

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Activities

***Activities, One Step at a Time.** *Goodwin, D.* (1983, 23 pp) **Topic:** Activities
Booklet of activity suggestions for working with individuals with limited cognitive abilities in nursing homes.

***Activity Programming for Persons with Dementia.** *Alzheimer's Association.* (1995, 138 pp) **Topic:** Activities
Guide to assessment, care planning, and activity groupings. Description of various activities by category such as reminiscence, music and movement, creative arts and crafts, lifework activities, activities to challenge the mind and stimulate the imagination, activities with children, etc.

Alzheimer's Activities: Hundreds of Activities for Men & Women with AD and Related Disorders. *Fitzray, B J.* (2001, 250 pp) **Topic:** Activities
Includes ideas for everyday and special-occasion activities, caregivers' anecdotes, tips, and encouragement.

Alzheimer's Disease: Activities That Work. *Abrignani, C & Messenger, B.* (1991, 115 pp) **Topic:** Activities
Music, crafts, group art projects, poetry, reminiscence, and other activities..

Best Friends Book of Alzheimer's Activities. *Bell, Troxel, Cox and Hamon.* (2004, 199 pp) **Topic:** Activities, Best Friends
Planning activities for people with dementia may seem challenging, but The Best Friends Book of Alzheimer's Activities shows how easy and natural it can be. Plus, all activities are adult in content and provide meaningful engagement for participants.

***Conversations: An Activity Book for Making Connections with Older Adults.** *Goldfein, S; Matthews, M; Horowitz, J; Faggella, K.* (1999, 39 pp) **Topic:** Reminiscences
An interactive photo and reminiscence album that can help stimulate memory through inclusion of personal experiences, guided conversation, photographs and mementos.

Different Visit, A - Activities for Caregivers and their Loved Ones with Memory Impairments. *Joltin, A M.A; Camp, C PhD; Noble, B RN; Atenucci, V MA.* (2005, 118 pp) **Topic:** Montessori
Find activities that are right for you and your family: Sequencing, Art, Helping Others, Keeping in Touch, Community Involvement. Includes an informational CD. Work supported by the Alzheimer's Association.

Failure Free Activities for the Alzheimer's Patient: A Guidebook for Caregivers. *Sheridan, C B.* (1987, 104 pp) **Topic:** Activities
Focusing on abilities that remain rather than deficits, this book provides ideas, advice, activities, and resources to occupy someone with AD and elevate self-esteem.

Category: Activities

Father's Legacy: Your Life Story in Your Own Words. *Countryman, J.* (1999, 205 pp) **Topic:** Journal

A memory journal to record significant moments in one's life. The journal is a helpful tool in reminiscence activities, and can be used by family members to help talk about past events and happy times.

Fragrance Projects for Sensory Stimulation. *Gwinnup, P B.* (1985, 33 pp) **Topic:** Senses

This small booklet provides suggested activities developed as part of a sensory stimulation and horticultural therapy program for confused, disoriented, and non-responsive individuals.

Group Work with Elders: 50 Therapeutic Exercises for Reminiscence, Validation, and Remotivation. *Link, A L.* (1997, 125 pp) **Topic:** Group Therapy
Easy-to-follow activities and exercises.

How to Start and Manage Group Activities and Respite Program for People with Alzheimer's Disease and Their Families (2d Ed). *Brookdale Foundation.* (1991, 104 pp) **Topic:** Respite

A guide for community-based organizations interested in providing activities and respite programs for people with dementia.

***Join the Club: Meeting the Special Needs of Men with Alzheimer's Disease.** *Tully, M & Turner, J.* (1992, 32 pp) **Topic:** Support Groups

Helpful guide for those interested in starting a club or group for men with AD. Outlines strategies for beginning a group, activities to use, release forms for caregivers to sign, etc.

Keeping Busy: A Handbook of Activities for Persons with Dementia. *Dowling, J R.* (1995, 178 pp) **Topic:** Activities, Planning

A practical book recommended for those wishing to build an activity program for people with dementia.

Lifesaving Songs and Poems. *Tuttle, C P.* (2006, 130 pp) **Topic:** Songs, Poems
For the Sea of Dementia, Alzheimer's, and Palliative Caregiving.

Memories in the Making: A Program of Creative Art Expression for Alzheimer's Patients. *Jenny, S.* (1993, 114 pp) **Topic:** Activities, Art

Description of how to develop an art "memories in the making" project for people with AD. Illustrated with artwork by people with Alzheimer's disease, this book provides guidelines for doing art projects with people with dementia.

Category: Activities

Montessori-Based Activities for Persons with Dementia – Vol. 1. Camp, C PhD.

(1999, 76 pp) **Topic:** Montessori

A manual providing a variety of Montessori-based activities to enable individuals with dementia to maintain or even improve skills needed in daily lives. The activities enhance the skills required to perform basic tasks such as self-feeding, preparing simple meals, dressing, and participating in recreational activities.

Music & Memories. Bauman, K L. (1987, 93 pp) **Topic:** Music

Booklet providing guidance for developing and implementing a music/discussion group, with suggestions for 38 topics of discussion and topic-related songs.

Positive Interactions Program of Activities for People with Alzheimer's Disease.

Nissenboim, S; & Vroman, C. (1997, 137 pp) **Topic:** Communication

Featuring 92 step-by-step activities for people with dementia, this book outlines an individual approach that helps customize activities to existing needs and abilities of a person at any stage of the disease.

Practical Guide to Art Therapy Groups. Fausek, D BA ADC. (1997, 115 pp) **Topic:**

Art, Group Therapy

A handbook for therapists working with older adults, this book addresses challenges faced and presents a wide range of techniques.

Reflections from a Mother's Heart: Your Life Story in Your Own Words.

Countryman, J. (1999, 200 pp) **Topic:** Legacy

A memory journal to record significant moments in one's life. The journal is a helpful tool in reminiscence activities, and can be used by family members to help talk about past events and happy times.

Reminiscence: Uncovering a Lifetime of Memories. Sheridan, C. (1991, 165 pp)

Topic: Reminiscences

Practical guide for anyone who has contact with older adults in a long-term care setting, hospital, or at home. The book provides an overview of how to use reminiscence, themes and ideas, activities, memory makers, and resources for reminiscence.

Symphony of Life. Hynes, J H. (2003, 50 pp) **Topic:** Music

A compilation of songs written by individuals with dementia as part of song-writing activities conducted by Joyce Hynes in assisted living and other long-term care settings. Songs are written to familiar tunes, and guitar chords are provided.

Very Large Print: A Walk in the Garden. Harvard Ranch Publishing. (1998, 37 pp)

Topic: Large Print, Poetry

Large print and colorfully illustrated book with short poetry verses about gardens. Designed for the visually impaired, but also useful for activity programs for those with dementia.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Activities

Very Large Print: Favorite Hymns. *Harvard Ranch Publishing.* (1998, 53 pp) **Topic:**

Large Print, Music

Large print and colorfully illustrated book with first verses of various familiar hymns. Designed for the visually impaired, but also useful for activity programs for those with dementia.

Very Large Print: Verses from the Bible. *Harvard Ranch Publishing.* (1998, 53 pp)

Topic: Large Print, Spirituality

Large print and colorfully illustrated book with Bible verses. Designed for the visually impaired, but also useful for activity programs for those with dementia.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Caregiving

Activities of Daily Living -- an ADL Guide for Alzheimer's Care. *Laurenhue, K M.A.* (2006, 93 pp) **Topic:** ADLs Guide

Intended as the companion to Alzheimer's Basic Caregiving -- An ABC Guide which sets the stage for understanding common patterns of progression in Alzheimer's disease.

Alzheimer's Cope Book: The Complete Care Manual for Patients and Their Families. *Martin, R E.* (1992, 110 pp) **Topic:** Early Stage

Helpful guide to coping with AD, designed especially for families of someone recently diagnosed with AD. Discusses organization of daily life, medical decisions, and advice on the emotional needs of caregivers.

Alzheimer's Disease: A Call to Courage for Caregivers. *Adams, M O.* (1986, 132 pp) **Topic:** Family, Personal

Adams shares her own experiences and feelings as a caregiver, and relates experiences of others on topics such as communication, sexual & emotional needs, legal issues, support services, humor and other coping strategies.

Alzheimer's Disease: A Guide for Families. *Powell, L S & Courtice, K.* (1983, 288 pp) **Topic:** Family Caregiving

A guide for families addressing what AD is, understanding and dealing with difficult behaviors and decisions, and how to take care of oneself as a caregiver.

Alzheimer's Disease: The Family Journey. *Caron, W; Pattee, J; Otteson, C57 O. (2000, 213 pp) **Topic:** Family

Focuses on the family and how to strengthen family relationships when impacted by Alzheimer's. It divides the illness into seven steps, providing guidance for families in each step, discussing family dynamics, decision-making, and ways to enhance quality of life at each stage.

Alzheimer's Early Stages: First Steps in Caring and Treatment. *Kuhn, D MSW.* (1999, 275 pp) **Topic:** Early Stage

This helpful book is divided into 3 sections: what is Alzheimer's disease, how to provide good care, and how to care for yourself. Designed to guide family members and friends through the early stages of Alzheimer's.

Alzheimer's: A Caregiver's Guide and Sourcebook 1st Edition. *Gruetzner, H.* (1992, 308 pp) **Topic:** Grief, Family

Comprehensive guide to caring for and coping with someone with Alzheimer's disease, and dealing with grief and stress.

Alzheimer's: Answers to Hard Questions for Families. *Nelson, J L & Nelson, H C. (1996, 225 pp) **Topic:** Family, Transitions

Addresses issues such as making plans for the future, moving from home to a nursing home, final stages, family responsibilities and stresses, etc. Stories of actual caregivers.

Category: Caregiving

Alzheimer's: Finding the Words; A Communication Guide for Those Who Care.

Hodgson, H. (1995, 230 pp) **Topic:** Communication

Suggestions for communicating with someone with dementia as communication becomes increasingly difficult. This book shows how Alzheimer's affects speech, and gives practical advice on ways to communicate.

Alzheimer's Basic Caregiving -- an ABC Guide. *Laurenhue, K M.A.* (2006, 127 pp)

Topic: Behaviors, Communication

Intended as the companion to Activities of Daily Living which provides specific advice for assisting with dressing, bathing, grooming continence care and nutrition and hydration issues.

At the Crossroads (Some free copies available). *The Hartford Insurance Co.* (2000, 15 pp) **Topic:** Driving

A Guide to Alzheimer's Disease, Dementia & Driving. Most information about dementia warns against driving, but does not describe how individuals and caregivers can determine when to stop. This pamphlet provides guidance and forms.

At the Heart of Alzheimer's. *Simpson, C.* (1996, 145 pp) **Topic:** Family

Guidebook to understanding and caring for a parent with AD, this book covers areas such as understanding AD, handling difficult behaviors, communication, caregiver survival tips, handling family dynamics, choosing residential care facilities. etc.

Caregiver Helpbook: Powerful tools for caregiving. *Schmall, V PhD; Cleland, M RN; Sturdevant, M RN MSW LCSW.* (2000, 309 pp) **Topic:** Caregiving, Health

One of the greatest challenges of being a family caregiver is maintaining one's own physical and emotional health. This book is designed to provide caregivers with tools to increase selfcare and give them confidence in handling difficult situations, emotions and decisions.

Caregiver Survival Series: Coping with Caregiver Worries. *Sherman, J R.* (1998, 85 pp) **Topic:** Caregiving, Attitudes

This segment of a 5-booklet series of easy-to-read guides focuses on common sources of worry for caregivers, and ways to conquer it.

Caregiver Survival Series: Creative Caregiving. *Sherman, J R.* (1994, 85 pp) **Topic:** Creativity

This segment of a 5-booklet series of easy-to-read guides discusses ways to develop creative talents despite barriers to creativity in caregiving.

Caregiver Survival Series: Positive Caregiver Attitudes. *Sherman, J R.* (1994, 85 pp) **Topic:** Attitudes

This segment of a 5-booklet series of easy-to-read guides focuses on positive and negative attitudes in caregiving.

Category: Caregiving

Caregiver Survival Series: Preventing Caregiving Burnout. *Sherman, J R.* (1994, 76 pp) **Topic:** Burnout

This segment of a 5-booklet series on caregiving focuses on preventing caregiver burnout.

Caregiver Survival Series: The Magic of Humor in Caregiving. *Sherman, J R.* (1995, 93 pp) **Topic:** Humor

This segment of a 5-booklet series of easy-to-read guides discusses ways of finding humor in everyday caregiving and using humor to prevent caregiver burnout and depression.

Caregiving at a Glance (Alzheimer's Family Day Center). *Simon, L N RN PhD.* (2005, 30 pp) **Topic:** Caregiving,ADLs Guide

Fingertip Help for Families Taking Care of People with Alzheimer's Type Illnesses -- Sleeping, Bathing, Grooming, Toileting, Car & Home Safety, Behaviors, Medications, Activities, Communication, Hostility, Aggression and Wandering. Free Copies Available.

Caring for the Caregiver: A Guide to Living with Alzheimer's Disease. *Parke-Davis Pharmaceuticals.* (1994, 171 pp) **Topic:** Caregiver, Home Care

Produced by Parke-Davis, producer of Cognex, this guide is outdated in terms of medications, but helpful in providing an easy-to-follow overview of home safety, dealing with daily struggles, support options, and understanding AD.

Caring for Your Aging Parents. *Cadmus, R R MD.* (1984, 262 pp) **Topic:** Aging, Parents

A mix of facts, helpful hints, and inspiration to assist in caring for elderly parents.

Caring for Your Aging Parents: When Love is Not Enough. *Deane, B.* (1989, 276 pp) **Topic:** Family, Spirituality

Suggestions and coping strategies for Christian families caring for elderly parents.

***Chicken Soup for the Caregiver's Soul.** *Canfield, J; Hansen, M V; Thieman, L.* (2004, 373 pp) **Topic:** Stories

Stories to inspire caregivers in the home, the community and the world.

Comfort of Home: An Illustrated Step-By-Step Guide for Caregivers. *Meyer, M M & Derr, P.* (1998, 365 pp) **Topic:** Home Care

Simple and practical, this guide takes you through all the steps of home care with information on home safety, activities, nutrition, illness & infections, communicating with health professionals, and end-of-life planning.

Category: Caregiving

Coping with Caring. Roche, L. (1996, 400 pp) **Topic:** Tips, Stories
Designed to ease the day-to-day stress of caring for a person with AD. Each page provides an inspiring daily reflection followed by a related caregiving tip.

Coping with Communication Challenges in Alzheimer's Disease. Rau, M T. (1993, 211 pp) **Topic:** Stages, Communication
Discussion of communication issues and strategies in various stages and settings for caregivers of those with Alzheimer's. (Part of the Coping with Aging Series.) Includes advice on communication with Healthcare, Legal and Family Professionals.

Coping with Your Difficult Older Parent: A Guide for Stressed Out Children. Lebow, G & Kane, B. (1999, 203 pp) **Topic:** Parents, Attitude
Practical guide for dealing with the anger, blame, guilt, and frustration that often face adults caring for their older parents.

Courage to Care: A Caregiver's Guide Through Each Stage of Alzheimer's. Parrent, J. (2001, 343 pp) **Topic:** Stages
Offers information, practical suggestions, and encouragement specific to each of Alzheimer's disease's three stages. As much about taking care of yourself as taking care of a loved one with AD.

Creating Moments of Joy. Brackey, J. (1999, 175 pp) **Topic:** Activities
Uplifting guide to providing joy in caring for someone with dementia, whether as a family member or in a caregiving program or facility.

***Creating Moments of Joy for the Person with Alzheimer's or Dementia: A Journal for Caregivers. Brackey, J.** (2000, 185 pp) **Topic:** Journal
Guide & journal based on Brackey's Creating Moments of Joy book. This journal offers short chapters and stories on different topics, allowing space for caregivers to record their own reactions and their own 'moments of joy.'

***Dignified Life: The Best Friends Approach to Alzheimer's Care. Bell, V and Troxel, D.** (2002, 323 pp) **Topic:** Communication, Best Friends
This guide for family caregivers demonstrates how to meet the daily challenges of caring for someone with dementia. In straightforward language, the book provides an overview of Alzheimer's disease, and ways of providing care with love and dignity.

***Family Guide for Alzheimer Care in Residential Settings. Alzheimer's Association.** (1992, 40 pp) **Topic:** Residential Care, Family
Using a Question & Answer format, this booklet provides guidance on Alzheimer care provided in residential settings. While somewhat outdated now, the questions are still helpful in understanding patient and family rights, and facility responsibilities.

Category: Caregiving

Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own. *Barg, G, ed.* (2001, 264 pp) **Topic:** Caregiving
Gary Barg is editor of Today's Caregiver Magazine. Experts in various areas address care tips, caregiver guilt and depression, legal and financial matters, and more.

Hard Choices for Loving People: CPR, Artificial Feeding, Comfort Measures Only and the Elderly Patient. *Dunn, H.* (1994, 84 pp) **Topic:** End of life, Hospice
Author discusses end-of-life decisions from a pastoral perspective.

How to Care for Aging Parents (Not specific to Alzheimer's Disease). *Morris, V.* (2004, 691 pp) **Topic:** Aging, Parents
Answers the questions you hoped you'd never have to ask. A one-stop resource for all the medical, financial, housing, emotional, and practical issues. Includes a complete Yellow Pages of services.

How to Care for Your Parents: A Handbook for Adult Children. *Levin, N J.* (1990, 103 pp) **Topic:** Aging, Family, Parents
A guide for children in the "sandwich generation" - caring for their own families, as well as their aging parents. Addresses 28 steps to help parents cope; steps include issues such as talking about money, safety, medical coverage, legal/financial needs, juggling your obligations with your parents, etc.

How to Care for Your Parents: A Practical Guide to Eldercare. *Levin, N J.* (1997, 271 pp) **Topic:** Parents, Eldercare
Advice on understanding managed care and Medicaid, ensuring safety, seeking housing options, gathering community resources, accessing information on the internet, and balancing the caregiver's time and energy.

I'll Take Care of You: A Practical Guide for Family Caregivers (Not specific to AD). *Ilardo, J A PhD LCSW & Rothman, C R.PhD.* (1999, 220 pp) **Topic:** Caregiver, Family
Step-by-step guide for anyone caring for a loved one. Advice on accepting feelings, resolving problems, avoiding burnout, accessing resources, and setting boundaries.

Kind Words for Caring People: Daily Affirmations for Caregivers. *Pitzele, S K.* (1993, 365 pp) **Topic:** Affirmations
Daily non-religious affirmations for caregivers. Words of encouragement and support.

Learning to Speak Alzheimer's. *Coste.* (2003, 240 pp) **Topic:** Communication
Author describes a process she terms "habilitation" as a way of improving quality of life for those with AD, and their caregivers.

Living Death: Alzheimer's In America. *Lushin, G.* (1990, 100 pp) **Topic:** Overview
Overview of AD.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Caregiving

Long Distance Caregiving: A Survival Guide for Far Away Caregivers (Not Specific to AD). *Heath, A.* (1991, 125 pp) **Topic:** Long Distance Caregiving
Helpful overview of strategies for effectively caring for a loved one who lives far away: legal & financial issues, arranging for support services, care plans, travel tips, necessary paperwork, etc.

Loss of Self. *Cohen, D PhD, & Eisdorfer C PhD MD.* (2001, 461 pp) **Topic:** Overview
Subtitled, A Family Resource for the Care of Alzheimer's Disease and Related Disorders, this book provides information on Alzheimer's disease, diagnosis, daily care, medications, stress, choosing facility care, death and dying, and more.

Managing Nutrition in Dementia Care: A Supportive Approach for Caregivers.
Weiss, E H PhD RD & Western NY Chapter Alz Assoc. (2001, 30 pp) **Topic:** Nutrition
Booklet covering nutritional needs of older adults, food suggestions and ways to encourage eating, drug/food interactions, and tube feeding issues.

Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimer's Disease. *Fotuhi, M MD PhD.* (2003, 240 pp) **Topic:** Memory, Mental Health
For those who worry about our memory slipping away, this book provides a plan for improving memory, preventing memory loss, and protecting our brains against Alzheimer's disease. Dr. Fotuhi is a neurologist at Harvard Medical School and consultant at Johns Hopkins Hospital.

Moving a Relative with Memory Loss: A Family Caregiver's Guide. *White, L & Spencer, B.* (2000, 50 pp) **Topic:** Facilities, Transition
Suggestions on deciding when to move a relative into a facility, logistics for the move itself, and ways to stay involved and ensure good care.

***National Directory of Alzheimer's Specific Residential Care Programs.** *Forewood Springs Institute.* (1996, 200 pp) **Topic:** Residential Care
Residential Programs listed by State. Only "Sunrise" facilities are listed for Virginia.

Respecting Your Limits When Caring for Aging Parents (Not specific to AD).
Greenberg, V E. (1989, 173 pp) **Topic:** Aging, Family, Parents
Addresses caregiver issues such as how to recognize unrealistic expectations, how to get siblings to share responsibilities, how to cope with difficult parents, and how to deal with the sadness and pain that accompanies the decision to place a parent in a nursing home.

Rush Manual for Caregivers. *Rush Alzheimer's Disease Center.* (1999, 122 pp) **Topic:** Overview
Chapters cover understanding dementia, communication, family needs, safety concerns, providing daily care, managing health and behavior problems, and getting outside help.

Category: Caregiving

***Safe Return Home: An Inspirational Book for Caregivers of Alzheimer's.** *Batiuk, T & Ayers, C.* (1998, 112 pp) **Topic:** Family, Humor

Cartoon (by the authors of Crankshaft) collection of story lines featuring two women and their families' experiences with AD.

Sexuality and the Alzheimer's Patient. *Ballard, E L & Poer, C M.* (1993, 64 pp)

Topic: Sexuality

Guide developed for families and professionals caring for someone with Alzheimer's disease. It addresses problems and concerns about sexuality that are troublesome for caregivers.

Should Mom Live with Us? And is Happiness Possible if She Does? (Not specific to AD). *Carlin, V F & Greenberg, V E.* (1992, 195 pp) **Topic:** Aging, Family, Parents

Designed for middle aged children contemplating having their aging parents live with them. Helps to outline all the available options and assist in making a well-considered decision.

***Staying Sane: When You Care for Someone with Chronic Illness (Not specific to AD).** *Pohl, M MD & Kay, D J PhD.* (1993, 170 pp) **Topic:** Caregiver, Stress

Positive and practical suggestions from a compassionate doctor and health care consultant for those who care for people with long-term illness.

***Steps to Success.** *Gwyther, Ballard & Pavon.* (2002, 16 pp) **Topic:** Home Care

Decisions about help at home for Alzheimer's Caregivers. (AARP)

***Strength in Caring; Giving power back to the Alzheimer's caregiver.** *Matloff, M PhD.* (2005, 232 pp) **Topic:** Caregiver, Stress

From his perspective as psychology professor, consultant and life coach, author describes techniques to "empower [the caregiver] psychologically to better cope with the demands of caregiving."

***Surviving Alzheimer's: A Guide for Families.** *Raymond, F.* (1994, 90 pp) **Topic:**

Family, Tips

Written by a family caregiver, provides practical tips, ideas, and survival strategies for the busy caregiver.

***Talking to Alzheimer's: Simple Ways to Connect When You Visit with a Family Member or Friend.** *Strauss, C J.* (2001, 161 pp) **Topic:** Communication

Clearly written book providing tools for effective communication to maintain the relationship with the person in your life who has Alzheimer's.

Category: Caregiving

***Therapeutic Caregiving: A Practical Guide for Caregivers of Persons with Alzheimer's and Other Dementia Causing Diseases.** *Bridges, B J RN.* (1995, 235 pp)

Topic: Overview, Home Care

Guidebook for in-home caregiving, covering topics such as communication, cueing, maintaining physical functioning and well-being, safety, preventing anxiety and stress, managing problem behaviors, and dealing with disorientation and depression.

Understanding Difficult Behaviors. *Robinson, A; Spencer, B & White, L.* (1999, 80 pp) **Topic:** Behaviors, Communication,

Terrific problem-solving resource to challenging behaviors. Besides an overview of why behaviors occur, and good communication skills, includes sections on each type of behavior (agitation, incontinence, repetitive actions, problems with eating, etc) providing for each a list of possible causes, coping strategies, and other considerations.

***Voice of the Climbing Rose, The (Book & CD).** *Perry, C.* (2003, 26 pp) **Topic:**

Poetry, Art, Music

A tribute to caregivers in poetry, art and music.

When Alzheimer's disease Strikes!. *Sapp, S PhD.* (2002, 74 pp) **Topic:** Family

From a pastoral perspective; brief overview of AD; discussion of feelings a diagnosis of AD evokes in family members; positive aspects that can emerge when the caregiver acknowledges the need for help.

When Someone you Love Has Alzheimer's. *Grollman, E A & Kosik, K S MD.* (1996, 163 pp) **Topic:** Family, Youth

Rabbi Grollman & Dr. Kosik cover a full range of caregiving issues, including explaining AD to children, and how to seek outside help.

Yankee Caregiver: If you Care for Someone with Alzheimer's Disease. *Brunette, M G & Fowler, M L.* (1988, 32 pp) **Topic:** Family

Short, easy-to-absorb outline explaining what AD is, and what to do when a family member is diagnosed with AD, and providing a helpful overview of caregiving tips.

Category: Design Considerations

***Alzheimer's-Proofing your home: Complete Guide to Alzheimer's Proofing Your Home. Warner, M L. (1998, 470 pp) Topic: Safety, Home Care**

Chapters in this comprehensive book for people caring for those with Alzheimer's disease at home include: preparing your home, thinking-related issues, behavioral problems, activities of daily living, wandering, access denial, incontinence, mobility, and safety.

Alzheimer's-Proofing your home: Complete Guide to Alzheimer's Proofing Your Home (Revised 2000). Warner, M L. (2000, 477 pp) Topic: Safety, Home Care

Chapters in this comprehensive book for people caring for those with Alzheimer's disease at home include: preparing your home, thinking-related issues, behavioral problems, activities of daily living, wandering, access denial, incontinence, mobility, and safety.

Assisted Living Quality Initiative: Building a Structure that Promotes Quality.

Assisted Living Quality Coalition. (1998, 92 pp) **Topic: Facilities, Assisted Living**
Minimum standards to ensure quality in assisted living facilities reported from a joint initiative by the Alzheimer's Association, the American Association of Homes and services for the Aging, the AARP, the American Health Care Association, the American Seniors Housing Association, and the Assisted Living Federation of America.

Design for Dementia: Planning Environments for the Elderly and Confused.

Calkins, M. (1988, 151 pp) **Topic: Facilities Planning**

Design strategies for facilities that house people with dementia. Chapters focus on bedrooms, corridors, bathrooms, dining & social areas, etc., and provide suggestions for ways to reduce confusion through changes in design.

Designing for Alzheimer's Disease: Strategies for creating better care environments.. Brawley, E C. (1997, 313 pp) Topic: Facilities, Planning

A guide for architects, interior designers, nursing home administrators, and care providers on creating special care settings. The author is an interior design specialist and a caregiver.

Enabling Freedom: Designing Special Care Units for Persons with Dementia.

Beverly Enterprises. (1993, 125 pp) **Topic: Facilities, Planning**

Developed by a national business of long-term care facilities, this guide focuses on ways to assist in the provision of structured, supportive environments through the development of special care units.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Design Considerations

Holding onto Home: Designing Environments for People with Dementia. *Cohen, U & Weismann, G D.* (1991, 182 pp) **Topic:** Facilities, Planning

Guide addressing principles of design, environment, building organization, activity areas, living/bathing/visiting areas, and model facilities (day care, group home, adult home, nursing home). Helpful information in building new facilities or modifying existing facilities.

Home Safety Starter Kit. *Work/Family/Directions Inc..* (1992, 26 pp) **Topic:** Safety, Home Care

Suggestions, Items and a pamphlet to make your home safer.

Homes that Help: Advice From Caregivers for Creating a supportive Home. *Olsen, R; Ehrenkrantz, E; Hutchings, B.* (1993, 78 pp) **Topic:** Safety, Planning

Helpful guide for ways to modify a home to reduce harm and stress for people with dementia. Areas covered include modifying the environment, safety, special issues in the bathroom and kitchen, controlling wandering, etc. with a home safety audit.

**Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category**

8/27/2007

Category: Ethical/Diverse Groups

This page intentionally left blank.

See Videos for items in this category.

**Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category**

8/27/2007

Category: Ethical/Diverse Groups

This page intentionally left blank.

See Videos for items in this category.

Category: Financial & Legal Information

Financial and Legal Issues: from The 36-Hour Day. *Mace, N L MA & Rabins, P V MD MPH.* (1999, 10 pp) **Topic:** Financial, Elder Law

Financial and Legal guidance for those caring for persons with Alzheimer Disease, related dementing illnesses and memory loss in later life.

How to Protect your Life savings From Catastrophic Illness and Nursing Homes. *Gordon, H.* (1994, 286 pp) **Topic:** Elder Law, Family

Written by an elder law attorney, this book discusses how to choose a lawyer, protect your assets, talk with parents about finances, and avoid financial disaster brought on by a long nursing home stay.

Planning for Long Term Health Care. *Evensky, H & Katz, D.* (1994, 87 pp) **Topic:** Long Term Care

Produced by a life insurance company, this guide describes how to select a long term care policy, how to evaluate a nursing home, and how to use home-care options.

Resource Directory for Older People. *National Institutes of Health.* (2001, 11 pp) **Topic:** Elder Resources

Listing of federal agencies, professional societies, private groups, and voluntary programs that serve the older population. Each listing provides a brief explanation and contact information.

Senior Citizens Handbook: Laws and Programs Affecting Senior Citizens in Virginia. *Virginia State Bar.* (2004, 103 pp) **Topic:** Elder Law

An overview of laws & programs put together by the Virginia State Bar: financial assistance programs, State & federal health programs, long-term care, power of attorney & guardianship, and legal rights.

**Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category**

8/27/2007

Category: Financial & Legal Information

This page intentionally left blank.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Grief, Bereavement, Loss

***Caregiving and Loss: Family Needs, Professional Responses.** *Doka, K & Davidson, J D, eds.* (2001, 330 pp) **Topic:** Hospice, End of Life

A compilation of writing about caregiving, hospice care, and end of life grief published by the National Hospice Foundation.

Child's View of Grief (Booklet Missing presumed lost, video on hand). *Wolfelt, A D.* (1990, 38 pp) **Topic:** Children, Grief

Guide for adults who wish to assist bereaved children. The booklet explores a variety of important topics related to death. Accompanies video by the same name.

Don't Take My Grief Away from Me. *Manning, D.* (1979, 128 pp) **Topic:** Death & Dying, Funerals

Written by a pastor and counselor, this book provides information on understanding death and grief, changes to expect, funeral arrangements, and moving on in life.

Dying Time: Practical Wisdom for the Dying & Their Caregivers (Not specific to AD). *Furman, J & McNabb, D.* (1997, 196 pp) **Topic:** Hospice, End Stage

A comprehensive and thorough handbook for the dying and their caregivers, including details on physical care, choices in final stages, responding to emotional and spiritual crises, and staying healthy as a caregiver.

Ethical Wills: Putting your values on paper. *Baines, B K MD.* (2006, 217 pp) **Topic:** Wills, Ethical, Legacy

An ancient tradition for passing on values, beliefs, blessings and advice to family, friends, and future generations, an ethical will can mean more than any material possession you might bequeath them. "Ethical Wills" is your guide to ensuring that what you hold 'most dear' is on the record not to be lost or forgotten.

Final Celebrations: A Guide for Personal and Family Funeral Planning (not specific to AD). *Sublette, K & Flagg, M.* (1992, 135 pp) **Topic:** Death & Dying, Hospice, Funerals

A guide to preparing for your own death or the death of a loved one, funeral and cremation options, organ donation, legal and financial issues, and funeral rituals.

***Final Gifts: Understanding the special Awareness, Needs and Communications of the Dying (not specific to AD).** *Callanan, M & Kelley, P.* (1992, 240 pp) **Topic:** Death & Dying, Hospice

Written by two hospice nurses, this book offers stories, insight, and guidance into ways we can communicate with and help those who are dying.

Category: Grief, Bereavement, Loss

***Helping Children Cope with Grief (Book & VT Missing presumed lost).**

Sunderland, R H. (1995, 11 pp) **Topic:** Children, Grief

Booklet to help teachers explore what a student or class knows and fears about grief, and provide needed information and comfort. Short booklet to be used in conjunction with video, "A Child's View of Grief."

I Will to You: Leaving a legacy to those you love. *Brokering, H.* (2006, 139 pp)

Topic: Wills, Legacy

A last will and testament tells family and friends what is to become of our property. But what about the spiritual gifts and memories we want to leave the people we love? "I Will to You" is a marvelous book that helps readers reflect on leaving a spiritual legacy.

Inside Grief. *Wise, L.* (2001, 120 pp) **Topic: Poetry**

An anthology of writing on death, loss, and bereavement. Prose and poetry selections reflecting the many faces of coping and coming to terms with loss.

Living with Grief After Sudden Loss: Suicide, Homicide, Accident, Heart Attack, Stroke. *Doka, K & Davidson, J; eds.* (1996, 262 pp) **Topic: Sudden Death, Grief**

Produced by the Hospice Foundation of America, this book addresses various sudden deaths through facts, case studies, and thoughtful discussion of implications for professionals and family members.

Living with Grief When Illness is Prolonged. *Doka, K; ed.* (1997, 220 pp) **Topic: Grief/Grieving, Hospice**

Produced by the Hospice Foundation, this is a compilation of writings by various experts on bereavement and dying. The authors address topics including perspectives on loss, the illness and grief experience, and paths to healing.

Living with Grief: Alzheimer's Disease. *Doka, K J; ed.* (2004, 290 pp) **Topic: Hospice**

Produced by the Hospice Foundation of America. Basis for the 2004 edition of Hospice's annual telecast on aspects of grieving; contains excerpts from the work of many researchers, social workers, hospice specialists, physicians and laymen. Editor seeks to provide needed information to readers who are dealing with AD either from a personal perspective or a service provider's point of view. Shows how hospice principles can make care for Alzheimer's patients and their families more human.

Managing Grief and Bereavement. *Ballard, E L ACSW.* (1993, 25 pp) **Topic: Grief/Grieving, Family**

Booklet developed by the Duke Family Support Program as a guide for families and professionals caring for memory-impaired adults and other chronically ill persons.

Category: Grief, Bereavement, Loss

Nothing Left Unsaid: creating a healing legacy with final words and letters. *Polce-Lynch, M PhD.* (2006, 244 pp) **Topic:** Wills, Legacy

Provides guidelines for creating new legacies, showing us how to craft a last communication for a spouse, parent, friend, children, or grandchildren. These healing "Final Words" offer survivors a tangible sense of closure. Both practical and inspiring.

Roses in December: Comfort for the Grieving Heart (Not specific to AD). *Heavilin, M W.* (1987, 149 pp) **Topic:** Grief/Grieving, Spirituality

Written from a Christian point of view, this book is written by a woman who lost 3 sons and so describes with insight the grieving process, family dynamics, and stresses on marriages caused by the loss of a family member.

Transitions in dying and bereavement; a psychosocial guide for hospice and palliative care.. *Victoria Hospice Society & Cairns, M; Thompson, M; Wainwright, W.* (2003, 394 pp) **Topic:** Grief/Grieving, Hospice

Compassionately explains key transitions that chronically ill and dying people, their families & caregivers move through from diagnosis to death to bereavement. Includes multicultural and interdenominational perspectives, ways to improve communication about the experience of dying; ways to alleviate anxiety, fear, fatigue, denial and powerlessness; perspectives on body image and intimacy in people who are dying.

***When Love Gets Tough: The Nursing Home Decision.** *Manning, D.* (1998, 90 pp)

Topic: Transitions, Assisted Living, Spirituality

Written from a religious point of view, this book discusses the difficult decision and transition to a nursing home for a loved one.

When There Are No Words: Finding Your Way to Cope with Loss and Grief.

Walton, C. (1996, 108 pp) **Topic:** Grief/Grieving

Guidance for when you want desperately to say something to console a friend or loved one and no words seem appropriate. Helpful book for families, friends, counselors, and supporters of persons coping with grief.

Working Through Your Grief. *Sunderland, R EdD.* (1989, 24 pp) **Topic:**

Grief/Grieving

Booklet written to assist people who are bereaved -- about grief and how people face grief.

You Only Die Once. *Jenkins, M.* (2002, 238 pp) **Topic:** End of Life, Death & Dying

Discover how to update and organize your vital papers, how to pass on memories & possessions, anticipate long-term care options, design a memorial service and live your final days without anxiety or guilt.

**Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category**

8/27/2007

Category: Grief, Bereavement, Loss

This page intentionally left blank.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Overview

36 Hour Day (3rd Edition) Johns Hopkins Univ. Press. Mace, N L MA & Rabins, P V MD MPH. (1999, 330 pp) **Topic:** Overview

Comprehensive guide to understanding AD and dealing with the realm of issues that caregiving includes: communication, behavior problems, safety, legal & financial issues, caregiver burnout, etc.

36-Hour Day (4th Edition) Johns Hopkins Univ. Press. Mace, N L MA & Rabins, P V MD MPH. (2006, 324 pp) **Topic:** Overview

Updated comprehensive guide to understanding AD and dealing with all the issues that caregiving includes: communication, behavior problems, safety, legal & financial issues, caregiver burnout, etc.

Alzheimer's: The Answers You Need. Davies, H & Jensen, M P. (1998, 138 pp)

Topic: Early Stage

Written for people in the early stages of Alzheimer's disease as well as their caregivers, this book provides answers to questions typically raised by newly-diagnosed, early-stage patients.

Cuando El Dia Tiene 36 Horas. Mace, N L MA & Rabins, P V MD MPH. (1997, 375 pp) **Topic:** Overview

Spanish version of The 36 Hour Day.

***Guide to Alzheimer's Disease. Harvard Medical School.** (2002, 44 pp) **Topic:**

Healthcare Professional

Health report from Harvard Medical School providing overview of dementia, risk factors and current diagnostic and treatment options.

Mayo Clinic on Alzheimer's Disease. Petersen, R MD, ed. (2002, 210 pp) **Topic:**

Overview

This book covers current understanding of Alzheimer's disease and related dementias, treatment options, tips for caregiving, and strategies for finding the best care arrangement.

Mom's OK, She Just Forgets. McLay, E & Young, E P. (2006, 182 pp) **Topic:** Family Caregiving

Reference for families of patients with AD. Covers denial, difficult family decisions, caregivers caring for themselves, challenging behaviors, stopping driving, day care and long term placement.

Understanding Alzheimer's Disease. Aronson, M K EdD, ed. (1988, 380 pp) **Topic:**

Alzheimer's Disease, Related Disorders

An in-depth, comprehensive guide to AD. Diagnosis, possible causes, research, and treatment strategies along with coping and caregiving.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Overview

Vanishing Mind, The: A Practical Guide to Alzheimer's Disease and Other Dementias. *Heston, L L & White, J A.* (1983, 1991, 191 pp) **Topic:** Diagnosis, Related Disorders

Plans for late adult years are often frustrated by debilitating diseases known as dementias. How do we know dementia from normal aging? How is dementia diagnosed? This guide provides answers to these and other questions.

Category: Personal Accounts & Stories

Alzheimer's: A Love Story. *Davidson, A.* (1997, 223 pp) **Topic:** Spirituality, Stories
Honest and beautiful account of the struggles Ann Davidson faced during her husband's experience with Alzheimer's disease. Her changing responsibilities and relationship with her husband create turmoil, when eventually gives way to an odd sense of peace as she is able to find meaning in her husband's struggle.

Alzheimer's: The Last Childhood. *Knowles, C.* (1997, 170 pp) **Topic:** Family
Carrie Knowles describes her family's realization that their mother had AD, and the fear and sadness that accompany this realization.

An Alzheimer's Chronicle: Letters to My Aunt. *Petersen, P A.* (1997, 220 pp) **Topic:** Family
Penny Peterson's moving letters to her aunt regarding the decline of Penny's mother (the aunt's Sister).

Between Two Worlds: Special Moments of Alzheimer's & Dementia. *Young, E P.* (1999, 207 pp) **Topic:** Stories
Written by a former hospital social worker whose mother & aunt both had Alzheimer's disease, this book offers personal vignettes emphasizing the moments of hope, humor, and lightheartedness that can come in caregiving.

Caregiver: A Life with Alzheimer's. *Alterra, A.* (1999, 208 pp) **Topic:** Family
The author became his wife's caregiver after 60 years of marriage. A life-affirming account of how he maintained a deep connection with his wife, even as the disease progressed to its most extreme stages.

Catch a Falling Star: Living with Alzheimer's. *Spohr, B B.* (1995, 215 pp) **Topic:** Family
Based on Spohr's personal journals written as she cared for her husband Hank. Short easy-to-read segments accompanied by the author's drawings.

Conversations at the Nursing Home. *Shapiro, D.* (2006, 103 pp) **Topic:** Poetry
This poetry gives a great personal perspective on the stages of this devastating disease from that of the patient, the family and the professional caregiver.

Elder Rage, or, Take My Father...Please! How to Survive Caring for Aging Parents. *Marcell, J.* (2001, 346 pp) **Topic:** Elder Rage
Told in dramatic fashion, this is the compelling story of Marcell's struggle to care for her frail mother and combative father. With humor and energy, Marcell tells of the many turns and twists she and her parents go through in trying to find caregivers and doctors who can address their needs. The book ends with a helpful chapter by a physician who has experience working with those with dementia and aggressive behavior and provides advice on medications & behavioral interventions

Category: Personal Accounts & Stories

Elegy for Iris. Bayley, J. (1999, 275 pp) **Topic:** Spouse

Bayley writes of his life with wife, Iris Murdoch, a well-known contemporary writer, who developed Alzheimer's disease.

Facing Alzheimer's: Family Caregivers Speak. Coughlan, P B. (1993, 262 pp) **Topic:** Family

Eight women talk openly about the challenges and loss experienced as their husbands' AD progressed.

Fading: One Family's Journey With a Woman Silenced by Alzheimer's. Kraft, F A. (2000, 200 pp) **Topic:** Family

Story of Fran and her mother, "Moose", and their family's journey as Moose battles Alzheimer's. With a focus on how God can use what looks like a tragedy to bring a family closer together, this religiously inspired book tells the story of a family's encounter with Alzheimer's disease.

Finding a Voice. . (1990, 112 pp) **Topic:** Poetry

Poems, stories, and essays from caregivers associated with the Columbia, South Carolina Alzheimer's Association.

For Caregivers With Love. Rey, G. (1996, 160 pp) **Topic:** Poetry

A book of poetry addressing the emotional and spiritual needs of those who provide around-the-clock care. Ms. Rey was a caregiver for over ten years, and her poetry is divided into three sections –Strength, Wisdom, and Peace.

Ginny: A Love Remembered. Artley, B. (1993, 260 pp) **Topic:** Spouse

A memoir of Bob Artley's life with his beloved wife Ginny, and the battle with Alzheimer's that consumed her. Ginny is an insightful testimonial and love story of the struggles of Alzheimer's.

Glimmers: A Journey Into Alzheimer's Disease. Hamilton, H E. (2003, 110 pp)

Topic: Communication

Excerpts of conversations between the author (a professor of linguistics) and a woman with Alzheimer's disease whom she visits regularly. The interactions are used to help clarify the complexity of language change that accompanies Alzheimer's disease.

Gone Without A Trace. Caldwell, M D. (1995, 110 pp) **Topic:** Family, Safety

The author's personal journey after her 83-year old mother quietly vanished from a New Hampshire neighborhood schoolyard in 1991, two years after having been diagnosed with AD.

He Used to Be Somebody. Murphy, B B. (1995, 348 pp) **Topic:** Family

The author, a professional therapist, writes of her husband's onset and progression of AD.

Category: Personal Accounts & Stories

I Love You, Ronnie: The Letters of Ronald Reagan to Nancy Reagan. *Reagan, N.* (2000, 190 pp) **Topic:** Stories

Starting in 1950 up through the 1990s, these extraordinary letters show the inside of a long and loving marriage.

In a Tangled Wood. *Dyer, J.* (1999, 160 pp) **Topic:** Facilities, Family

Ms. Dyer visited her mother regularly during the time her mother lived in an Alzheimer's unit and writes of her mother, the staff, and her own involvement with residents on the unit, while reflecting back on her mother's life.

In Sickness and In Health: Caring for a Loved one with Alzheimer's Disease.

Grubbs, W M. (1997, 160 pp) **Topic:** Aging

In his 80s when his wife was diagnosed with AD, the author writes of coping with his wife's illness and his own aging.

Iris and Her Friends: A Memoir of Memory and Desire. *Bayley, J.* (2000, 275 pp)

Topic: Spouse

Final story of Iris Murdoch's struggle with Alzheimer's disease and the care provided by her husband, John Bayley.

Journey of Love: The Personal Journal of an Alzheimer's Caregiver. *Ross, R C.* (2002, 19 pp) **Topic:** Family

Small booklet chronicling A devoted husband's caregiving for his wife with Alzheimer's.

***Life with Charlie.** *Heckman-Owen, C.* (1992, 134 pp) **Topic:** Spouse

The author recounts her experience of caring for her husband who has AD.

Living in the Labyrinth. *McGowin, D F.* (1993, 129 pp) **Topic:** Early Onset

Diana McGowin was 45 when she began experiencing the symptoms of AD. This story tells of her struggle with the fear of the disease, and an unsupportive spouse and hurt family, and her humor and intelligence which allow her to find hope.

***Long Way Home, The; a journey through Alzheimer's.** *Ritchie, M.* (2005, 331 pp)

Topic: Spouse

Wife recounts the 5-year journey from her husband's diagnosis to his "going home" with humor, warmth and insight.

Losing Lou-Ann. *Erb, C A.* (1996, 210 pp) **Topic:** Related Disorders

Chronicles the effect of Pick's Disease on a 44-year old woman and her family.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Personal Accounts & Stories

Losing My Mind: An Intimate Look at Life with Alzheimer's. *DeBaggio, T.* (2002, 207 pp) **Topic:** Early Onset, Autobiography

Written by Thomas DeBaggio who has been diagnosed with Alzheimer's at age 57, this book tells of his struggles and reflections on what the disease means for him and his family.

Mainstay for the Well Spouse of the Chronically Ill. *Strong, M.* (1988, 329 pp) **Topic:** Chronic Illness

A book about living with a chronically ill spouse, Maggie Strong writes of raising & supporting her family through 10 years of her husband's diagnosis of Multiple Sclerosis.

Moments. *Daum, G ed..* (1992, 113 pp) **Topic:** Poetry

Poems & essays by members of the South Carolina Alzheimer's Association

My Father Forgets. *McAndrews, L.* (1990, 110 pp) **Topic:** Family, Death & Dying

A daughter recounts her family's experience with her father's Alzheimer's Disease.

My Journey into Alzheimer's Disease. *Davis, R.* (1989, 140 pp) **Topic:** Autobiography

Davis was pastor of one of Miami's largest churches when he was diagnosed with AD. This book offers unusual inspiration and thoughts of someone living with AD.

Mystery of Alzheimer's, The. *Wagner, H E.* (1998, 160 pp) **Topic:** Spouse, Stories

Harold Wagner tells of caring for his wife Olive, and offers suggestions for others based on his experience.

No Turning Back: A Journey Into the World of Alzheimer's With My Mother.

Silberman, L H. (2004, 70 pp) **Topic:** Parent, Death & Dying

A personal story of Lyn and her mother Ruth on a six year journey through Alzheimer's disease.

Notebook, The. *Sparks, N.* (1996, 213 pp) **Topic:** Novel, End of Life

A novel about a lifelong romance, told now at the end of life by the husband to his wife who has Alzheimer's disease.

One Family's Journey Through Alzheimer's. *Walsh, M B.* (2000, 204 pp) **Topic:**

Parents, Spirituality

Written from a Christian perspective, a story of Mary Walsh's struggle to care for her husband's grandmother who developed Alzheimer's disease, and how her faith helped Ms. Walsh through difficult times.

Only with the Heart. *Szeman, S.* (2000, 320 pp) **Topic:** Fiction, Family

A powerful and often painful novel about a family pushed to the brink of destruction by Alzheimer's disease and facing the difficult questions families have to confront in providing care to a loved one with Alzheimer's disease.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Personal Accounts & Stories

Partial View: An Alzheimer's Journal. *Henderson, C S.* (1998, 100 pp) **Topic:** Journal, Autobiography

Cary Smith Henderson, a Virginia retired professor of history, reflects on his experience of encounter with Alzheimer's first in writing, and then using a tape recorder. Washington Post photographer Nancy Andrews met Henderson in doing a story on Alzheimer's and continued to photograph him in creating this book. A beautiful and moving personal description of the impact of Alzheimer's disease.

Shades of Grace. *Delinsky, B.* (1995, 450 pp) **Topic:** Novel

This novel tells the fictional story of Grace Dorian who, after years of being a popular advice columnist, is starting to forget things and show signs of Alzheimer's. Her daughter has to try and fill in for her mother, while dealing with her own complicated life.

She Never Said Goodbye. *Ellison, G V & Young, L.* (2000, 285 pp) **Topic:** Spouse
Ellison, a former Marine and college teacher, wrote this book about caring for his wife, sharing with readers all he learned along the way about medical intervention, legal & financial issues, decision-making, and the struggles of family caregiving.

Show Me the Way to Go Home. *Rose, L.* (1996, 139 pp) **Topic:** Early Onset
First person narrative starting with Larry Rose's diagnosis at age 54.

Speaking Our Minds: Personal Reflections from Individuals with Alzheimer's. *Snyder, L LCSW.* (1999, 161 pp) **Topic:** Autobiography

Based on interviews with seven individuals with Alzheimer's, this book reveals with honesty and insight how individuals feel about the disease, what they know and understand, and what their wishes are in terms of care and help.

***Stolen Mind: The Slow Disappearance of Ray Doernberg.** *Doernberg, M.* (1986, 223 pp) **Topic:** Spouse

A wife's account of losing her husband to AD.

Through the Wilderness of Alzheimer's: A Guide in Two Voices. *Simpson, R & A.* (1999, 160 pp) **Topic:** Family

Robert Simpson, diagnosed with Alzheimer's, and his wife Anne, co-authored this positive book written through journal entries, conversations, letters, and prayers that convey their thoughts and emotions over a four-year period.

Turnip, Why Are We Here? A Collection of Autographs. *Stimpson, T.* (2001, 64 pp) **Topic:** Humor, Facilities

A humorous folksy set of stories based on the author's work with individuals with dementia in a long-term care facility in North Carolina.

Category: Personal Accounts & Stories

View From Within: Living with Early Onset Alzheimer's. *Raushi, T M PhD.* (2001, 128 pp) **Topic:** Early Onset, Autobiography
Between the ages of 55 and 57, the author was diagnosed with cancer, a brain tumor, and Alzheimer's disease. This is his story of struggling to cope with the gradual but unavoidable impact of Alzheimer's disease.

Walking One Another Home: Moments of Grace and Possibility in the Midst of Alzheimer's. *Bresnahan, R.* (2003, 156 pp) **Topic:** Parents
Touching stories of a daughter's reflections on her mother, their changing relationship, and the moments of grace that emerge between them as her mother progresses through Alzheimer's disease.

Where Did Mary Go? A Loving Husband's Struggle with Alzheimer's. *Wall, F A.* (1996, 148 pp) **Topic:** Alzheimer's Disease, Related Disorders, Spouse
A personal account of a man's struggle with his wife's seven years of living with AD, Parkinson's disease and multi-infarct dementia.

Where's Momma? A Family's Walk with Alzheimer's. *Delagrang, M.* (1997, 87 pp)
Topic: Parents
Marion Delagrang writes about losing her mother to AD.

Whipped Cream on Rain; A Poetic Journal of a Caregiver. *Gillman, K PhD.* (2001, 173 pp) **Topic:** Poetry, Family
Poems and essays vividly describe the impact of Alzheimer's disease on Richard, his wife and family as they move from initial signs to diagnosis, adult day care, nursing home, and continuing loss.

Will I Be Next? The Terror of Living with Familial Alzheimer's Disease. *Bristow, L & Gorman, B.* (1996, 260 pp) **Topic:** Familial AD
Story of living with familial AD. Bea Gorman shares her struggle to find meaning in life as her mother, brothers, and sisters fell victim to the disease.

Worst Day of My Life, So Far; My mother, Alzheimer's, and Me (A Novel). *Harper, M A.* (2001, 266 pp) **Topic:** Novel, Caregiving
An autobiographical novel tells this story of a middle-aged woman taking care of her mother who has Alzheimer's disease. She reflects back on her failed marriage and life progress and learns she must take inspiration from herself.

Your Name is Hughes Hannibal Shanks. *Shanks, L K.* (1996, ? pp) **Topic:** Family
A personal account of caregiving by Lela Knox Shanks, who took care of her husband Hughes, in their home until his death. Shanks describes her initial denial, discovery of coping skills, eventual acceptance of his illness, and ultimate recognition that the key to successful caregiving lies in never losing sight of the patient's humanness.

Category: Research

Age Care Sourcebook: A Resource Guide for the Aging and Their Families.

Crichton, J. (1987, 335 pp) **Topic:** Aging, Resources

A comprehensive guide to issues such as community Services, national organizations, housing, Social Security, health insurance, nursing homes, hospice, home care, legal issues, etc.

Age Power: How the 21st Century Will be Ruled by the New Old. *Dychtwald, K PhD.* (1999, 266 pp) **Topic:** Aging

Dychtwald, a leading authority on the aging of America, uses twenty-five years of study as a psychologist, gerontologist, and entrepreneur to show how the aging of the baby-boom generation will transform our current society.

Age Words: A Glossary on Health and Aging (Missing, presumed lost). *National Institute on Aging.* (??, ?? pp) **Topic:** Definitions

Glossary of health and aging-related terms.

Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives. *Snowdon, D PhD.* (2001, 242 pp) **Topic:**

Aging, Alzheimer's Disease, Related Disorders

Snowdon's book combines high-tech brain research with the heartfelt story of a unique population of 678 Catholic sisters who are teaching scientists how we can live longer, healthier lives. The book examines the connections between Alzheimer's disease and linguistic ability, prevention of strokes and depression, nutrition, heredity, and the role of a positive spirit.

Alzheimer Special Care in Nursing Homes: Is It Really Special?. *Alzheimer's Association.* (1994, 54 pp) **Topic:** Facility Care

Report on a survey of family and professional advocates, comparing traditional nursing home care with care received in Special care units.

Alzheimer's Disease: Facts Research & Intervention in Geriatrics. *Fitten, L J; Vellas, B; Dubois, B; Albaredo J L; eds.* (1996, 185 pp) **Topic:** Diagnosis, Treatment

Special edition of Facts & Research in Gerontology focusing on Alzheimer's disease, with selections by various researchers.

Alzheimer's Disease: The silent epidemic. *Frank, J MD PhD.* (1985, 80 pp) **Topic:**

Overview

Overview of the disease and disease progression.

Alzheimer's Disease and the dementias: an alternative perspective based on the reading of Edgar Cayce. *McMillin, D MA.* (1994, 81 pp) **Topic:** Edgar Cayce

Directed primarily to health care professionals who are interested in alternative perspectives on the causes and treatment of mental illness. Based on Edgar Cayce methods.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Research

Alzheimer's Disease: The Standard Reference. *Reisberg, B MD ed.* (1983, 475 pp)

Topic: Alzheimer's Disease, Overview

The first comprehensive text to bring together all of the research and up-to-date information on the clinical and pathologic aspects of this serious illness.

An Annotated Bibliography on Adult Day Programs and Dementia Care. *Bowman Gray School of Medicine, Wake Forest Univ.* (1992, 141 pp) **Topic:** Adult Day Care
Annotated bibliography of articles and books on adult day care and dementia care.

Assets Unknown: How to Find Money You Didn't Know You Had. *Folsom, D.* (1994, 447 pp) **Topic:** Financial, Legal

How to track down legal documents and assets that belong to a family member but are not known by the family.

Behaviors in Dementia: Best Practices for Successful Management. *Kaplan, M & Hoffman, S B; eds.* (1998, 228 pp) **Topic:** Healthcare Professional

Designed for professionals, this book provides helpful sections on assessment and care planning, staff roles in caregiving, management strategies with discussion of activities, pharmacological, and non-pharmacological approaches, and special management challenges

Care of the Elderly: A Family Approach. *Pinkston, E M & Linsk, N L.* (1984, 115 pp)

Topic: Healthcare Professional

Guidebook addressing problems faced by professionals involved in home health care.

***Dementia & Wandering Behavior: Concern for the Lost Elder.** *Silverstein, N M: Flaherty, G & Tobin, T S.* (2002, 215 pp) **Topic:** Safety, Wandering

This book focuses on specific responses to wandering behavior, and describes ways to create a safe environment in the home, community and care facility. It also provides a review of current community responses to wandering – looking at what works, what doesn't, and why.

Dementia: A Practical Guide to Alzheimer's Disease and Related Illnesses. *Heston, L L MD & White, J A.* (1983, 170 pp) **Topic:** Stages, Planning

Explanation of Alzheimer's disease progression, associated diseases, practical decision-making and planning. Some information (i.e. current medications) is out of date, but general descriptions and planning guidance is still pertinent.

Dementia: A Survey of the Syndrome of Dementia. *Mahendra, B.* (1984, 221 pp)

Topic: Healthcare Professional

History, clinical features, testing, and pathology of dementia. A guide to dementia for medical professionals.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Research

Early Alzheimer's Disease: Recognition and Initial Assessment of Alzheimer's Disease and Related Dementias. *Dept. of Health & Human Services.* (1996, 143 pp)

Topic: Diagnosis

Clinical practice guidelines for early Alzheimer's Disease from the Agency for Health Care Policy and Research.

Established Populations for Epidemiological Studies of the Elderly. *National Institute on Aging.* (1986, 428 pp) **Topic:** Elderly

Data on elderly population in US. Areas covered include demographic characteristics, social & physical functioning, chronic conditions, health habits, self-reported use of health services.

Family Member Views: What is Quality in Assisted Living Facilities Providing Care to People with Dementia?. *Hawes, C.* (1997, 85 pp) **Topic:** Assisted Living, Family
Report on a study done for the Alzheimer's Association regarding family members expectations and views of quality care in assisted living facilities.

***Family Perceptions of Alzheimer Care in Residential Settings.** *Alzheimer's Association.* (1996, 19 pp) **Topic:** Assisted Living, Family

Report on a survey of family caregivers of their impressions of Alzheimer care in various settings.

Forgetting: Alzheimer's, Portrait of an Epidemic. *Shenk, D.* (2002, 292 pp) **Topic:** Family

Very readable and touching account of the impact of Alzheimer's disease, current research, and the struggles of individuals and families to cope with the disease.

***Forgetting: Alzheimer's, Portrait of an Epidemic (Galley proof).** *Shenk, D.* (2001, 292 pp) **Topic:** Family

Very readable and touching account of the impact of Alzheimer's disease, current research, and the struggles of individuals and families to cope with the disease.

Guidelines for Care. *Alzheimer Canada.* (1992, 28 pp) **Topic:** Caregiving, Care Topics
Developed by the Alzheimer Society of Canada, these guidelines for care were created to provide guidance and recommendations for community and facilities providing support to individuals with dementia.

Hard to Forget: An Alzheimer's Story. *Pierce, C P.* (2000, 213 pp) **Topic:** Genetics, Family

The author intertwines two dramas – the scientific race to discover causes of Alzheimer's disease, and the moving story of his own father's diagnosis and his own concern that he and his children may one day inherit the disease.

Category: Research

Improving Your Memory: How to Remember What You're Starting to Forget.

Fogler, J & Stern, L. (1994, 99 pp) **Topic:** Brain, Health

A readable book providing techniques to help improve one's memory, understand how memory works, and strategies to help us keep track of our busy lives.

***Informed Consent: A guide to the Risks and Benefits of Volunteering for Clinical Trials.** *Getz, K & Borfitt, D.* (2002, 306 pp) **Topic:** Clinical Trials

Information needed to make an informed decision about participating in a clinical trial, including: Your rights, how to find and evaluate trials, in-depth look at informed consent process, an appendix of practical reference information.

Keep Your Brain Alive: 83 Neurobic Exercises. *Katz, L C & Rubin, M.* (1999, 148 pp) **Topic:** Brain, Mental Health

Strategies and techniques for increasing brain functioning for active healthy people. Suggestions are grouped in categories such as commuting, work, market, mealtimes, and leisure.

***Looking at Confusion.** *Holden, U.* (1987, 66 pp) **Topic:** Dementias, Related Disorders

An overview of dementia, different diseases associated with dementia, and behaviors that occur with dementia.

Mapping the Mind. *Carter, R.* (1999, 224 pp) **Topic:** Brain

Easy to read and well illustrated book about brain structure and function. A fascinating account of the ways in which human behavior and culture have been influenced by the workings of the brain.

Mental Health: A Report of the Surgeon General. *Dept. of Health & Human Services.* (1999, 488 pp) **Topic:** Mental Health, Resources

Report from the Surgeon General on mental health needs and services by age group, with discussion of financing, legal, and ethical issues and plans for the future.

Moral Challenge of Alzheimer's Disease. *Post, S PhD.* (1995, 142 pp) **Topic:** Ethics

This book explores moral and ethical issues relating to the well-being and dignified care of people with AD.

***Nursing Homes: Getting Good Care There.** *Burger, Fraser, Hunt and Frank.* (1996, 166 pp) **Topic:** Facility Care

The book describes resident rights, assessment & care planning, common care problems, and how to be an advocate for your own or another's good care. Prepared by National Citizen's Coalition for Nursing Home Reform.

Category: Research

Profiles in Caregiving: The Unexpected Career. *Aneshensel, C et al.* (1995, 385 pp)

Topic: Dementias, Caregiving

Research investigation of factors associated with effective caregiving to dementia patients, examining the experiences of husbands, wives, daughters, and sons in the caregiving role. Helpful for people who teach caregiving, act as a caregiver, or study caregiving.

Respite Care: Strategies for the Future. *Montgomery, R & Karner, T.* (1996, 16 pp)

Topic: Respite

Summary and recommendations of the Alzheimer's Association Issues Forum on respite care held in Chicago, February 1996.

Survival of the Sickest: a medical maverick discovers why we need disease. *Moalem, S PhD.* (2007, 267 pp) **Topic:** Health, Genetics, Disease

Find out why deadly diseases are bred into our genetic code. Answers questions as: Can a person rust to death? Can sunglasses cause sunburns? Why are some Americans immune to the HIV virus?

Taking Care: Alzheimer/Dementia Respite Care Experiences & Advice. *Alzheimer's Association.* (1992, 64 pp) **Topic:** Respite

Results of a survey on respite care for people with dementia – what it is, how it is viewed by family members, and why it is important to the Association.

Terms and Tips - An Alzheimer's Care Handbook. *Alzheimer's Association.* (1995, 84 pp) **Topic:** Definitions, Tips

Booklet offering explanations of terms and some ideas for caregiving.

Ties that Bind: The Interdependence of Generations. *Kingson, E R: Hirshorn, B A: Cornman, J M.* (1986, 195 pp) **Topic:** Aging, Family

Examination of policy and social issues effecting the aging population in the United States, and the interdependence of generations.

Working with Your Older Patient: A Clinician's Handbook. *National Institutes of Health.* (1994, 40 pp) **Topic:** Healthcare Professional, Communication

Brief handbook offering physicians-in-training and other health professionals an introduction to communications skills, and a review for experienced clinicians. Includes ways to address sensitive topics and ensure open communication; and a copy of the mini-mental status exam.

**Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category**

8/27/2007

Category: Research

This page intentionally left blank.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Spiritual/Religious

Alzheimer's: Making Sense of Suffering. *Strecker, T PhD.* (1997, 197 pp) **Topic:** Grief

A look at AD, from its earliest symptoms through the latest stages, with constant reference to Old and New Testament passages that were helpful to the author as she experienced her father's progression through the disease.

***Blessed are the Caregivers: A Practical and Spiritual Guide for Caregivers of Alzheimer's Patients.** *Cain, D & Russell, B.* (1995, 112 pp) **Topic:** Care Topics
Topical suggestions and devotionals for caregivers. Topics are broken down into easily absorbed chapters such as isolation, anger, self-doubt, wandering, distress, incontinence, companionship, etc.

God Never Forgets: Faith, Hope, and Alzheimer's Disease. *McKim, D K ed.* (1997, 118 pp) **Topic:** Spirituality

In October 1994, Memphis Theological Seminary hosted a conference exploring theological issues raised by Alzheimer's disease. This book collects the various presentations and discussions of that conference, sharing with family and clergy these reflections on God's presence in the midst of difficult times.

***God's Love for Us is Sure and Strong.** *American Bible Society.* (1992, 65 pp) **Topic:** Spirituality
Christian Scripture for caregiver's of persons with AD.

In Their Hearts: Inspirational Alzheimer's Stories. *Yearwood, M M.* (2002, 150 pp) **Topic:** End Stage, Spirituality

Chaplain Yearwood's collection of touching moments from work on Alzheimer's Special care units. Her experience indicates that while cognition may be lost, spirituality remains.

Last Light: Staying True Through the Darkness of Alzheimer's. *Burchett, H.* (2002, 139 pp) **Topic:** Spouse, Spirituality

Harold Burchett is a minister who retired in 1998 to become a homemaker and caregiver to his wife. He describes the highs and lows of caregiving, and how his love for his wife and for his God grew through the experience.

Mosaic Moon: Caregiving Through Poetry -- Easing the Burden of Alzheimer's Disease. *Kakugawa, F H.* (2002, 218 pp) **Topic:** Poetry

A collection of inspiring poetry created by caregivers in Hawaii. Applicable to individual caregivers, support groups and workshops.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Spiritual/Religious

Still Holding Hands. *Stoelting, S R.* (2002, 192 pp) **Topic:** Family, Spouse

This book can never fully capture the bond of such a close, Christian couple as my grandparents, but maybe -- just maybe -- you can learn to become more sympathetic and even empathetic to the tragedy that millions face: Alzheimer's disease. This is Ray and Hilda's story . . .

Twenty-Two Prayer Poems for Care Givers. *Drozda, D I.* (2000, 59 pp) **Topic:** Poetry

A book of poems and paintings on caregivers inspired by "A Course in Miracles" and other sacred teachings.

Veneration of Life: Through the Disease to the Soul. *Diamond, J MD.* (2000, 57 pp)

Topic: Stories, Parents

A book of reflections based on the author's experience as a holistic healer and his mother's Alzheimer's disease.

Worship Services for People with Alzheimer's Disease and Their Families: A Handbook. *Alzheimer's Association, Northeastern NY Chapter.* (1992, 27 pp) **Topic:** Worship Services

Handbook providing practical guidelines for clergy and congregations to use in reaching out to individuals and families affected by AD. Resources for Christian and Jewish Services, music suggestions, and excerpts from "Spirituality for Patients with Dementia."

You are One of Us: Successful Clergy/Church Connections to Alzheimer's Families.

Gwyther, L P ACSW. (1995, 59 pp) **Topic:** Clergy, Family

For clergy, churches and families interested in reaching out to people and families affected by Alzheimer's. Emphasis on communication and understanding how it affects the family.

**Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category**

8/27/2007

Category: Special Populations

There are currently no books in our library in this Category.

Please check our Video/DVD holdings in this Category

**Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category**

8/27/2007

Category: Special Populations

This page intentionally left blank,

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Training/Technical

Alzheimer's Disease: Activity-Focused Care, 2nd Ed.. Hellen, C R. (1998, 436 pp)

Topic: Training, Activities

This 2nd edition addresses all aspects of activity-focused Alzheimer care. Written as a manual for professional care providers, it is also helpful to family caregivers. The book emphasizes simplification of daily tasks and encourages activities that promote exercise and mobility as a way to help maintain positive self-esteem.

Assessing and Counseling Older Drivers -- A Physicians Guide. Amer Med Assoc, U S Dept of Transportation. (2003, 226 pp) **Topic:** Driving, Healthcare Professional

Information to assist physicians in evaluating the ability of older patients to operate a motor vehicle safely as part of their everyday, personal activities. Evaluating patients to operate commercial vehicles or as a professional driver is beyond the scope of this book.

***Best Friends Approach to Alzheimer's Care. Bell, V & Troxel, D.** (1997, 250 pp)

Topic: Best Friends, Training

Provides helpful strategies for ways to engage and support people with AD, including problem-solving, encouraging positive behavior, and improving communication.

Best Friends Staff: Building a Culture of Care in Alzheimer's Programs. Bell, V & Troxel, D. (2001, 272 pp) **Topic:** Facility Care, Best Friends, Training

Training guide for professionals working in long-term care settings who wish to incorporate Best Friends elements into their everyday care. Each chapter offers hands-on training exercises, games for learning, and practice activities to introduce concepts.

Bon Appetit! The Joy of Dining in Long-Term Care. Zgola, J & Bordillon, G. (2001, 308 pp) **Topic:** Nutrition, Facility Care, Training

Based on a proven mealtime program for elder care facilities, this book provides guidelines and suggestions on ways to restore the simple pleasures of eating to frail residents. The book covers food selection and presentation, individual resident programming, environmental modifications, staff training and support, organizational change and program maintenance, and recipes for use in a facility setting.

Care of Alzheimer's Patients: A Manual for Nursing Home Staff. Gwyther, L P ACSW. (1985, 122 pp) **Topic:** Healthcare Professional, Nursing Home, Staff

Overview, diagnosis, symptom management, adapting the environment and supporting the care providers (both families and staff)

Caring for People with Alzheimer's Disease: A Manual for Facility Staff, 2nd Edition. Gwyther, L P. (2001, 116 pp) **Topic:** Facilities, Staff, Training

Training guidance for staff of long-term care facilities caring for individuals with dementia. Areas covered include understanding dementia, responding to challenging behaviors, helping families adjust to long-term care, environmental issues, and caregiver stress.

Category: Training/Technical

Caring for People with Alzheimer's Disease: A Training Manual for Direct Care Providers. *Andresen, G.* (1995, 189 pp) **Topic:** Healthcare Professional

Units include: overview of dementia, communication, managing personal care & nutrition, managing difficult behaviors, medications, and supporting the caregivers.

Caring for the Alzheimer's Patient: A Practical Guide (3rd Edition). *Dippel, R L & Hutton, J T, eds.* (1996, 219 pp) **Topic:** Healthcare Professional, Family Care

Experts on various aspects of Alzheimer's care offer information on medical aspects of dementia including exercise, diet, living environment, communication, Support Groups, and residential care.

***Comforting the Confused: Strategies for Managing Dementia, 2nd Ed..** *Hoffman, S B & Platt, C A.* (2000, 254 pp) **Topic:** Long Term Care, Staff

Guide for nursing home facilities addressing communication issues, management, care for younger residents, working with families, Special care units, and grief care.

Community Assessment for Dementia Services. *Alzheimer's Association.* (1997, 92 pp) **Topic:** Community Assessment

Guide for conducting a community assessment of dementia-related needs and services.

Counseling the Alzheimer's Caregiver: A Resource for Health Care Professionals. *Mittelman, M; Epstein, C & Pierzchala A.* (2003, 346 pp) **Topic:** Healthcare Professional, Caregiver

This manual covers the spectrum of Alzheimer's issues from diagnosis to end of life, and offers techniques for working with caregivers. Produced by the American Medical Association.

Creating a Volunteer Respite Program: A Step-By-Step Approach. *Alzheimer's Association.* (1999, 30 pp) **Topic:** Respite, Volunteers

Guidelines for creating, implementing, and evaluating a volunteer respite program, as developed by the East Central Illinois Chapter of the Alzheimer's Association. Sample forms, training, and guidelines.

Dealing with Memory Changes as You Grow Older. *Gose, K & Levi, A.* (1985, 140 pp) **Topic:** Memory, Brain, Health

Basic reassurance regarding memory lapses and strategies for healthy individuals to help themselves in remembering everyday details.

Decoding Darkness: The Search for the Genetic Causes of Alzheimer's Disease. *Tanzi, R E & Parson, A B.* (2000, 281 pp) **Topic:** Genetics

Part autobiography, part textbook, the story of recent research on AD is portrayed as a mystery slowly being unraveled. A young neurogeneticist, Tanzi, who found himself at the center of Alzheimer's research in the early 1980s, and takes us inside the lives and labs of the time.

Category: Training/Technical

Developing Support Groups for Individuals with Early Stage Alzheimer's Disease: Planning, Implementation, and Evaluation. *Yale, R.* (1995, 231 pp) **Topic:** Early Stage, Support Groups

Practical advice on how to select group participants, train group facilitators, address administrative concerns, and how to handle difficult situations. This book was developed to assist social workers and health care professionals working with people in the early stages of Alzheimer's disease.

Doing Things: A Guide to Programming Activities for Persons with Alzheimer's Disease and Related Disorders. *Zgola, J M.* (1987, 150 pp) **Topic:** Activities, Facilities, Planning

One of the first books to provide a comprehensive look at the way environment and structuring of activities can impact the lives of individuals with dementia.

Drive Well: Promoting Older Driver Safety and Mobility in Your Community (A toolkit). *Amer Soc on Aging, National Highway & Traffic Safety Administration.* (2002, 196 pp) **Topic:** Driving, Transportation, Aging

Understanding the importance of driving and mobility issues to the older adult, the family and community. Information to develop grant proposals for older driver programs, new advisories and program materials for community members related to driving in later life.

***Guidelines for Case Management Practice Across the Long-Term Care**

Continuum. *Geron, S M and Chassler, D.* (1994, 98 pp) **Topic:** Long Term Care
Report on project to develop practice guidelines for long-term care case management. Areas include client rights, assessment, care plans, monitoring and reassessment, discharge & termination, use of resources.

Guidelines for Dignity: Goals for Specialized Alzheimer/Dementia Care in Residential Settings. *Alzheimer's Association.* (1992, 45 pp) **Topic:** Long Term Care
Guidelines developed in 1992 by the National Alzheimer's Association to address the growing interest in specialized care units for individuals with dementia. Guidelines address admission, care planning, changes in condition, staffing, environment, and success indicators.

***Healing the Wounds of Alzheimer's Disease: New Home Through Effective Therapeutic Activities.** *Tame, A C.* (1999, 210 pp) **Topic:** Therapeutic Activities

An activity program director provides guidance for developing activity programs for individuals with dementia.

***Home is Where I Remember Things: A Curriculum for Home and Community Alzheimer Care.** *Gwyther, L P ACSW.* (1997, 200 pp) **Topic:** Caregiver, Training
Training curriculum developed by the Duke Family Support Center to meet training needs for family and professional caregivers. Sections deal with understanding Alzheimer's disease, daily activities, safety, and care in early, middle, and late stages.

Category: Training/Technical

***Key Elements of Dementia Care.** *Alzheimer's Association.* (1997, 90 pp) **Topic:** Long Term Care

Quality or optimal Alzheimer/Dementia care in an institutional environment is a work in progress. We say that quality is in the eye of the beholder. We know it when we see it but we can't define it.

Management of Challenging Behaviors in Dementia. *Mahoney, E K; Volicer, L; Hurley A.* (2000, 236 pp) **Topic:** Healthcare Professional, Behaviors

Practical, day-to-day care strategies for nursing and other health professionals providing dementia care in long-term care settings. This guide describes proven ways to reduce or eliminate challenging behaviors by addressing their underlying causes.

Older Adulthood: Learning Activities for Understanding Aging. *Fried, S; Van Booven, D; & MacQuarrie, C.* (1993, 228 pp) **Topic:** Staff, Training

Activities to help students or staff learn what it's like to grow old: dealing with retirement changes, mourning the loss of a spouse, adjusting to life in a nursing home, facing age-related prejudice, etc.

Optimum Care of the Nursing Home Resident with Alzheimer's Disease: Giving a Little Extra. *Ballard, E L & Gwyther, L.* (1990, 125 pp) **Topic:** Staff, Training

Training materials for the nursing home aide. Materials can be adapted to short training sessions on various caregiving topics including dementia, behavioral issues, activities of daily living, activities, and late stage care.

***Paraprofessional in Home Health and Long-Term Care: Training Modules for Working with Older Adults.** *Cervantes, E; Heid-Grubman, J; Schuerman, C K.*

(1995, 248 pp) **Topic:** Aging, Death & Dying

Training manual for 12 units of in-service education on communication, depression, dementia, death and dying, and more. Not exclusively for AD.

Pressure Points: Alzheimer's and Anger. *Ballard, E; Gwyther, L; & Patrick T T.* (2000, 70 pp) **Topic:** Anger

Developed by the Duke Family Support Program, this wonderful booklet deals with anger -- among caregivers, families, children, professional caregivers, and individuals with Alzheimer's. It discusses causes and strategies for dealing with anger, incorporating stories, poems, and personal experiences throughout.

***Rethinking Alzheimer's Care.** *Fazio, S; Seman, D; Stansell, J.* (1999, 174 pp) **Topic:** Staff, Training

This book includes exercises to help administrators and staff explore and implement new ways of caring that emphasize the importance of preserving the dignity, autonomy, and emotional health of people living with Alzheimer's disease.

Category: Training/Technical

Silver Driver: A Guide for a Safer Journey. *Concerned Citizens for Traffic Safety.* (1999, NA pp) **Topic:** Driving

Resources for mature drivers. A collection of brochures, pamphlets, addresses, phone numbers, etc, applicable to the mature driver subject.

Solving Bathing Problems in Persons with Alzheimer's Disease & Related Dementias. *Dwyer, S; Sloane, P; Barrick, A L.* (1995, 77 pp) **Topic:** Bathing, Facilities
Guidebook to accompany video by the same name. The booklet addresses commonly asked questions, and procedures for specific bathing problems. Also provides tools for assessing bathing in nursing facilities, case studies, and monitoring guidelines.

Special Care Programs for People with Dementia. *Hoffman, S & Kaplan, M eds.* (1996, 228 pp) **Topic:** Staff, Training

Experts in dementia care provide chapters on topics including staff training, special activity programs, facility layout, working with challenging behaviors, admission criteria, and facility administration.

Successful Communication with Alzheimer's Disease Patients: An In-Service Manual. *Santo, P; Ostuni, M J; & Ostuni, E.* (1997, 288 pp) **Topic:** Communication, Staff, Training

Includes quick-tip summary designed for training in communicating skills and techniques.

Transportation Solutions for Caregivers: A Starting Point (Materials for a presentation). *Easter Seals.* (Unkn, NA pp) **Topic:** Transportation, Driving
A Facilitator Manual containing all the materials -- overheads, forms, video flip charts, etc to cover the entire area of transportation, including driving.

Validation Breakthrough. *Feil, N.* (1993, 320 pp) **Topic:** Communication, Validation
Validation shows caregivers how they can avoid conflict and stress by validating feelings rather than focusing on confusion. Case studies illustrate the techniques appropriate at each stage of dementia.

Validation: The Feil Method. *Feil, N.* (1992, 130 pp) **Topic:** Aged, Validation
Outlines the validation method for helping the "disoriented old-old." Originally published in 1982, this book describes the strategies, techniques, and rationale for validation therapy.

What You Need to Know About Alzheimer's. *Medina, J. (1999, 165 pp) **Topic:** Brain, Alzheimer's Disease

Using his commercial art background, author explains how the brain and memory work, and how Alzheimer's impacts this system. Neurons, cells, proteins, and genetic codes are all brought to life in words and illustrations, allowing anyone interested in the mechanisms of Alzheimer's disease to understand its impact on the brain.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Training/Technical

Worst Pills, Best Pills, II: The Older Adult's Guide to Avoiding Drug-Induced Death or Illness. *Wolfe, S & Hope, R-E.* (1993, 690 pp) **Topic:** Medications

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Youth & Children

***Aunt Dodie Has Alzheimer's.** *Ruth, E.* (1988, 11 pp) **Topic:** Children
Short story written and illustrated by a 9 year old boy about his great-aunt who visited his family for Christmas vacation.

Flowers for Grandpa Dan. *McIntyre, C.* (2005, 18 pp) **Topic:** Children
A gentle story to help children understand Alzheimer's disease.

Grandma's Different. *Rocky Mountain Chapter, Alzheimer's Association.* (ND, 18 pp)
Topic: Children
Children's coloring book with brief story of grandma's changing behavior. For elementary-aged children.

***Grandpa Doesn't Know It's Me.** *Guthrie, D.* (1986, 28 pp) **Topic:** Children
Family experiences of coping with AD through a child's eyes. Useful in helping young children deal with the conflicting emotions serious family illness may generate.

***I Remember! Cried Grandma Pinky.** *Wahl, J.* (1994, 32 pp) **Topic:** Children
In this family of bears, Grandma Pinky's visit brings both happy remembrances of her youth, and forgetfulness of everyday events. Recommended for children ages 4-7.

If I Forget, You Remember. *Williams, C L.* (1998, 200 pp) **Topic:** Family, Teens
Elyse has finished 6th grade and is looking forward to Summer, but her plans change when her Granny moves in. A story for young teens about changing family relationships and Alzheimer's disease. Recommended for grades 8-12.

Love You Forever. *Munsch, R N; McGraw, S – illustrator.* (1986, 30 pp) **Topic:** Family, Parents
Story for young children of a mother caring for her son as he grows from infancy to adulthood, and how he then in turn cares for his mother in her old age.

Memory Box, The. *Bahr, M.* (1992, 30 pp) **Topic:** Family
The story of a young boy's annual vacation with his grandparents. His grandfather has been recently diagnosed with Alzheimer's, and together they create a "memory box" of special times together. Recommended for elementary school aged children.

My Grandma Can Do Anything. *LaCroix, D B.* (2002, 12 pp) **Topic:** Children
Children's book that raises the issue of a grandmother's failing memory as a result of Alzheimer's. Suggestions for ways children can interact with those with dementia.

Sachiko Means Happiness. *Sakai, K.* (1990, 32 pp) **Topic:** Children
Sachiko and her grandmother used to be very close; their relationship has changed dramatically since her grandmother's been diagnosed with Alzheimer's. Slowly Sachiko learns to view the world from her grandmother's perspective. Recommended for elementary school aged children.

Alzheimer's Association Southeastern Virginia Chapter
Norfolk Book Catalog Sorted By Category

8/27/2007

Category: Youth & Children

Sunsets of Miss Olivia Wiggins. Laminack, L L. (1998, ? pp) **Topic:** Children
Young Troy likes to go with Grandma Angel to visit his great-grandmother Miss Olivia at the nursing home. This charming story tells about the comfort they can bring to each other through their memories. For pre-school & elementary ages.

What's Wrong with Daddy?. Young, A E. (1986, 172 pp) **Topic:** Teens, Family
Teenager Jennifer Burke who was always close to her father learns that he has Alzheimer's disease. Written for young teenagers to explain the emotions experienced in coping with the diagnosis of incurable disease in a close family member.

What's Wrong with My Grandma?. Noyes, L E. (1982, 18 pp) **Topic:** Children
Brief book for pre-school age children to help them deal with having a loved one who has AD.

What's Happening to Grandpa?. Shriver, M. (2004, 48 pp) **Topic:** Children
Grandpa has always been the best storyteller Kate has ever known, but lately, he seems different. When her mother explains that he has Alzheimer's, Kate has lots of questions. Kate not only explores these questions, but also resolves to cherish her grandpa's life and memories. In doing so, she forges a bond between them that will remain forever in their hearts.

***When Meme Came to Live at My House. Langdon, M J.** (1997, 25 pp) **Topic:**
Children
Helpful story to explain the disease and the ways children can still enjoy being with their family member who has AD. Grades 4 - 6.

***Wilfrid Gordon McDonald Partridge. Fox, M.** (1985, 29 pp) **Topic:** Children
Wilfrid lives next door to a retirement home filled with people with special interests & talents. Wilfrid's favorite resident has lost her memory; Wilfrid doesn't know what a memory is, but accidentally helps her find it. Creative colorfully illustrated book for children. Recommended for children ages 4-7.