. 25 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.

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.

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 if it's Not Alzheimer's: Caregiver's Guide to Dementia Edited by Lisa and Gary Radin. By family caregivers of an individual with frontotemporal dementia with contributions by medical professionals, this book outlines the medical aspects of frontotemporal dementia as well as practical aspects of day-to-day care including community resources.

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 in a loved one.

From 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.

Losing My Mind: An Intimate Look at Life with Alzheimer's By Thomas DeBaggio. Writer DeBaggio describes his experience being diagnosed with Alzheimer's at age 57 and his struggle to cope 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.

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.

Living with Grief: Alzheimer's Disease Edited by Kenneth Doka. A companion to the 2004 Hospice Foundation's annual teleconference focused on Alzheimer's disease, this manual examines a number of bereavement issues and concerns specific to hospice and dementia.

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 into factors related to Alzheimer's disease.

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.

Decoding Darkness By Rudolph Tanzi, PhD 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.

Falls in Older People By Rein Tideiksaar. A guidebook to developing a falls prevention program, this reference includes an assessment tool, recommendations and case studies.

Falls in Older People: Risk Factors and Strategies for Prevention (2007) 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.

Improving Hospital Care for Persons with Dementia Edited by Nina Silverstein and Katie Maslow. This book provides insights into the hospital experience for patients with dementia, identifies gaps in quality of hospital care and offers case examples to illustrate strategies that improve patient's acute hospital experience.

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.

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Mental Wellness in Aging: Strengths-based Approaches Edited by Judah Ronch and Joseph Goldfield. In this resource for professionals, eighteen 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.

Mild Cognitive Impairment: Aging to Alzheimer's Disease Edited by Ronald Petersen. This text discusses the range of issues involved in Mild Cognitive Impairment and research in this area.

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

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.

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 outlines 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 focusing on the subject of mealtimes as a meaningful activity.

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.

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.

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.

