

alzheimer's association

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www.alznorcal.org

Please note "S"=AVAILABLE IN SPANISH, "C"=AVAILABLE IN CHINESE

ORDER FORM**(A) BOOKS****Alzheimer's: A Love Story by Ann Davidson; 1997**

Presents a picture of how she dealt with her husband's Alzheimer's and how they learned to simplify their lives, to live for the moment and laugh and cry together.

**# of Unit Total
Copies Price Price**

_____ \$17.00 _____

Alzheimer's Early Stages: First Steps for Family, Friends, and Caregivers by Daniel Kuhn, MSW; 2003

Explains the medical aspects of the disease, tells how to plan immediately for long-term needs, and offers advice on how to stay healthy and positive when caring for a loved one with Alzheimer's.

_____ \$16.00 _____

Alzheimer's: The Answers You Need by Helen Davies & Michael Jensen; 1998

A book that will remind the patient as well as all of us that life does exist after diagnosis. Invaluable as a tool to help with changes in the patient and what to expect and what to accept.

_____ \$13.00 _____

A View From Within Living with Early Onset Alzheimer's by Thaddeus M. Raushi, Ph.D; 2001

Reflects the author's thoughts and feelings on living a high quality life with Alzheimer's Disease.

_____ \$14.00 _____

Doing Things: A Guide to Programming Activities for Persons with Alzheimer's Disease And Related Disorders by Jitka Zgola; 1987

A book designed to help professionals evaluate patients' abilities and needs, and to plan activities that build on their strengths and maintain skills. It includes information on dementia and its effect on patients.

_____ \$12.00 _____

Gone Without a Trace by Marianne D. Caldwell; 1995

Combines a personal story with a self-help guide for families with loved ones who wander.

_____ \$12.00 _____

He Used To Be Somebody: A Journey into Alzheimer's Disease Through the Eyes of a Caregiver by Beverly Bigtree Murphy; 1995

The author offers a unique and intensely charged personal account of what happened to her and her husband from the onset of the disease into the final stages.

_____ \$16.00 _____

In a Tangled Wood: An Alzheimer's Story by Joyce Dyer; 1994

A book dedicated to offer insight into the lives of the patients and the caring staff inside the Alzheimer's unit at Tanglewood, a residential care home where the author's mother lived.

_____ \$13.00 _____

Keeping Busy by James R. Dowling; 1995

A handbook of activities for persons living with dementia including quality of life.

_____ \$19.00 _____

Key Elements of Dementia Care by National Alzheimer's Association; 1997

This book defines, describes and illustrates dementia-capable care throughout the range of residential care settings.

_____ \$25.00 _____

Moving A Relative With Memory Loss A Family Caregiver's Guide by Laurie White and Beth Spencer; 2000

This book provides a useful, practical step-by-step guide to help families through a maze of decisions with their loved ones.

_____ \$11.00 _____

Talking to Alzheimer's by Claudia J. Strauss; 2001

This book 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.

_____ \$12.00 _____

(A) BOOKS (continued)

	<u># of</u>	<u>Unit</u>	<u>Total</u>
	<u>Copies</u>	<u>Price</u>	<u>Price</u>
There's Still a Person in There by M. Castleman, D. Gallagher-Thompson, Ph.D. and M. Naythons, M.D.; 1999 (Also available in Chinese* \$36.00)			
A complete guide to treating and coping with Alzheimer's, from description of medical advances to touching accounts from caregivers.	_____	\$24.00	_____
	_____	\$36.00*	_____
Therapeutic Caregiving: A Practical Guide for Caregivers of Persons with Alzheimer's and Other Dementia Causing Disease by Barbara Bridges; 1995			
Written expressly for family members and in-home caregivers. This excellent book offers techniques for keeping people with dementia more functional.	_____	\$20.00	_____
The 36-Hour Day: A Family Guide to Caring for Persons with AD and Related Dementing Illnesses, and Memory Loss in Late Life by Nancy L. Mace and Peter V. Rabins, MD; 1999 (Also available in Spanish *\$21.00)			
This revised edition of the classic, internationally best-selling, comprehensive guide for the care of persons in the early and middle stages of progressive dementia illnesses.	_____	\$ 12.00	_____
	_____	\$21.00*	_____
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 by Mary S. Mittelman, Dr. PH and Cynthia Epstein, ACSW; 2003.			
Offers advice on how to meet the needs of your loved one with Alzheimer's emotionally, physically, and mentally, and how to look after your own needs as well.	_____	\$ 15.00	_____
Understanding Difficult Behaviors: Some Practical Suggestions for Coping with Alzheimer's Disease and Related Illnesses by Anne Robinson, Beth Spenser, and Laurie White, Editors; 1988			
Written for caregivers in home and formal care settings. This excellent book focuses on eleven common problems areas, including angry/agitated behavior, hallucinations and paranoia, incontinence, activities of daily living, wandering, screaming, and wanting to go home.	_____	\$15.00	_____
Well Aged: Dining with Dignity by Ginny Gordon Walters; 2001			
Not specifically just for individuals with Alzheimer's. This book provides over 200 easy to prepare recipes as well as nutrition basics and tableware advice.	_____	\$10.00	_____
When Love Gets Tough by Doug Manning; 1983			
The book speaks to the difficult decision of placing a loved one in a nursing home.	_____	\$ 6.00	_____
Your Name is Hughes Hannibal Shanks by Lela Knox Shanks; 1996			
Shanks, an African-American, offers a personal account of caregiving for her husband. She outlines 20 coping and survival strategies and shows how rewarding caregiving can be.	_____	\$12.00	_____

Book Total: \$ _____

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	# of	Unit	Total
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(B) <u>Research and/or Drug Related Articles</u> (Copies may be duplicated)			
“Alzheimer’s Approved Drugs,” Alzheimer’s Association	_____	\$0.30	_____
“Cholinesterase Inhibitors”, Alzheimer’s Association	_____	\$0.30	_____
“Alzheimer’s as a “Preventable” Disease?” Part 1 Michael K. McCloud			
“Can Nutrition Help Prevent Alzheimer’s ?” Part 2 Michael K. McCloud	_____	\$0.30	_____
“Dementia with Lewy Bodies”	_____	\$0.30	_____
“Facts About Genes and Alzheimer’s Disease”, Alzheimer’s Association	_____	\$0.30	_____
“Frontotemporal Lobe Dementia”, Alzheimer’s Association	_____	\$0.30	_____
“Multi Infarct Dementia”, Alzheimer’s Association	_____	\$0.30	_____
“Research Summary”, Alzheimer’s Association	_____	\$0.30	_____
“Use of Medications in Alzheimer’s Disease”, Dr. Gary Steinke	_____	\$0.30	_____

Articles/Reprints Total: \$ _____

	# of	Unit	Total
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(C) <u>BOOKLETS</u>			
Home Safety for the Alzheimer’s Patient			
The focus of this booklet is to improve home safety and identify problems which will help prevent accidents, thus increasing the patient’s security and freedom within the home. (Limit 1 copy)	_____	Free	_____
How to Get Care From a Board & Care Home			
A 48 pg. Easy to use guide regarding the law and practices of California Board & Care Homes (aka. Residential Care) (The Nursing Home Advocacy Project of Bet Tzedek Legal Services)	_____	\$3.00	_____
Respite Care Guide			
This booklet describes Respite Care and the different types of available services. It guides the reader through selecting a service, preparing the helper and periodically evaluating the service. (Alzheimer’s Association)	_____	\$3.00	_____

Booklet Total: \$ _____

(D) CAREGIVING INFORMATION and TIPS

	<u># of Copies</u>	<u>Unit Price</u>	<u>Total Price</u>
“ABC’s of Coping”, Alzheimer’s Association & Vicki Hart, LCSW	_____	\$0.30	_____
“Alzheimer’s Disease and Other Dementias”, Alzheimer’s Association	_____	\$0.30	_____
“Adult Day Care”, Alzheimer’s Association	_____	\$0.30	_____
“Caregiver’s Packet, How To Cope”, Alzheimer’s Association	_____	\$0.30	_____
“Guide to Alzheimer’s Disease, Dementia, and Driving (At the Crossroads...)” The Hartford Group, 15 page booklet.	_____	\$0.30	_____
“Guidelines for Alzheimer’s Disease Management” for Clinicians, Alzheimer’s Association	_____	\$0.30	_____
“How To Make The Move To Residential Care”, Alzheimer’s Association	_____	\$0.30	_____
“How Your Memory Works”, U.C. Berkeley Wellness letter.	_____	\$0.30	_____
“Making the Decision When To Place”, Alzheimer’s Association,	_____	\$0.30	_____
“Placement: The Tough Call”, (SNF & B&C inf.) Alzheimer’s Association	_____	\$0.30	_____
“Reasoning With Your Patient”, Alzheimer’s Association	_____	\$0.30	_____
“Suspiciousness and Paranoia”, Alzheimer’s Association	_____	\$0.30	_____
“Visiting The Doctor; Help and Hints for The Caregiver”, Alzheimer’s Association	_____	\$0.30	_____

FACT SHEETS, also available in Spanish translation.

Title	Quantity (\$0.30 each)	Title	Quantity (\$0.30 each)
Adult Day Care		Hospitalization	
Bathing		Incontinence	
Death and Dying (Issues in Death and Dying)			
Dental Care		Safety	
Dressing		Sexuality	
Driving		Telling the Patient Family and Friends	
Eating		Traveling	
Feelings		Vacationing	
Grief, Mourning and Guilt		Visiting	
Hallucination		Wandering Behavior	
Holidays			

Caregiving Information Total: \$ _____

(E) Alzheimer's Association Printed Materials

	# of	Unit	Total
	<u>Copies</u>	<u>Price</u>	<u>Price</u>
A Guide to Alzheimer's Disease (Chinese only)	_____	Free	_____
Activities	_____	\$0.25	_____
Basics of Alzheimer's Disease (30 pg booklet)	_____	\$1.00	_____
Behaviors	_____	\$0.25	_____
Caregiver Stress, Signs To Watch For	_____	\$0.25	_____
Communication	_____	\$0.25	_____
Early Onset Alzheimer's Disease	_____	\$0.25	_____
Helping Children & Teens Understand Alzheimer's Disease	_____	\$0.25	_____
If You Have Alzheimer's Disease, What You Should Know	_____	\$0.25	_____
Late Stage Care	_____	\$0.25	_____
Legal Plans	_____	\$0.25	_____
Long Distance Caregiver	_____	\$0.25	_____
MedicAlert & Alzheimer's Association Safe Return	_____	\$0.25	_____
Money Matters	_____	\$0.25	_____
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Staying Safe	_____	\$0.25	_____
Understanding Early Onset AD	_____	\$0.25	_____
Understanding Early Stage AD	_____	\$0.25	_____
Warning Signs of Alzheimer's Disease	_____	\$0.25	_____

Brochure Total: \$ _____

(F) INSURANCE/FINANCIAL/LEGAL INFORMATION

	# of	Unit	Total
	<u>Copies</u>	<u>Price</u>	<u>Price</u>
"California Conservatorship", Family Caregiver Alliance	_____	\$0.25	_____
Driving & the Alzheimer's Patient & DMV Evaluations	_____	\$0.25	_____
"Health Care Decisions"- info on Durable Power of Attorney/Living Trust, Michael Gilfix	_____	\$0.50	_____
"Long Term Care," Tim Millar	_____	\$0.50	_____

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Total Enclosed	\$

PLEASE MAKE CHECKS PAYABLE TO: **alzheimer's association**

We are dedicated to serving caregivers and realize that this disease can cause financial hardship. No one will be denied materials because of financial need. Call **(650) 962-8111** for more information. Please be aware that many of these articles are also available on our website at www.alz.org.



1060 La Avenida Street
Mountain View, CA 94043-1422

ORDER FORM

Video Library

The following videos are available for families, Support Groups, and agencies. Contact the Alzheimer's Association for availability. Please send in the Video Loan Agreement along with your deposit check. We will make every effort to get the video to you on the date requested.

I request permission to borrow the following video(s):

- "A Care Guide for The Confused Resident"**, (75 minutes) Training video and accompanying study manual shows nursing assistants and students how to deal with residents who are confused.
- "A Thousand Tomorrows"-Intimacy, Sexuality, and Alzheimer's"** (35 minutes) Through candid interviews with spouse caregivers and the spouses with Alzheimer's, this video opens up sensitive issues surrounding intimacy, sexuality, and Alzheimer's so that persons dealing with these issues can feel more free to talk about them in group settings. www.teranova.org
- "More than a Thousand Tomorrows"**, is the sequel to this, see below by title. (not recommended to show back to back.)
- "Advance Directives: The Decision Is Yours"**, (18 minutes) Covers durable power of attorney and living wills, life-sustaining treatments, "How-to's" for creating advance directives, etc.
- "Aging Parents: The Family Survival Guide"** (2 tapes / 3.5 hours) Kit includes a guide and quick find card for the video. Advice from over 300 nationally recognized elder care experts on 250 caregiving topics. *Deposit \$300.00*
- "Alzheimer's Disease Do's and Don'ts"**, (26 minutes), Interacting with Alzheimer's: Tips for Family and Friends.
- "Alzheimer's Disease: A New Hope Through Understanding"**, An educational and motivational program produced in cooperation with the Alzheimer's Association, Northern California and Northern Nevada chapter, and the American Society of Consultant Pharmacist.

- "Alzheimer's disease: Inside Looking Out"**, (18 minutes) This excellent video shows early stage AD' patients sharing their experiences. A wonderful video for newly diagnosed individuals, caregivers and professionals. Cleveland Alzheimer's Association.

- "Alzheimer's: My Mom, Our Journey"**, (47 minutes) A documentary of a family's battle with early onset Alzheimer's, the film shares how the disease progresses, while Gloria, mother of three, who has been diagnosed with dementia, continues to persevere.
- "The Caregiver Kit"**, Contains 5 videos: **"Managing Difficult Behavior"**, **"Caring for the Caregiver"**, **"Safety First"**, **"Communicating"**, **"Meeting Daily Challenges"**; Features Alzheimer's family members who candidly tell how they meet the real-life challenges of caregiving in practical and loving ways. Also serves as excellent training resource for paid caregivers.
- "Caregiver's Options"** (22 minutes) Families discuss care options and how to make timely and responsive decisions. When can a family member no longer be left alone? When do assisted living or nursing homes become the most therapeutic environment? And, how can families work together to make these decisions?
- "Caring Families Coping With Alzheimer's Disease"**. (28 minutes) Documentary presenting the lives of three AD victims (each at different stages of the disease), their families, and how they cope with everyday problems. A heartwarming portrayal of caregivers' efforts to provide AD patients with as much stimulation and independence as they can assume.
- "Cómo comunicarse con alguien que padece de la enfermedad de Alzheimer"**. (30 minutes) A Spanish language video instructing in communication techniques to improve the quality of life for people with Alzheimer's and their caregivers.
- "Compassionate Touch: Benefits and Effects in Alzheimer's Care"**, (26 minutes) This video discusses caring for and relating to those who have Alzheimer's disease. It stresses physical connection, like focused touch or massages.
- "Complaints Of A Dutiful Daughter"**, (44 minutes) Nominated for an Academy Award, this film by Deborah Hoffman, depicts the lows and highs of a mother's journey through Alzheimer's disease with humor, compassion and realism. *Deposit \$300.00*
- "Dealing With Alzheimer's: A Common Sense Approach To Communication"** (20 minutes) A new video that teaches how to successfully communicate with someone who has Alzheimer's disease.
- "Dress Him While he Walks: Management In Caring for Residents With Alzheimer's"**, (20 minutes) Demonstrates practical ways of dealing with difficult behaviors.
- "Ethical Issues"**, (27 minutes) This video deals with a variety of issues including limiting independent living; dealing with driving, what to do when the truth is upsetting, and making advanced directives.
- "The Family Guide to Alzheimer's Disease"**, A six part series available in DVD or VCR tape format, this series covers **Understanding Alzheimers**, **Behavior Issues**, **Daily Life**, **Family Caregiving** (How and Why to get outside help), and **Transitions** such as adapting social activities, and grieving. The whole series is 4.5 hours long, or can be viewed individually-length varies from 45-60 minutes" also available for purchase @ www.lifeviewresources.com
- "The Family Guide to LongTerm Care"**, (a six part video series), This series covers, **Getting Started**, **Making the Right Choice** (When is it time to move from home), **Staying involved**, **Understanding Long Term Care Insurance**, **Financial Planning**, and **Legal Issues**, The entire series is 2.5 hours long, or can be viewed individually-length varies from 21-50 minutes. Also available for purchase @ lifeviewresources.com

- “The Forgetting: A portrait of Alzheimer’s”** (DVD/video) This documentary weaves together the intense real-world experiences of Alzheimer’s patients and caregivers, the history and biology of Alzheimer’s and the ongoing struggle to end the disease.

- “Grace”** (58 minutes) This classic program on Alzheimer’s disease follows seven years in the life of Grace Kirkland and the inspirational caregiving efforts of her husband. This video follows Grace from the time of diagnosis until death, and therefore may be emotionally challenging material and timeline for family members to watch. Typically suggested for facilitators to pre-view tape prior to showing to a group, for evaluation of sensitivity issues. *Deposit \$300.00*
- “He’s Doing This to Spite Me: Emotional Conflicts in Dementia Care”** (22 minutes) The movie does a good job of profiling three families (two of which are African American). It shows misperception of behavior as being intentional; hence “to spite me.” It allows for enhanced caregiver reflection and awareness of putting the disease process before the behavior.
- “I Am Not My Own Person Anymore”** (56 minutes) Provides a victim’s remarkable insight into his own AD. Depicts illness during three-interviews with Dr. David Bronsen and his wife as they experience the illness over a five-year period.
- “In And Out Of Time”**. (20 minutes) A graceful, positive glimpse of the filmmaker’s grandmother who suffered from dementia.
- “Interacting with Alzheimer’s Patients: Tips for Family and Friends; Alzheimer Disease Do’s and Don’ts”**. (26 minutes) A helpful video that portrays a group of family members sharing their learned techniques on the Do’s and Don’ts of communicating.
- “It’s A Family Affair”** (7 minutes each) An educational program for young school children, consisting of 2 videos, **“Grandma Lucille’s Hug”** and **“Loving Grandpa”**. The videos use a puppet show format, and there are handouts available for the children to take home. Produced by the Central Illinois Chapter of the Alzheimer’s Association.
- “Just For The Summer”** Kit (30 minutes) This video dramatizes the story of a teenage boy whose grandmother with Alzheimer’s disease comes to visit “just for the summer.” The emotional frustrations and the physical limitations are unveiled as the boy’s anger and denial transform into sympathy and acceptance. This video was written and directed specifically for a teenage audience.
- “Living with Alzheimer’s Disease-The Family Caregiver’s Guide”**, (Three part video series, 68 minutes total) **“The Beginning”**, **“The Middle Years”**, and **“Endings”**. This 3 part series briefly walks families through Symptoms and evaluation, How to manage potentially distressing behaviors, developing a therapeutic routine, and family members sharing their experiences during the final years. Available for purchase at ww.videopress.org
- “La Enfermedad de Alzheimer y El Cuidador”** Spanish Narration. Addresses symptoms, tips for communication, neurological changes in the brain and the importance of a full evaluation.
- “Lake Solitude”**. (various running times) A 5 tape set of videos used to quiet and entertain the patient and the caregiver. *Deposit \$300.00*
- “The Long Good-Bye”**. (45 minutes) Produced by CNN, this video includes testimonials from celebrities and families who are losing a loved one to Alzheimer’s disease.

- “Managing and Understanding Behavior Problems in Alzheimer’s Disease and Related Disorders”**. A VHS series of ten videos for caregivers which includes 1) Overview Part I; 2) Overview Part II: Delirium and Depression; 3) ABCs: An Introduction; 4) Managing Aggressive Behaviors: Anger and Irritation, Catastrophic Reactions; 5) Managing Psychotic Behaviors: Language Deficits; 6) Managing Psychotic Behaviors: Hallucinations/Delusions and Paranoia and Suspiciousness; 7) Managing Personal Hygiene: Bathing and Dressing; 8) Managing Difficult Behaviors: Wandering and Inappropriate Sexual Behaviors; 9) Managing Difficult Behaviors: Depression; 10) Caregiving Issues.
- “More Than A Thousand Tomorrows”** (30 minutes) sequel to A Thousand Tomorrows (see above), This video was produced 8 years after A Thousand Tomorrows, and it revisits one of the couples featured, telling us what has happened in their lives, discussion of feelings, how they have coped, and decisions regarding the changes in their ongoing intimate relationship. www.terrano.org
- “The New Relationship”** (20 minutes) Discussions with caregivers about the changes they experience in their relationships and how they manage to create new positive roles.
- “Orientation to Alzheimer’s Disease”**. (17 minutes) Presents an overview of the disease including common myths and stereotypes, physical and psychological symptoms and changes, the role of the physician, finding assistance and support, and some advice about planning for the worst while hoping for the best.
- “Recognizing and Preventing Caregiver Burnout”** (23 minutes) Helps caregivers recognize sign of burnout. Topics include: caregiver personality changes, signals of caregiver depression, increasing frustration, feelings of hopelessness, and social isolation. www.videopress.org
- “Solving Bathing Problems in Persons with Alzheimer’s Disease”**. (22 minutes) A video with a training manual primarily for professionals in the care of AD patients with bathing problems.
- “Someone I Love Has Alzheimer’s Disease”**, (17 minutes) A wonderful video program to help children and their families cope when a loved one has Alzheimer’s disease. We meet kids aged seven through fifteen. Some are members of support groups for children and all are coping and caring for someone with this confusing illness. They share their feelings and advice. Activity guide included.
- “The Silent Cry: Elder Abuse”**. (32 minutes) Elder Abuse Task Force provides situational experiences of Abuse identification, assessment, reporting and process. Graphic pictures noted.
- “Thou Shalt Honor ...”**, (15 minutes) This video does a nice job profiling a variety of caregiving situations and a bit of public policy towards advocating for more support of caregivers. Good for support group discussion; not for intervention/problem solving/coping on a day to day basis.
- “Transportation Solutions for Caregivers”**. (13 minutes, includes booklet) This video offered by the Easter Seals Society, offers solutions to transportation challenges : Communication, Sensitivity, Preventing Agitation, Dealing with Agitation, Providing Physical Assistance and Resources for Caregivers. *Also available in Spanish and Cantonese.*
- “Unidos en la lucha”. (United In The Effort)**, (30 minutes) A training-kit in Spanish to help Hispanic caregivers better understand Alzheimer’s Disease. The kit includes two videos: **“Orientacion sobre la enfermedad Alzheimer”** and **“Servicios y Cuidados”** – family members share their experiences.
- “When Someone You Love Has Alzheimer’s”**. (30 minutes) Provides emotional support and help for caregivers and families of people with Alzheimer’s.
- “View From the Inside”**. (20 minutes) Depicts a daughter’s deepest feelings as she watches her mother go through the stages of Alzheimer’s disease.

Video Loan Agreement

Enclosed is a deposit in the amount of \$100.00 **per video** (\$300.00 each for "*Aging Parents, Complaints of a Dutiful Daughter, Grace, Lake Solitude*"). I understand that this will be held as a **deposit only** and will be returned to me following receipt of the video in good condition by the Alzheimer's Association.

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Date Date

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Do Not List P.O. Box as address. Video loan service is limited to Northern California and Northern Nevada area. If you wish to borrow a video and you do not reside in CA or NV, please contact your local Alzheimer's Association Office by calling 800.272.3900.

Signature: _____ Date: _____

A NON-PROFIT, CHARITABLE, TAX-EXEMPT ORGANIZATION DEDICATED TO FAMILY SERVICE, EDUCATION AND RESEARCH
We are dedicated to serving caregivers and realize that this disease can cause financial hardship. No one will be denied materials because of financial need.