

# alzheimer's association

**Southeastern Wisconsin Chapter**  
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## **Esther and Sol Blankstein Resource Center** **BOOK TITLE LIST**

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## Esther and Sol Blankstein Resource Center

### BOOK TITLE LIST

Books are in alphabetical order by title.

**ABC's of Activities for Alzheimer's: Therapeutic Activities That Work for Persons with Dementia.** Tame, Amira Choukair. Self-published, 2005.

The author is an activities professional with many years of experience working with patients affected by dementia. She has also led training workshops for those in the field of dementia care. This guide to therapeutic activities is aimed at any caregiver who wishes to enhance the life of the person with Alzheimer's.

**Activities of Daily Living: An ADL Guide for Alzheimer's Care.** Laurenhue, Kathy. Wiser Now, 2006.

The author, who was a caregiver for her mother, presents helpful suggestions for caring for the person with dementia. Subjects covered are dressing, grooming, oral hygiene, continence care, bathing, nutrition and hydration.

**Activity Programming for Persons with Dementia: A Sourcebook.**

Alzheimer's Association, 1995.

A compilation of activity programming ideas from ten experts in the field of dementia care.

**Aerobics of the Mind: 100 Exercises for a Healthy Brain.** Engelman Attainment Company, Inc.

This is a set of 100 sturdy cards which can be used by any adult who wishes to keep his brain active. Each card includes one or more suggestions for mental exercises, new ways to approach activities and simple games to increase brain power. A booklet is included which gives ideas for use of the cards.

**Age Smart: Discovering the Fountain of Youth at Midlife and Beyond.** Rosensweig, Jeffrey and Liu, Betty. Prentice Hall, 2006.

The authors share strategies for living a longer, happier and healthier life. Included are intimate interviews with well-known individuals who are models for aging well. A very readable title.

**Age-Proof Your Mind: Detect, Delay and Prevent memory Loss – Before It's Too Late.**

Tan, Zaldy, MD, MPH. Warner Books, 2005.

This title, written by the director of the Memory Clinic at Beth Israel Deaconess Medical Center and Harvard Medical School Division on Aging, includes cutting edge research as well as practical tips for keeping your brain healthy.

**Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development.** Vaillant, George E., M.D. Little Brown, 2002.

The author, a Harvard Medical School researcher, psychiatrist and professor, presents personal narratives about people in their 70's and 80's interviewed for three separate longevity studies. He describes their history, relationships, hardships, philosophies and sources of joy. The subjects were male Harvard graduates, inner-city disadvantaged males and intellectually gifted women.

**Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier and More Meaningful Lives.** Snowden, David, Ph.D. Bantam, 2001.

A fascinating description of a study of aging which involved a unique population of 678 Catholic sisters between the ages of 75 and 106. Dr. Snowden, the director of the study, tells what was learned from this research which might help in the prevention of diseases of the elderly, including Alzheimer's.

**Allie Learns About Alzheimer's Disease: A Family Story About Love, Patience and Acceptance.** Gosselin, Kim. Jay Jo Books, 2001.

Allie is happy grandma has come to live at her house, but she also learns that day-to-day living with someone who has Alzheimer's can be very difficult. An honest but positive treatment of the subject for parents and teachers to share with children in grades one through four.

**Alone...But Not Forgotten: Serving People with Dementia Who Live Alone.** D.C. Office on Aging, 2000.

This is a care provider's manual for those who serve older people with dementia who live alone.

**Always My Grandpa: A Story for Children About Alzheimer's Disease.** Scaco, Linda Ph.D. Magination Press, 2006.

Daniel's grandpa has recently been diagnosed with Alzheimer's disease. When the boy and his mom make their annual summer visit to his cottage, Daniel begins to learn what that diagnosis means for his family and for grandpa. Recommended for children in grades 3 to 4.

**Alzheimer's: A Love Story: One Year in My Husband's Journey.** Davidson, Ann Birch Lane, 1997.

Davidson's husband, Julian was diagnosed with Alzheimer's disease at the age of fifty-nine. This is a memoir of a critical year in their married life as they both learned to live with his increasing dementia.

**Alzheimer's: A Message of Hope.** Anbar, Abraham Isaac. Arbor Books, 2006.

Dr. Anbar presents his belief that Alzheimer's disease can be prevented through lifestyle changes involving diet, exercise, stress management, health education and appropriate medical care. His book offers information for those caring for loved ones in the home. The latest research on Alzheimer's and information on new drug therapies are included.

**Alzheimer's: Where Do We Go from Here?** Smith, Lisa W. Morgan James Pub., 2007.

The author of this title has been a primary caregiver for a family member with Alzheimer's disease. She writes of the impact of the disease on family members as well as the individual with Alzheimer's and has included helpful information for caregivers.

**Alzheimer's A to Z: A Quick Reference Guide.** Lokvig, Jytte and Becker, John D. MD. New Harbinger, 2007.

Topics on the subject of Alzheimer's disease are arranged alphabetically. Short articles describe each topic. This is not an in-depth discussion, but useful as a quick reference source for the caregiver.

**The Alzheimer's Action Plan: The Experts' Guide to the Best Diagnosis and Treatment for Memory Problems.** Doraiswamy, P. Murali, M.D., Gwyther, Lisa P., M.S.W. with Adler, Tina. St. Martin's Press, 2008.

Written by a physician and a social worker who directs an award-winning family support program at the Duke University Center for Aging, this title deals with the diagnosis and treatment of Alzheimer's disease. Included is information on the most recent drugs and clinical trials. Also included is information on treatment of symptoms beyond memory loss. Prevention is also covered by the authors.

**Alzheimer's Activities: Hundreds of Activities for Men and Women with Alzheimer's Disease and Related Disorders vol. 1.** Fitz Ray, B.J. Rayve Productions, 2001.

Divided according to subject, this title gives hundreds of ideas for activities the caregiver can use with the Alzheimer's patient. This is not an extensive how-to manual, but rather a helpful list of suggested activities. This title was compiled by a woman who served as caregiver to her father. This book is based on her personal experience as a caregiver. An index and list of product sources is appended.

**The Alzheimer's Activities Guide.** Forest Pharmaceuticals, 2005.

Suggested activities for caregivers to use with persons with Alzheimer's disease are compiled in this volume.

**Alzheimer's Activities That Stimulate the Mind.** Bazan-Salazar, Emilia C. McGraw-Hill, 2005.

This title is a collection of activities that have been selected because they will help maintain and advance the memory and cognitive abilities of persons living with Alzheimer's and other dementias.

**Alzheimer's and the Workplace: A Communication Guide for Anyone Who Encounters Alzheimer's.** Thompson, Patricia M. St. Colman Press, 2005.

This title is for anyone having contact with those affected by Alzheimer's disease. There are specific chapters on dealing with Alzheimer's disease in the workplace, however this should not exclude use of this material by Alzheimer's caregivers interested in improving communication skills. The author served as a caregiver to three family members with Alzheimer's disease.

**The Alzheimer's Answer: Reduce Your Risk and Keep Your Brain Healthy.** Sabbagh, Marway, M.D. Wiley, 2008.

The author, a geriatric neurologist and expert in Alzheimer's research, presents up-to-date information on ways to reduce the risk of getting Alzheimer's disease. He discusses ways to assess personal risk for getting the disease as well as current therapies. He also takes a look at promising new developments and forthcoming treatments. The author's explanations are accessible to the general reader.

**Alzheimer's Basic Caregiving: An ABC Guide.** Laurenhue, Kathy. Wiser Now, 2006.

This title, written by a woman who was a caregiver for her mother for a number of years, was written to help other dementia caregivers. After describing various types of dementia, the author gives suggestions for dealing with communication and behavior problems in the Alzheimer's patient. Material included in this title was formerly included in a newsletter published by the author for Alzheimer's caregivers.

**Alzheimer's Dementia and Memory Loss: Straight Talk for Families and Caregivers.** Wheeler, Monica Vest. BF Press, 2008.

This title was written as a guidebook for those who are caring for individuals with Alzheimer's disease. The author includes personal stories and support from other caregivers who are experiencing or have experienced the stress of taking care of someone with memory loss.

**Alzheimer's Disease.** Dash, Paul and Villemarette-Pittman, Ph.D. American Academy of Neurology, 2005.

This title provides an overview of causes, diagnosis and treatment of Alzheimer's disease.

**Alzheimer's Disease (Need to Know series).** McGuigan, Jim. Heinemann Library, 2004.

This overview of Alzheimer's disease could be read by students in grades 6 and up. Basic information on the history of the disease, possible causes, symptoms, treatment, research, legal issues and caregiving are included. Suggestions for further reading and contact information are included. This title is heavily illustrated with color photos. Recommended for student research or for those who have family members impacted by Alzheimer's.

**Alzheimer's Disease: A Forgotten Life.** Landau, Elaine. Watts, 2005.

This is an overview of Alzheimer's disease for those in grades 7 and older. Topics discussed include diagnostic tools, possible causes, symptoms, stages, medications, research and problems faced by caregivers. Black and white photos accompany the text.

**Alzheimer's Disease: A Guide for Families and Caregivers.** Powell, Lenore, Ed.D. Perseus, 2002, 3<sup>rd</sup> edition.

This title is written for those who are responsible for caring and making decisions for those with Alzheimer's disease. Information on testing and diagnosis, treatments, home-care strategies, communicating with and finding long-term-care for the Alzheimer's patient is included. Tips for self-care for the caregiver are presented.

**Alzheimer's Disease: Activity-Focused Care.** Hellen, Carly R., O.T.R.L. Butterworth-Heinemann, 1998, 2<sup>nd</sup> ed.

A thoughtful, detailed manual focusing on activities for the Alzheimer's patient which promote that person's well-being as well as respecting his personhood. Originally written as a guide for professional caregivers, this title is also very useful for family caregivers.

**Alzheimer's Disease: The Dignity Within: A Handbook for Caregivers, Family and Friends.** Callone, Patricia, Vasiloff, Barbara, Kudlacek, Connie, Manternach, Janaan, Brumback, Roger. Demos Medical Publishing, 2006.

This title, written for caregivers and friends of those with Alzheimer's disease, includes caregiving tips, true stories of those with Alzheimer's and their caregivers as well as a dialogue with a physician about the disease and the changes it creates in the brain.

**Alzheimer's Disease: The Family Journey.** Caron, Wayne A., Ph.D., Pattee, James J., M.D., Otteson, Orlo J., M.A. North Ridge Press, 2000.

This title describes the various phases of Alzheimer's disease from the pre-diagnosis stage through the "end of the journey," describing how each phase impacts the family members. The author's goal is to provide families with information to help them work through the challenges of Alzheimer's as a team, each member providing help and support.

**Alzheimer's Early Stages: First Steps in Caring and Treatment.** Kuhn, Daniel, M.S.W. Hunter House, 1999, 2003.

The author, a clinical social worker in the field of aging and health care, has written this book for those whose loved ones have recently been diagnosed with Alzheimer's. This title is divided into three sections, "What is Alzheimer's disease?" "Giving Care," and "Caring for Yourself."

**Alzheimer's from the Inside Out.** Taylor, Richard, Ph.D. Health Professions Press, 2007.

This title is a collection of essays written by the author in the five years since he was diagnosed with "dementia, probably of the Alzheimer's type." Taylor was working as a psychologist when he was diagnosed at the age of 58. This title is recommended reading for those who have recently been diagnosed as well as their families and caregivers.

**The Alzheimer's Health Care Handbook: How to Get the Best Medical Care for Your Relative with Alzheimer's Disease, In and Out of the Hospital.** Mittelman, Mary S., Dr.PH and Epstein, Cynthia, ACSW. Marlowe, 2003.

Straightforward information for caregivers who are responsible for dealing with the medical needs of an Alzheimer's patient. Advice is given for dealing with the medical community including questions to ask the doctor and other medical personnel. The authors also describe the effects of hospitalization on the Alzheimer's patient.

**The Alzheimer's Project: Momentum in Science.** Froemke, Susan. Home Box Office, 2009.

This title is based on the HBO documentary presented by HBO Documentary Films and the National Institute on Aging in association with the Alzheimer's Association, Fidelity Charitable Gift Fund and Geoffrey Beene Gives Back to Alzheimer's Initiative. New breakthroughs and advancements in research and treatment are highlighted. Color photos accompany the text.

**Alzheimer's Sourcebook for Caregivers: A Practical Guide for Getting Through the Day.** Gray-Davidson, Frena. Lowell House, 1999.

This title, written specifically for caregiver, provides help in working through the problems faced by those who care for Alzheimer's patients.

**Ambiguous Loss: Learning to Live with Unresolved Grief.** Boss, Pauline. Harvard University Press, 1999.

Boss deals with the feelings experienced when one loses a loved-one through divorce, adoption, addiction, chronic mental illness, immigration or Alzheimer's disease. Alzheimer's is covered in a chapter entitled, "Goodbye Without Leaving."

**American Medical Association Guide to Home Caregiving.** Perry, Angela. Wiley, 2001.

While this title deals with home caregiving in general, there is a separate chapter included on caring for the Alzheimer's patient.

**The Anti-Alzheimer's Prescription: The Science-Proven Plan to Start at Any Age.** Fortanasce, Vincent, M.D. Gotham, 2008.

Dr. Fortanasce presents his science-based 4-step plan, showing how to take care of ourselves now, so that we remain sharp and independent as we age.

**The Art of Dementia Care.** Verity, Jane and Kuhn, Daniel. Thomson Delmar Learning, 2008.

This title is a practical guide for those who provide support, encouragement and care for people with dementia. The authors, experienced dementia care advocates, apply lessons learned from actual clinical situations.

**Arts for the Aging: The AFTA Method: A How-to Booklet for Caregivers at Home, in Senior Day Care Centers and Nursing Homes.** Arts for the Aging, Inc. 1990.

Simple art projects for persons with dementia are included in this title.

**At the Heart of Alzheimer's: A Complete Guidebook to Understanding and Caring for a Person with Alzheimer's Disease.** Simpson, Carol. Manor Healthcare, 1996.

Suggestions for the home caregiver who is responsible for 24-hour care of the Alzheimer's patient.

**At Wit's End: Plain Talk on Alzheimer's for Families and Clinicians.** Kraus, George, Ph.D. Perdue University Press, 2006.

This title provides information on Alzheimer's disease written for the layman and professional in clear, understandable language.

**Away from Her.** Munro, Alice. Vintage, 2007.

This is the book upon which the movie of the same title was based. (see Multi-Media list)  
A retired college professor's wife, Fiona, begins to gradually lose her memory and drift away from him.

**A Beautiful Pearl.** Whitelaw, Nancy. Whitman, 1991.

Grandma has Alzheimer's disease and doesn't always recognize her grand-daughter, Lisa. The young girl learns to treasure the good memories she has of the past when the woman was well. Recommended for use with children in grades 3-4.

**Benevolent Touch: For Persons with Alzheimer's Disease and Other Related Dementias.** Lonergan, Sister Edna, M.S., O.T.R., M.T. and Becker, Cindy. St. Ann Adult Day Care, Inc., 1996.

Illustrated with black and white photos, this title shows how touch can be used to improve the quality of life of the dementia patient.

**Best Friends Approach to Alzheimer's Care.** Bell, Virginia and Troxel, David. Health Professions Press, 2003.

The authors show how to make a difference in the life of an Alzheimer's patient by being their best friend. They also stress the importance of the caregiver being their own best friend by taking care of themselves. Also available in Spanish.

**The Best Friends Book of Alzheimer's Activities.** Bell, Virginia, M.S.W., Troxel, David, M.P.H., Cox, Tonya M., M.S.W., Hamon, Robin, M.S.W. Health Professions Press, 2004.

This is a very useful collection of activities to use with the Alzheimer's patient. 147 activities are included and described in detail in this title. Many are simple craft projects but some relate to activities of daily living such as personal care and shopping.

**The Best Friends Book of Alzheimer's Activities volume 2.** Bell, Virginia, Troxel, David, Cox, Tonya, Hamon, Robin. Health Professions Press, 2008.

This is the second volume of activities suggested for use with those with Alzheimer's. Recommended for use by professional caregivers.

**The Best Friends Staff: Building a Culture of Care in Alzheimer Programs.** Bell, Virginia and Troxel, David. Health Professions Press, 2001.

This title, part of the "Best Friends" series, is directed to the staff and management of long-term-care facilities. Staff training ideas are included along with case studies illustrating successful programs for dementia patients.

**The Better Brain Book: The Best Tools for Improving Memory and Sharpness and Preventing Aging of the Brain.** Perlmutter, David, M.D., FACN and Colman, Carol. Penguin, 2004.

The author suggests ways to build a better brain through nutrition, lifestyle changes and brain workouts.

**Between Two Worlds: Special Moments of Alzheimer's and Dementia.** Young, Ellen P. Prometheus Books, 1999.

The author who worked for 15 years as a hospital clinical social worker has written this book for caregivers to show the necessity for keeping a sense of humor, even in the face of a devastating illness. She includes anecdotes from Alzheimer's support group sessions in which caregivers relate actions on the part of the person in their care that are actually funny. At no time does the author dismiss the seriousness of the disease. She suggests, however, that it is healthier for the caregiver to find some humor in the situation.

**Brain Health and Wellness.** Nussbaum, Dr. Paul. Word Association, 2003.

This is a proactive approach to building and maintaining brain health, written by a clinical neuropsychologist with many years experience working with persons suffering from dementia and related disorders.

**Brain Longevity: The Breakthrough Medical Program That Improves Your Mind and Memory.** Khalsa, Dharma Singh, M.D. Warner Books, 1997.

The author offers a four-step program, based on both Eastern and Western medical traditions for regenerating the mind and memory.

**Brain Maintenance: How to Prevent Stroke and Delay Dementia.** Wilson, Kathleen W., M.D. Whiskey Hollow Press, 2004.

Advice from a Mayo Clinic trained physician on how to keep your brain healthy and prevent debilitating illnesses through diet and exercise and the use of medications when necessary.

**Brainfit: 10 Minutes a Day for a Sharper Mind and Memory.** Gediman, Corinne L. and Crinella, Francis M. Rutledge Hill Press, 2005.

The authors present a nine-week training program designed to improve memory and mental agility.

**A Brilliant Mind: Proven Ways to Increase Your Brainpower.** Minirth, Frank, M.D. Fleming H. Revell, 2007.

The author provides time-proven techniques and exercises for building a more intelligent mind and preventing cognitive decline.

**Can't Remember What I Forgot: The Good News from the Front Lines of Memory Research.** Halpern, Sue. Harmony Books, 2008.

The author reports on her interviews with those in the front lines of Alzheimer's research. This is a hopeful account of the latest work toward a cure and better medical treatment for those who have Alzheimer's disease.

**Care Planning Cookbook for Activities and Recreation: An “MDS” Guide to Building Better Resident Care Plans.** Hall, Beth and Nolta, Michelle M. Recreation Therapy Consultants, 2000.

This manual was compiled in response to the need for an activity care planning reference guide. Care plan phraseology is included. Staff can use the sampling of care plans that are included here as guidelines in writing their own plans.

**The Caregiver: A Life with Alzheimer’s.** Alterra, Aaron. Steerforth Press, 1999.

The author writes about his wife who was diagnosed with Alzheimer’s disease at the age of 80, and his role as caregiver.

**Caregiver’s Guide: Helping Elderly Relatives Cope with Health and Safety Problems.** Rob, Caroline, R.N. Houghton Mifflin, 1991.

Basic information to help caregivers recognize and handle health problems in the elderly. Memory loss is included.

**A Caregiver’s Guide to Alzheimer’s and Related Diseases.** McCann-Beranger, Judith. Bunim and Bannigan, 2008. This is a basic guide to Alzheimer’s care presented in a very clear, easy-to-read format.

**Caregiver’s Guide to Alzheimer’s Disease: 300 Tips for Making Life Easier.** Demos Medical Publishing, 2006.

This is a user-friendly, accessible guide for caretakers, family and friends of those with Alzheimer’s disease to help them cope with changes brought about by that disease.

**Caregiver’s Handbook.** Visiting Nurse Associations of America. DK Publishing, 1998.

This title includes advice on basic caregiving skills plus an introduction to financial and legal issues involved and where to go for further help.

**Caregiving Across Cultures: Working with Dementing Illness and Ethnically Diverse Populations.** Valle, Ramon, Ph.D. Taylor and Francis, 1998.

A guide for professionals who wish to design ethnically relevant programs for diverse communities.

**Caregiving and Loss: Family Needs, Professional Responses.** Doka, Kenneth J. and Davidson, Joyce D. Hospice Foundation of America, 2001.

A discussion of caregiver issues and how the needs of these caregivers can be met by those in the medical and religious communities. Also included are sections on hospice care and self-care for the caregiver.

**Caring for People with Alzheimer’s Disease: A Manual for Facility Staff.** Gwyther, Lisa P. American Health Care Association and the Alzheimer’s Association, 2001, 2<sup>nd</sup> edition.

Written for those working directly with the Alzheimer’s population in an assisted living or nursing facility setting to help them understand the special needs of the Alzheimer’s patient. Behavior problems, environmental concerns and relationships with families are discussed in the easy-to-read volume.

**Caring for People with Challenging Behaviors: Essential Skills and Successful Strategies in Long-Term Care.** Long, Stephen Weber. Health Professions Press, 2005.

The aim of this title is to help professional caregivers develop effective ways to prevent, reduce or eliminate resident's challenging behaviors and alleviate their own stress. Useful forms are provided for photocopying at the end of this book.

**Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive.** Berman, Claire. Holt, 2001, 2<sup>nd</sup> edition.

A discussion of caregiver issues with suggestions for ways to handle problems which the caregiver may encounter. An emphasis is placed on the need for caregivers to take care of themselves.

**Chicken Soup for the Caregiver's Soul: Stories to Inspire Caregivers in the Home, the Community and the World.** Canfield, Jack. Heath Communications, 2004.

Part of the popular series, this is a collection of stories of caregivers who represent the wide range of people providing care for others, both young and old. This title is meant to provide respite to caregivers, providing uplifting and comforting insights through the inspirational experiences of others. Recommended reading for any caregiver.

**Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers.** Meyer, Maria M. and Derr, Paula, R.N. Care Trust, 1998.

The authors have written this book for anyone entrusted with care of a loved-one in the home. This is a step-by-step guide for setting up a caregiving situation and for making caregiving as easy as possible for the patient and the caregiver.

**The Comfort of Home for Alzheimer's Disease: A Guide for Caregivers.** Meyer, Maria M., Mittelman, Mary S., Epstein, Cynthia, Derr, Paula. Care Trust, 2008.

This title was written specifically for those who care for people with Alzheimer's in the home. It is a basic, complete guide to caregiving with tips and techniques for dealing with difficulties experienced by caregivers.

**Coming of Age with Aging Parents.** Goeller, Gail. Patina Productions, 2004.

The author relates her experience with caregiving for her elderly parents and aunt. She tells of both successes and failures and what was learned from each experience. Recommended for caregivers.

**Complete Guide to Alzheimer's-Proofing Your Home.** Warner, Mark L. Purdue University Press, 1998.

A complete guide to making your home safe for the Alzheimer's patient. Every area of the house, both exterior and interior, is included in this title. A valuable resource for the caregiver.

**Conversations at the Nursing Home: A Mother, a Daughter and Alzheimer's.** Shapiro, Deanna. PRA Publishing, 2006.

This is a collection of poems, written by the daughter of a woman with Alzheimer's disease. The occasion of each short poem is a visit to the nursing home where her mother resides. The reader is given a glimpse of reality as seen by someone with Alzheimer's.

**Coping When a Grandparent Has Alzheimer's Disease.** Wilkinson, Beth. Rosen, 1995 rev. ed.

This title, directed to young people in grades five and above, discusses the nature and effects of Alzheimer's disease and the problems involved in coping when a relative has the disease.

**Coping with Alzheimer's: A Caregiver's Emotional Survival Guide.** Oliver, Rose, Ph.D. and Brock, Frances A., Ph.D. Dodd, Mead, 1987.

This title is based on the principles of Rational Emotive Therapy (RET), originated by psychologist Albert Ellis. It was written to help the caregiver deal with thoughts, feelings and actions while caring for the Alzheimer's patient.

**Coping with Caregiver Worries.** Sherman, James R., Ph.D. Pathway Books, 1998. (Caregiver Survival Series)

Written with the express purpose of helping caregivers overcome the worries, fears and anxieties which may stand in the way of allowing them to be effective caregivers to others and to themselves.

**Counseling the Alzheimer's Caregiver: A Resource for Health Care Professionals.** Mittelman, Mary S., Epstein, Cynthia and Pierzchala, Alicia. AMA Press, 2003.

Material in this book is based on the Spouse Caregiver Intervention Study at the New York University School of Medicine's Alzheimer's Disease Center. This title can be used by any health care professional to create a counseling program that will provide support and guidance to those who care for a person with Alzheimer's disease.

**Courage to Care: A Caregiver's Guide Through Each Stage of Alzheimer's.** Parrent, Joanne. Alpha Books, 2001.

This title offers information, practical suggestions and encouragement specific to each of the three stages of Alzheimer's disease. Emphasis is also placed on self-care for the caregiver.

**Creative Caregiving.** Sherman, James R., Ph.D. Pathway Books, 1994.

The author discusses creativity and suggests ways to use creativity to make caregiving easier and more pleasurable. Included are exercises to develop creative talents.

**Cuando el Dia Tiene 36 Horas (The 36-Hour Day)** Mace, Nancy L., Rabins, Peter V. Editorial Pax Mexico, 1997.

The Spanish language edition of "36-Hour Day."

**A Cup of Support for Families Touched by Alzheimer's: Inspirational Stories of Unconditional Love and Support.** Sell, Colleen, ed. F+W Publications, 2008.

This title is a collection of essays written by the caregivers, friends and families who are touched by Alzheimer's disease in a loved one. They are meant to comfort others who are dealing with caregiving and loss.

**A Curious Kind of Widow: Loving a Man with Advanced Alzheimer's Disease.** Davidson, Ann. Fithian Press, 2006.

This is a sequel to "Alzheimer's: A Love Story," which documented one year in the author's life as caregiver to her husband. This title tells of the final years of care at home and of his move to a dementia care center.

**Dancing with Dementia: My Story of Living Positively with Dementia.** Bryden, Christine. Jessica Kingsley Publishers, 2005.

The author, a single mother of three children, was diagnosed with fronto-temporal dementia at the age of 46. This is her account of living with dementia. Bryden is an active advocate of those with dementia and was the first person with dementia to be elected to the Executive Committee of Alzheimer's Disease International.

**Dancing with Rose: Finding Life in the Land of Alzheimer's.** Kessler, Lauren. Viking, 2007.

The author, a journalist whose own mother was afflicted with and died of the effects of Alzheimer's disease, took a minimum wage job as an aide in a residential Alzheimer's care facility in an attempt to better understand the disease. This book is a result of her experiences there. Kessler provides a fascinating and optimistic view of a number of residents who have been affected by Alzheimer's as well as a realistic picture of the care they receive in such a setting.

**Daughter.** Moore, Ishbel. Kids Can Press, 1999.

This title, for a young adult audience, depicts early-onset Alzheimer's disease and how it affects both the family and the patient. The main characters are fourteen year old Sylvie and her mother who is changing almost daily, going in and out of periods of lucidity due to Alzheimer's.

**Decoding Darkness: The Search for the Genetic Causes of Alzheimer's Disease.** Tanzi, Rudolph E., Parson, Ann B. Perseus, 2000.

The author, a young neurogeneticist at Massachusetts General Hospital in the 1980's, set out to find the gene responsible for the production of the renegade protein beta amyloid which was thought to result in Alzheimer's disease. This book tells the story of that research and the race to find a cure for the debilitating disease.

**Dementia, Aging, and Intellectual Disabilities: A Handbook.** Janicki, Matthew P., Dalton, Arthur J. Taylor and Francis, 1999.

This title presents information regarding dementia, Alzheimer's disease and related disorders as they affect persons with mental disabilities.

**Dementia Caregivers Share Their Stories: A Support Group in a Book.** Markut, Lynda A. and Crane, Anatole. Vanderbilt University Press, 2005.

Members of caregiver support groups speak candidly about the challenges they have faced as Alzheimer's disease caregivers. Both authors have been caregivers for family members with vascular dementia. This book came out of their experiences in support group programs.

**Dementia Nursing: A Guide to Practice.** Hudson, Rosalie, ed. Ausmed, 2003.

Divided into chapters, each written by a specialist in the area of concern, this is a training manual for health care professionals working in long-term-care settings with dementia patients.

**Dementia Reconsidered: The Person Comes First.** Kitwood, Tom. Open University Press, 1997.

In this British publication, the author looks at older ideas about dementia and subjects them to scrutiny using research evidence as well as his own experience. Kitwood's emphasis is on the personhood of those who have dementia. Recommended reading for professional care providers as well as those who set policy for dementia care.

**Dental Floss for the Mind: A Complete Program for Boosting Your Brain Power.** Noir, Michel, Ph.D., and Croisile, Bernard, M.D., Ph.D. McGraw-Hill, 2005.

This title includes more than 100 exercises targeting the cognitive areas of the brain.

**Design for Dementia: Planning Environments for the Elderly and the Confused.** Calkins, Margaret P., M.Arch. National Health Publishing, 1988.

This is a title which would be of use to architects as well as health care administrators with suggestions for the planning and design of environments for the care of dementia patients.

**Design Innovations for Aging and Alzheimer's: Creating Caring Environments.** Brawley, Elizabeth C. Wiley, 2006.

This book is a detailed guide to designing supportive care environments and settings for aging and Alzheimer's special care.

**Developing Support Groups for Individuals with Early-Stage Alzheimer's Disease: Planning, Implementation and Evaluation.** Yale, Robyn, L.C.S.W. Health Professions Press, 1995.

This title provides user-friendly materials and guidelines for setting up, conducting and administering support groups.

**A Different Visit: Activities for Caregivers and Their Loved Ones with Memory Impairments.** Joltin, Adena, M.A., Camp, Cameron J., Ph.D., Noble, Beverly H., R.N., Antenucci, Vincent M., M.A. Myers Research Institute, 2005.

Activities included can be used in a care center or at home. Adaptations are included with each activity, making them usable for those who need more or less of a challenge. Step-by-step instructions and photos are included.

**A Dignified Life: The Best Friends Approach to Alzheimer's Care: A Guide for Family Caregivers.** Troxel, David, M.P.H. and Bell, Virginia, M.S.W. Health Communications, 2002.

Using the "Best Friends" approach, caregivers are provided with practical tools and strategies for dealing with the day-to-day challenges of Alzheimer's disease.

**Do You Have a Moon at Your House?** Johnson, Jeanie L. Vantage Press, 2005.

This title, on a 3-4<sup>th</sup> grade reading level, tells of young Madison Murray, who has always been close to her grandmother. As the older woman becomes more and more forgetful, Madison and her mother discuss what is happening and the young girl is able to understand why grandma has forgotten who she is. As a family, they find a way to keep grandma involved when Madison receives a telescope for her birthday.

**Doing Things: A Guide to Programming Activities for Persons with Alzheimer's Disease and Related Disorders.** Zgola, Jitka M. Johns Hopkins, 1987.

A guide for professionals and volunteers supervising activities at day-care centers and extended-care facilities as well as for those giving in-home care. The author offers step-by-step instructions for selecting and presenting appropriate activities for Alzheimer's patients.

**Elder Rage or, Take My Father...Please!: How to Survive Caring for Aging Parents.**

Marcell, Jacqueline. Impressive Press, 2001.

The author tells of her years as principle caregiver to her parents in this book which accurately portrays the ups and downs of full-time caregiving while finding humor when it can be found. An epilogue was provided by Rodman Shankle, M.D., a specialist in dementia care, who wrote "A Physician's Guide to Treating Aggression in Dementia."

**Eldercare 911: The Caregiver's Complete Handbook for Making Decisions.** Beerman, Susan, M.S., M.S.W. and Rappaport-Musson, Judith, CSA. Prometheus, 2002.

This title is an excellent source of information for the first-time caregiver to the elderly. The authors devote an entire chapter to coping with Alzheimer's disease.

**Elegy for Iris.** Bayley, John. Picador U.S.A., 1999.

The author writes of his long marriage to writer Iris Murdoch who descended into Alzheimer's disease in the last years of their marriage. The motion picture, "Iris," was based on this title.

**La Enfermedad de Alzheimer: Que es y como sobrellevarla.** Taussig, I. Maribel, Ph.D. 1990.

A Spanish language guide to living with Alzheimer's disease

**Ethnicity and the Dementias.** Yeo, Gwen and Gallagher-Thompson, Dolores, ed. Taylor and Francis, 2006.

Scholarly presentations from experts in the field of dementia which deal with the treatment and care of people in various ethnic populations.

**Every Single Good Day.** Nichols, Max J. Tate, 2005.

The author's wife, Mickey, was diagnosed with Alzheimer's disease at the age of 56.. She had worked as a music therapist for Alzheimer's patients. This is the story of how her family came together to care for her during the last ten years of life. Recommended for anyone dealing with dementia in a family member.

**Exercise and Physical Activity: Your Everyday Guide from the National Institute on Aging.** Pub.#09-4258, 2009.

Stressing the need for exercise to stay healthy, this title uses full-color photos and simple, clear instructions for exercises which can be done at home using inexpensive or free equipment. Many exercises can be done from a seated position.

**Fading Memories: An Adolescent's Guide to Alzheimer's Disease.** American Health Assistance Foundation, 1997.

This title, written especially for a young adult audience, begins with an introduction to Alzheimer's disease, its history, treatment, care and the science of the disease. Interspersed throughout the book are first-hand accounts of experiences with family members or friends with Alzheimer's, written by teens.

**Favorite Hymns.** Harvard Ranch Publishing, 1999. (Large Print)

Twenty-four hymns are included in this spiral-bound title. Text is large print and photos are high contrast for those with limited vision. Only one verse is given for each hymn and no music notation is included.

**Flowers for Grandpa Dan: A Gentle Story to Help Children Understand Alzheimer's Disease.** McIntyre, Connie. Thumbprint Press, 2005.

A young boy copes with the loss of his beloved grandpa to Alzheimer's disease in this book for young readers. Recommended for children ages 6-8 years.

**Forget-Me-Not.** Schein, Jonah. Annick, 1988.

Based on the story of the author's grandmother, Schein tells of the visit from grandma when the family learns that she has been diagnosed with Alzheimer's. This is a picture book for the child in grades one through four.

**Forget Memory: Creating Better Lives for People with Dementia.** Basting, Anne Davis. Johns Hopkins University Press, 2009.

This title takes a positive approach to dementia care, emphasizing innovative arts programs which stimulate the patient's abilities, rather than dwelling on what has been lost. The author also addresses advancements that have been made in research and approaches to caregiving for those with memory loss.

**The Forgetting: Alzheimer's: Portrait of an Epidemic.** Shenk, David. Anchor Books, 2001.

A well-researched, readable discussion of Alzheimer's disease, its causes and effects, and the search for a cure. The author also describes the impact of the disease on patients and their families.

**Forgetting Whose We Are: Alzheimer's Disease and the Love of God.** Keck, David. Abingdon Press, 1996.

A Christian understanding of the theological, spiritual and pastoral problems raised by Alzheimer's disease is presented in this title.

**Gentlecare: Changing the Experience of Alzheimer's Disease in a Positive Way.** Jones, Moyra. Hartley and Marks, 1999.

Gentlecare is a program of care which stresses the dignity and self-respect of those suffering from dementia. This title shows caregivers how to create a positive atmosphere for the Alzheimer's patient.

**Get Your Brain in the Fast Lane: Turbocharge Your Memory with More Than 100 Brain-Building Exercises.** Noir, Michel, Ph.D. and Croisile, Bernard, M.D., Ph.D. McGraw Hill, 2007.

This is a collection of puzzles and teasers designed to stimulate, develop and improve cognitive areas of the brain. Also by these authors, "Dental Floss for the Mind."

**Ginny: A Love Remembered.** Artley, Bob. Iowa State University Press, 1994.

This title is a personal account of the author's wife's struggle with Alzheimer's disease.

**The Glory Walk: A Memoir.** Smith, Cathryn E. Vander Wyk and Burnham, 2003.

The author relates the experience of losing her father to Alzheimer's disease.

**Grandfather's Story Cloth. Yawg Daim Paj Ntaub Dab Neeg.** Gardner, Linda and Langford, Sarah. Shen's Books, 2008.

Ten-year-old Chersheng helps his beloved grandfather cope with his failing memory, brought on by Alzheimer's disease, by showing him the story quilt the older man had made after fleeing Laos during wartime. A companion text in Laotian is included alongside the English text. The text is too hard for the younger child, but could be paraphrased by an adult. Full-color watercolor illustrations accompany the story. Recommended for grades 4-6.

**Grandma's Cobwebs: A Story for Children About Alzheimer's Disease.** Frantti, Ann Warner. Dagney, 2002.

This picture book can be used with children in grades one and older. Written by an educator, this is the story of young Claire, whose grandmother has been diagnosed with Alzheimer's disease. When grandma moves in, her unusual behavior is more noticeable to the girl. Talking with her mother helps Claire realize grandma is still the same person inside, despite her disease. An educational supplement is included for the use of parents and teachers.

**Grandma's Soup.** Karkowsky, Nancy. Self-published, 1989.

A young girl remembers time spent with grandma in the past but realizes that things will be different in the future when grandma begins to show confusion due to Alzheimer's disease. A picture book for children in grades one through four.

**Great Uncle Alfred Forgets.** Shecter, Ben. Harper Collins, 1996.

Great Uncle Alfred is forgetful and often confused due to memory loss, but Emily still loves spending time with him and listening to stories of when he was little. A comforting picture story for children in grades one through five.

**Guia Para la Seguridad en el Hogar Para Quienes Cuidan a Personas con la Enfermedad de Alzheimer.** Alzheimer's Association.

“Safety in the Home for Those Who Care for Persons with Alzheimer's Disease” in Spanish.

**Guidelines to Assess and Improve the Quality of Special Care Units in Nursing Homes.**

Alzheimer's Association, 2000.

Published by the Alzheimer's Association, Massachusetts Chapter, this manual was written to assist those interested in developing an Alzheimer's special care unit within a long term care setting and to set forth guidelines for care for established Alzheimer's special care units. Emphasis is on therapeutic care rather than custodial care.

**Hard Choices for Loving People: CPR, Artificial Feeding, Comfort Care, and the Patient with a Life-Threatening Illness.** Dunn, Hank. A and A Publishers, 2002, 4<sup>th</sup> ed.

The author confronts difficult end-of-life issues from his experience as a minister and hospice chaplain and with input from many members of the medical profession.

**Hard to Forget: An Alzheimer's Story.** Pierce, Charles P. Random House, 2000.

The author tells about the effect of his father's Alzheimer's disease on his family. Interviews with Alzheimer's researchers are included.

**The Harvard Medical School Guide to Achieving Optimal Memory.** Nelson, Aaron P., Ph.D. Harvard College, 2005.

The author discusses reasons for memory loss and suggests ways to enhance everyday memory.

**Heavy Snow: My Father's Disappearance into Alzheimer's.** Haugse, John E. Health Communications, 1999.

Illustrated with cartoons by the author, this is the story of Haugse's caregiving for his father who is slipping away due to Alzheimer's disease.

**Home Safety for People with Alzheimer's Disease.** National Institutes of Health, 2002.

A collection of safety tips for use by caregivers to those with Alzheimer's disease.

**How to Care for Your Parents: A Practical Guide to Eldercare.** Levin, Nora Jean. Norton, 1997.

Although not specifically about Alzheimer's disease, this title would be of use to any caregiver. This title is particularly useful as a resource for finding help in the community and on the Internet.

**I Can't Remember: Family Stories of Alzheimer's Disease.** Smoller, Esther Strauss. Temple University Press, 1997.

Stories of families dealing with Alzheimer's disease are illustrated with black and white photos. The reader meets Arlene who is a caregiver for her eighty-six year old mother, Jim who has early-onset Alzheimer's, Jim's wife Shirley and best friends Louise and Lina who are roommates in a nursing home. The emphasis is on the importance of family in the treatment program for Alzheimer's patients.

**I Was Thinking: Unlocking the Door to Successful Conversations with Loved Ones with Cognitive Loss.** Waugh, Diana, RN, BSN. Self-published, 2008.

The author, whose mother suffered from cognitive loss and who has worked for many years in care facilities, gives suggestions for conversing with those with memory loss. Recommended for caregivers.

**If You Don't Laugh, You'll Cry.** Millard, Mary Ann. Western Graphics of San Bernardino, California, 1994.

The author recounts her mother's battle with Alzheimer's disease and her years as caregiver.

**"I'll Never Forget Our Home:" A Healing Guide for Older People Who Choose to Move Forward to a New Life.** Best, Robert J. and Brunner, Jacqueline A. Montgomery Media, 1999.

Written for the older person who must leave their long-time home for other living arrangements. Activities in this book are designed to help create a bridge between the old home and the new.

**In Search of the Alzheimer's Wanderer: A Workbook to Protect Your Loved One.** Warner, Mark L. Purdue University, 2006.

This title is meant to be a workbook for use by the caregiving team, the family and recently diagnosed or early-stage Alzheimer's disease. It is meant to be used in the event of an elopement or wandering episode. Information about steps to take when a loved-one wanders is included. Safe Return and Safely Home program(Canada) as well as community Alzheimer's alert programs are described. Sample forms and letters are also included for copying. Recommended for all caregivers.

**In the Care of Strangers.** Pischke, Linda and Langmade, Dr. Calvin. Professional Printing and Publishing, 1998.

An exploration of the long-term-care facility community from the inside. This title includes interviews with paid caregivers, family members and residents This title does not deal specifically with dementia.

**Interventions for Alzheimer's Disease: A Caregiver's Complete Reference.** Tappen, Ruth M., Ed.D., R.N., FAAN. Health Professions Press, 1997.

This book is written for professionals who find themselves responsible for the planning, administration or provision of services to older people with Alzheimer's disease and other related dementing diseases. Included are intervention options which can be incorporated into a successful care program.

**Into the Mist: When Someone You Love Has Alzheimer's Disease.** Uetz, Deborah with Lindsay, Dr. Anne. Xlibris, 2005.

The authors relate the experiences of three women and their journeys caring for parents with Alzheimer's disease. The daughters recount caregiving from early stage through late stage Alzheimer's. One of the women tells the story of dealing with early onset Alzheimer's. This book is written primarily for the caregiver or family of a person with dementia.

**Into the Shadows: A Journey of Faith and Love into Alzheimer's.** DeHaan, Robert F. Faith Walk Pub., 2003.

The author, a psychologist by profession, tells the story of his brilliant and gifted wife's struggle with Alzheimer's disease. Roberta was diagnosed at the age of 73, shortly before their 50<sup>th</sup> wedding anniversary. Relying on his professional skills and his faith, the author was a successful caregiver for many years. DeHaan tells a story that is not depressing, but rather shows the strength that can come from facing such a struggle.

**It Takes More Than Love: A Practical Guide to Taking Care of an Aging Adult.** Beckman, Anita G. and Tappen, Ruth M. Health Professions Press, 2000.

A basic guide to taking care of an elderly loved-one in the home. This title is not specifically directed to Alzheimer's care, but would be useful to a first-time caregiver.

**Jess and the Runaway Grandpa.** Woodbury, Mary. Coteau Books, 1999.

Twelve year old Jess's grandparents live right next-door. Grandpa Ernie, who is suffering from Alzheimer's disease, is fearful of having to move to a care facility. He takes his truck and trailer and attempts to run away. Jess, suspecting what his plans are, goes with him in an attempt to stop him. This is the story of their attempts at survival in the wilderness under enormous odds against them. Recommended for grades 5-6.

**Keep Your Brain Young: The Complete Guide to Physical and Emotional Health and Longevity.** McKhann, Guy, M.D., Albert, Marilyn, Ph.D. Wiley, 2002.

The authors include valuable information on enhancing mental and physical functioning while reducing the risk for serious diseases such as Alzheimer's and Parkinson's.

**Keeping in Touch with Someone Who Has Alzheimer's.** Crisp, Jane. Ausmed, 2000.

In this title, the author suggests ways to continue communication with those who have dementia. She gives practical ideas for how those people can be involved in everyday activities despite their memory problems.

**The Last Childhood: A Family Story of Alzheimer's.** Knowles, Carrie. Three Rivers Press, 1997.

The author relates her own experience of caring for a mother with Alzheimer's.

**Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease.** Coste, Joanne Koenig. Houghton-Mifflin, 2003.

The author explains the five tenets of her "habilitation" approach to caring for and communicating with Alzheimer's patients.

**Life with Big Al (Early Alzheimer's): A Caregiver's Diary.** Seegmiller, Judy. Big Al, 2000.

This is a day-by-day journal kept by the author during the time she was caregiver to her husband, Craig, who was a victim of early-onset Alzheimer's. Craig had been a professional baseball player and a marathon runner prior to the onset of the disease which he referred to as "Big Al."

**Lifesaving Songs and Poems for the Sea of Dementia, Alzheimer's and Palliative Caregiving.** Tuttle, Carolyn. Self-published, 2006.

Divided into sections by subject, this title provides poetry and music which can be used in respite care with the dementia patient.

**"Listen to Me, I Am Still Somebody": Understanding the Alzheimer's Disease Sufferer.** Kehoe, Sandra M., R.N. Universal, 2008.

This book was written not only for the caregiver, but for anyone who deals with those who have Alzheimer's disease. The author addresses the disease process and presents communication techniques and behavior management skills. Other sections, specifically for the caregiver, deal with stress management, the grieving process and the use of community resources.

**Little Mama Forgets.** Cruise, Robin. Farrar, Straus and Giroux, 2006.

Grandma lives with Lucy's family. She has begun to be forgetful, but young Lucy, recognizing this, is able to help her out when her parents are at work. The emphasis is on all the wonderful things that Little Mama remembers, rather than what she forgets. Spanish words and phrases are sprinkled throughout this brightly illustrated picture book for sharing with young children.

**Living Well in a Nursing Home: Everything You and Your Folks Need to Know.** Dickinson, Lynn, M.A. and Vosen, Xenia, Ph.D. Hunter House, 2005.

This book concentrates on the positive aspects of nursing homes and offers strategies for identifying the best facilities. Topics covered include how to recognize that a family member needs extra support, determining whether in-home care is a viable option, the different types of long-term care, working and communicating with the staff and preparing for the end of life.

**Living with Grief: Alzheimer's Disease.** Doka, Kenneth J., ed. Hospice Foundation of America, 2004.

The author advocates the expansion of hospice to provide better care for those who are chronically ill. He feels that hospice principles can make care for Alzheimer's patients and their families more humane.

**Losing Clive to Younger Onset Dementia.** Beaumont, Helen. Jessica Kingsley, 2009.

The author's husband, Clive, was diagnosed with younger-onset dementia at age 45 when his children were 3 and 4 years old. This is the story of the family's adaptation to his changing condition, his loss of employment and the legal ramifications of dealing with his disease. She also describes the *Clive Project*, a British charity that provides support services for people with younger-onset dementia.

**Losing Lou-Ann.** Erb, Clinton A. Holistic Education Press, 1996.

The author chronicles the effects of Pick's disease on his 44-year-old wife, Lou-Ann and on her family.

**Losing My Mind: An Intimate Look at Life with Alzheimer's.** DeBaggio, Thomas. Free Press, 2002.

The author began this first-person account of early-onset Alzheimer's disease on the day he was diagnosed at the age of fifty-seven.

**The Magic Tape Recorder:(A Story About Growing Up and Growing Down).** Simard, Joyce. Joyce Simard Pub. and the Czech Alzheimer's Society, 2007.

The author of this book for young children compares the brain of a young person with a magic tape recorder that remembers many things. The person with Alzheimer's has memory troubles like a tape recorder that has been turned off. The author, who writes using the name "Grandma Joyce," is recognized for developing innovative programs for people of all ages with memory loss. In this title she suggests ways in which young people can help those in their family or neighborhood with memory loss. Color illustrations accompany the text.

**Making an Exit: A Mother-Daughter Drama with Machine Tools, Alzheimer's and Laughter.** Fuchs, Elinor. Holt, 2005.

When the non-conformist mother, with whom she has never been close, experiences a decline due to Alzheimer's, the author begins her years as a caregiver. This is the story of the closeness that develops between the two during the last ten years of the mother's life.

**Making Day-to-Day Decisions Wisely: A Practical Handbook on Ethical and Legal Issues for Caregivers of Individuals with Alzheimer's Disease.** Medical College of Wisconsin, n.d.

Compiled by the Center for the Study of Bioethics at the Medical College of Wisconsin, this is a look at the legal and ethical issues Alzheimer's caregivers will face.

**Management of Challenging Behaviors in Dementia.** Mahoney, Ellen K., Volicer, Ladislav and Hurley, Ann C. Health Professions Press, 2000.

Written for professional caregivers, this title describes proven ways to reduce or eliminate challenging behaviors by addressing their underlying causes. Non-pharmacological approaches are stressed although medical and drug treatments are also covered.

**The Mature Mind: The Positive Power of the Aging Brain.** Cohen, Gene D., M.D., Ph.D. Basic Books, 2005.

The author, a psychiatrist and gerontologist, argues against the belief that our brain power inevitably declines as we age. A very positive exploration of the ways in which our brain can continue to grow in the later stages of life.

**Mayo Clinic Guide to Alzheimer's Disease.** Peterson, Ronald, M.D., Ph.D., ed. Mayo Foundation for Medical Education and Research, 2006.

This title covers much of the same ground as the title, "Mayo Clinic on Alzheimer's Disease," but with updated information on drug treatments and research. An expanded section on caregiving is also included.

**Mayo Clinic on Alzheimer's Disease.** Mayo Foundation for Medical Education and Research, 2002.

An excellent overall introduction to Alzheimer's disease for the layperson. Information on caregiving is also included.

**Los Mejores Amigos en el Cuidado de Alzheimer.** Bell, Virginia and Troxel, David. Health Professions Press, 2008.

This is the Spanish language edition of "The Best Friends Approach to Alzheimer's Care."

**Memories of Home.** Best, Robert J. and Brunner, Jacqueline A. Paulist Press, 1994.

This title could be used by caregivers to encourage reminiscence of times past. Designed as a sort of journal to write in memories of experiences in homes in the past, caregivers can photocopy pages for their own use.

**Memory Box.** Bahr, Mary. Whitman, 1992.

When Gramps realizes he has Alzheimer's disease, he starts a memory box with his grandson, to keep memories of the times they have shared. This is a picture book for children in grades 3-4. Teachers may want to have students create their own memory boxes after reading this book.

**The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimer's Disease.** Fotuhi, Majid, M.D., Ph.D. McGraw-Hill, 2003.

After discussing the brain and aging, the author suggests ways to improve mental agility and prevent memory loss through diet, exercise and mental stimulation. Also discussed is the role of medication and heredity in dementia.

**The Memory Doctor: Fun, Simple Techniques to Improve Memory and Boost Your Brain Power.** Mason, Douglas J., Psy.D., LCSW and Smith, Spencer Xavier. New Harbinger, 2005.

Beginning with an overview of the memory process and what we know about it, the authors provide tips and techniques for improving memory and keeping memory sharp. A section on prescription medications and their effect on memory is included.

**Memory Tips for Making Life Easier.** Schwarz, Shelley Peterman. Attainment Company, 2006.

The author presents tips to help people function better as they age and begin to have memory problems. She also gives suggestions for products which would aid in various aspects of daily living.

**Mind Your Brain: A Whole Brain Workout for Older Adults.** Seagull, Beatrice and Geagull, Sara. Attainment, 2005.

This title was adapted from workshop presentations given by one of the authors. Included is basic information about the brain and memory including a section on Alzheimer's disease. Suggestions for ways to keep the brain healthy are followed by exercise workouts in the form of worksheets which can be reproduced by caregivers. A CD ROM, containing a printable PDF of the entire book, is included with this title.

**Mom's OK, She Just Forgets: The Alzheimer's Journey from Denial to Acceptance.** McLay, Evelyn and Young, Ellen P. Prometheus, 2007.

Sharing their experience as caregivers to members of their own families and as support group facilitators, the authors have written this book as an aid to other Alzheimer's caregivers with an emphasis on the issue of "denial." Many caregiver issues such as self-care, understanding behavior changes, communication problems, driving and looking for further help are covered in this readable handbook for families.

**Montessori-Based Activities for Persons with Dementia vol. 1.** Camp, Cameron J., Ph.D., editor. Meyers Research Institute, 1999.

This useful manual uses Montessori-based activities as a rehabilitation approach to the treatment of dementia. The book is divided by type of activity.

**Montessori-Based Activities for Persons with Dementia vol. 2.** Camp, Cameron J., Ph.D., editor. Meyers Research Institute, 2006.

This title includes more Montessori-based activities to use with those suffering from dementia.

**Moral Challenges of Alzheimer's Disease.** Post, Stephen G. Johns Hopkins, 1995.

The author addresses ethical issues of interest to health care professionals, families and affected individuals. Some of these are restrictions on driving, advance directives, hospice care and euthanasia.

**Mosaic Moon: Caregiving Through Poetry: Easing the Burden of Alzheimer's Disease.** Kakugawa, Francis H. Watermark, 2002.

This is a collection of poetry by caregivers to those with Alzheimer's disease. A short introduction to the caregiver is followed by that person's poetry. These poems came out of a support group that worked on journaling and poetry over a period of a year. Recommended for those who would like to help caregivers express their feelings through creative writing.

**Movement with Meaning: A Multisensory Program for Individuals with Early-Stage Alzheimer's Disease.** Larsen, Barbara. Health Professions Press, 2006.

This title combines gentle dance movements, yoga-inspired poses and breathing exercises with music, poetry and sensory activities to reinforce the remaining strengths and abilities of people with dementia.

**Moving a Relative with Memory Loss: A Family Caregiver's Guide.** White, Laurie and Spencer, Beth. Whisp, 2000.

A helpful and practical guide for anyone who has to face the prospect of moving a loved-one with memory loss to a residential care, assisted living or nursing home facility.

**Mozart's Brain and the Fighter Pilot: Unleashing Your Brain's Potential.** Restak, Richard, M.D. Three Rivers Press, 2001.

Neuropsychiatrist Restak deals not only with tricks to improve memory, but also with ways to boost your brain's performance. This is a fascinating look at how the brain works and the steps you can take to improve your brainpower.

**My Father Forgets.** McAndrews, Lynn. Northern Publishing, 1990.

This is a personal narrative by a woman who dealt with her father's journey into Alzheimer's disease, written with the hope that the information presented would shed light on the effects of the disease on all members of the family.

**The Myth of Alzheimer's: What You Aren't Being Told About Today's Most Dreaded Diagnosis.** Whitehouse, Peter J., M.D., Ph.D. with George, Daniel. St Martin's Press, 2008.

Written by a well-known expert on Alzheimer's disease, this title challenges conventional wisdom about memory loss and cognitive impairment and questions current treatment for Alzheimer's. A large section of this book is dedicated to suggestions for healthy aging.

**Navigating the Alzheimer's Journey: A Compass for Caregiving.** Sifton, Carol Bowlby. Health Professions Press, 2004.

The author, a professional Alzheimer's specialist and former caregiver, has written this book as a guide for Alzheimer's caregivers. Sifton covers care during all stages of the disease.

**No Turning Back: A Journey Into the World of Alzheimer's with My Mother.** Silberman, Lyn H. Silberman Enterprises, 2004.

The author writes about the years of caring for her mother from early symptoms through hospice care and death.

**Now What?: A Handbook of Activities for Adult Day Programs.** Thews, Vikki, MPA, RMT, Reaves, Antonia Monk, Henry, Rona Smyth MBA, MPH, ed. Bowman Gray School of Medicine, 1993.

A collection of activities which could be used in dementia care programs.

**The Nursing Assistant's Survival Guide.** Pillemer, Dr. Karl, Hoffman, Richard and Schumacher, Martin. Frontline, 1999.

This book is addressed to the nursing assistant to help that staff member deal with the challenges and difficulties of their job. Recommended reading as a training tool.

**Old Talk, New Conversations: A Planning Guide for Seniors and Their Families.** Brostof, Phyllis Mensh, Furno, Matt, Herbers, John A., Hogan, Paula H., Koppel, Steven J. Elton-Wolf, 2000.

Written by a group of professionals, advice is given to seniors and those who love them concerning decisions about financial, legal and medical issues.

**Old Timers: The One That Got Away!** Schwartz, Noa and Vipond, Erica. Tumbleweed, 1998.

A young boy reminisces about the days when his grandfather, who has Alzheimer's disease, was able to enjoy swimming, boating and fishing with his family. This is a simple story in rhyme that could be used with younger children to show that the person with Alzheimer's is still loved despite the outward changes caused by the disease.

**One Family's Journey through Alzheimer's.** Walsh, Mary B. Tyndale House, 2000.

Having made a promise to take care of her husband's grandmother rather than send her to a nursing home, the author tells of the impact of Alzheimer's caregiving on her whole family. Written from a Christian viewpoint, this title is filled with scriptural references.

**100 Questions and Answers About Alzheimer's Disease.** Wisniewski, Thomas M., MD, Sadowski, Marcin, MD, Ph.D. Jones and Bartlett, 2004.

The authors, both neurologists, answer frequently-asked questions about Alzheimer's disease, its treatment and caregiving.

**Parkinson's Disease: Questions and Answers.** Hauser, Robert and Zesiewicz, Theresa. Merit, 1997, 2<sup>nd</sup> ed.

A clear and thorough discussion of the management and treatment of Parkinson's disease.

**The Past in the Present: Using Reminiscence in Health and Social Care.** Gibson, Faith. Health Professions Press, 2004.

Written for those who are looking for ways to enhance the lives of the people they work with through recall of the past.

**Pathway to Eternity: Your Personal Step-by-Step Funeral Pre-Planning Guide.** Seaver, Richard H. Sr. Self-published, 2002.

This is a self-published, loose-leaf guide to pre-planning a funeral.

**The Person with Alzheimer's Disease: Pathways to Understanding the Experience.** Harris, Phyllis Braudy, ed. Johns Hopkins, 2002.

This book provides information on what it is like to have dementia from the viewpoint of those who are living with memory loss. Each chapter discusses a different aspect of dementia from assessment and diagnosis through placement in a nursing home.

**A Personal Guide to Living with Progressive Memory Loss.** Burgener, Sandy and Twigg, Prudence. Jessica Kingsley Pub., 2007.

The authors are gerontological nurses who have written this title primarily for those in the early stages of dementia. They include practical guidance for coping with progressive memory loss and provide examples of real people who have faced similar challenges.

**Physician's Guide to Assessing and Counseling Older Drivers.** Wang, Claire C., Kosinski, Catherine J., Schwartzberg, Joanne G. and Shanklin, Anne V. U.S. Dept. of Transportation, 2003.

This publication is the result of a joint effort of the U.S. Department of Transportation and the American Medical Association. The information is provided to assist physicians in evaluating the ability of older patients to operate a vehicle safely as part of their everyday personal activities.

**The Pleasure Was Mine.** Hays, Tommy. St. Martin's Press, 2005.

In this novel, Prate Marshbanks is losing his wife of 50 years to Alzheimer's disease. During the time his wife is in a nursing home, Prate, his son and grandson are drawn closer together in a story which shows the resilience of the family.

**Practical Dementia Care.** Rabins, Peter, Lyketsos, Constantine G., Steele, Cynthia D. Oxford, 2<sup>nd</sup> ed. 2006.

An overall treatment of Alzheimer's care written for clinicians caring for Alzheimer's patients in any setting. This is an updated edition of the 1999 title.

**Preventing Alzheimer's: Ways to Help Prevent, Delay, Detect, and Even Halt Alzheimer's Disease and Other Forms of Memory Loss.** Shankle, William Rodman, M.S., M.D., and Amen, Daniel G., M.D. Putnam, 2004.

Written by two nationally known neurologists, this title introduces the concept of "Prevention Through Delay," to battle the devastating effects of Alzheimer's disease and related dementia. They discuss early diagnosis, ways to reduce risk and present a section on treatments for the future.

**RAP Handbook for Activities: The Assessment Success Guide.** Hall, Beth A., CTRS, ACC, Nolte, Michele, CTRS, ACC, Monaco, Anne R., CTRS, RTC. Recreation Therapy Consultants, 1998.

Suggestions for completing the Resident Assessment Process are included in this volume.

**Remember, Grandma?** Langston, Laura. Viking, 2004.

Margaret's grandma has moved in because she is having trouble remembering. The young girl has fond memories of time spent with grandma in the past. After talking with her mother, the girl realizes that no matter how much the older woman changes, she still loves her granddaughter. This is a title for younger readers.

**Remember Me?: Alzheimer's Through the Eyes of a Child/ Te acuerdas de mi?** Glass, Sue. Raven Tree Press, 2003.

A bi-lingual, English/Spanish text tells the story of a young girl who finds that her grandpa no longer remembers who she is due to Alzheimer's disease. Illustrated with full-page color illustrations, this title could be used with children in grades one through four.

**Reminiscence: Uncovering a Lifetime of Memories.** Sheridan, Carmel. Elder Press, 1991.

Suitable for use in the home, hospital or day-care situation, this book gives suggestions for using reminiscence with older adults.

**Reminiscing Together: Ways to Help Us Keep Mentally Fit As We Grow Older.** Thorsheim, Howard I., Ph.D. and Roberts, Bruce B., Ph.D. Comp Care, 1990.

Written at the suggestion of an advisory group of seniors, this title suggests ways to share stories and improve long and short-term memory. Suggestions for exercises are included.

**Research and Practice in Alzheimer's Disease vol. 3.** Vellas, B., M.D., Ph.D. and Fitten, L.J., M.D., ed. Springer, 2000.

This is a compilation of scholarly papers dealing with scientific research in the field of Alzheimer's disease. Research developments from around the world are included in this volume.

**Restorative Care: Fundamentals for Certified Nursing Assistants.** Acello, Barbara. Thomson Learning, 2000.

This title provides the necessary content to advance the certified nursing assistant to the restorative nursing assistant level.

**Rethinking Alzheimer's Care.** Fazio, Sam, Seman, Dorothy, Stansell, Jane. Health Professions Press, 1999.

This resource challenges the reader to think differently about people with dementia and about ways to care for them. The authors, experts in dementia care, look at person-centered care.

**Sachiko Means Happiness.** Sakai, Kimiko. Children's, 1990.

This lovely picture story for children is set in Japan. Sachiko has seen her grandmother change from a loving, active woman to one who no longer recognizes her. One day, Sachiko follows grandmother on a walk and when the older woman becomes lost and confused, it is the young girl who helps her find her way home. Recommended for use with children in grades one through four.

**Safe Return: Law Enforcement Official Training Book.** Alzheimer's Disease and Related Disorders Association, Inc. 1998.

This training guide was developed to provide law enforcement officials with basic information on Alzheimer's disease, the Alzheimer's Association and the Safe Return program. It was designed for use by those conducting training sessions and includes handouts which can be duplicated by the trainer.

**Safe Return: Transit Operator Training Book.** Alzheimer's Association, 1998.

This training guide was developed to provide transit operators with basic information on Alzheimer's disease, the Alzheimer's Association and the Safe-Return program. It was designed for use by those conducting training sessions and includes handouts which can be duplicated by the trainer.

**Safe Return Home: An Inspirational Book for Caregivers of Alzheimer's.** Batiuk, Tom and Ayres, Chuck. Andrews McMeel, 1998.

This is a collection of cartoons by the creators of the strip, "Crankshaft." The strip included here follows the adventures of Helen and Lucy, both suffering from Alzheimer's and living in a nursing home. In this sensitive handling of a very serious issue, the authors highlight the need for a sense of humor even during difficult times.

**Seasons of Sun and Rain.** Dorner, Marjorie. Milkweed Editions, 1999.

In this novel, six women, who attended college together in the sixties, reunite at a bed and breakfast. We learn about each woman as the group focuses on the recently-diagnosed Mickey, who has early-onset Alzheimer's disease.

**Seguridad en el Hogar Para el Paciente con la Enfermedad de Alzheimer. (Home Safety for the Alzheimer's Patient)** University of California.

Tips on home safety in Spanish.

**Shades of Grace: A Novel.** Delinsky, Barbara. Harper Collins, 1995.

A novel, this is the story of three generations of women in one family and how they cope with a diagnosis of Alzheimer's disease. Grace, a newspaper advice columnist has guided two generations of women through her syndicated column. Now she is beginning to exhibit early symptoms of Alzheimer's.

**Share the Care: How to Organize a Group to Care for Someone Who Is Seriously Ill.** Capossela, Cappy and Warnock, Sheila. Simon and Schuster, 2004.

The authors present a way to care for someone who is ill so that the caregiving experience is not overwhelming to one person. They suggest turning a circle of friends into a caregiving team, making the best use of resources and talents of a large group of people.

**The Shared Experience of Illness: Stories of Patients, Families and Their Therapists.**

McDaniel, Susan H., Hepworth, Jeri and Doherty, William J. Basic Books, 1997.

Aimed at members of the healthcare system, this title is a collection of writings by individual and family therapists, describing their experiences working with those affected by a wide range of illnesses. A family therapist describes his experiences as a facilitator of a support group for persons with Alzheimer's disease in one chapter.

**She Never Said Goodbye: My Wife's Disappearance Down a Road of No**

**Return...Alzheimer's.** Ellison, George Vernon and Young, Loy. Aquarius House, 2000.

This is a personal account written by the husband of an Alzheimer's victim.

**Show Me the Way to Go Home.** Rose, Larry. Elder Books, 1996.

The author was fifty-four when he was diagnosed with Alzheimer's. He provides the reader with a lucid account of his journey through the disease in this title.

**Siempre Viva: Una Fotonovela Educativa sobre la Enfermedad de Alzheimer.** Calmcac Educational Services, 1989.

This is a photo-essay which shows a Hispanic family dealing with a diagnosis of Alzheimer's.

**Singing with Momma Lou.** Altman, Linda Jacobs. Lee and Low, 2002.

A picture book to share with children in grades one through four, this is the story of how nine-year-old Tamika finds a way to reconnect with her grandma who has begun to fade into the fog of Alzheimer's disease.

**So Soon Old.** Hintz, Beryl. Terrace Productions, 2001.

A collection of poems dealing with the positive and negative aspects of growing old.

**Sometimes Ya Gotta Laugh: Caregiving, Laughter, Stress and Alzheimer's Disease.** Stobbe, Karen. Self-published, 2002.

Written by a woman who lost her father to Alzheimer's disease, this title is a look at the need for humor in the caregiving process to relieve stress.

**Spark: The Revolutionary New Science of Exercise and the Brain.** Ratey, John J. Little, Brown, 2008.

This title explains the connection between exercise and the brain. Dr. Ratey sets out to show that exercise is the best defense against everything from mood disorders to ADHD to addiction to Alzheimer's. Included are case studies, recent research and a basic regimen to "build your brain."

**Speaking from Experience: Nursing Assistants Share Their Knowledge of Dementia Care.** Cobble Hill Health Center, 2003.

Written using a very simple and clear format and illustrated with black and white photos taken in a care facility, this title could serve as a training tool for nursing assistants. Using input from CNAs who work directly with dementia patients, this title suggests methods for caring for those people. A trainer's guide with suggestions for using this title is included.

**Staying Connected While Letting Go: The Paradox of Alzheimer's Caregiving.** Braff, Sandy, M.F.T. and Olenik, Mary Rose. M. Evans, 2003.

This title, based on experiences of Alzheimer's caregivers gives the reader tools to cope with the physical and emotional stress of caregiving. Some of the experiences shared in this title came from participants in the University of California at San Diego Alzheimer's Caregiver Study.

**Sticky Notes: Being One Step Ahead of Alzheimer's.** McCabe, Amy. Self-published, 2009.

The author, who has worked with people with dementia for 18 years has written an easy-to-read, informative manual for caregivers of those with Alzheimer's disease. She gives an idea of what to expect at various stages of the disease and tips for handling problems encountered.

**Still Alice.** Genova, Lisa. Pocket Books, 2007.

In this novel, the author portrays the life of Alice Howland, a psychology professor at Harvard and world-renowned expert in linguistics, who at fifty years of age is descending into the world of early-onset Alzheimer's. The author holds a Ph.D. in neuroscience.

**Still Holding Hands.** Stoelting, Stacie Ruth. Self-published, 2002.

This title was written by the 15 year old granddaughter of an Alzheimer's victim. The author has been a featured speaker at Alzheimer's Association conferences. Hers is a faith-based journey as a member of an Alzheimer's-affected family.

**Still Kicking: Restorative Groups for Frail Older Adults.** Brown-Watson, Abby V. Health Professions Press, 1999.

Written for the health care professional, this title is a look at the provision of restorative group programs for the frail older adult. The author discusses how to implement such a program and gives many suggestions for activities that can be presented to group members.

**Still My Grandma.** Van den Abeele, Veronique. Eerdmans Books for Young Readers, 2006.

A comforting story for children in grades K-3 in which a young girl recounts how much fun she had with grandma when she was younger and how the woman is changing, forgetting the girl's name and no longer telling as many stories about her life as a young girl. Her mother and grandma's doctor explain the reason for this and the girl realizes it is now her turn to help grandma.

**The Story of My Father.** Miller, Sue. Knopf, 2003.

A memoir of a woman who became principle caregiver for her father who was diagnosed with Alzheimer's in 1986. Miller writes of her father's slow progression through the disease and the transition from homecare to residential care. She reflects on her struggles as a caregiver, frequently finding herself deficient in what she can do for her father and feeling guilty about that.

**Strength in Caring: Giving Power Back to the Alzheimer's Caregiver.** Matloff, Mark, Ph.D. Outskirts Press, 2005.

This book was written for caregivers and provides in-depth discussions of coping with grief, combating feelings of blame, depression, anxiety and anger and how to take an active caregiving role. The author, a therapist and gerontologist specializing in work with Alzheimer's caregivers, suggests ways to turn stress into empowerment and strength.

**Strengthen Your Mind: Activities for People with Early Memory Loss. Vols. 1 and 2.** Einberger, Kristin and Sellick, Janelle. Health Professions Press, 2007.

Included in these titles are one- page worksheets which can be used with those who are experiencing early-stage memory loss. This book would be useful for family members as well as for activity staff in long-term care centers and senior centers. Answers are also provided.

**Successful Communication with Persons with Alzheimer's Disease: An In-Service Manual.** Santo Pietro, Mary Jo and Ostuni, Elizabeth. Butterworth Heinemann, 2003.

This is a comprehensive text-book which deals with all aspects of communication with persons with Alzheimer's disease. Included are quizzes, full-page charts which could be used as overheads as well as sample scripts.

**The Sunsets of Miss Olivia Wiggins.** Laminack, Lester L. Peachtree, 1998.

Troy and his grandma often visit his great-grandmother, Miss Olivia, in a nursing home. This picture book depicts one of those visits, showing how things they bring and their conversation bring back happy memories for the older woman despite her inability to communicate verbally. Recommended for use with children in grades one through four.

**The Sunshine on My Face: A Read-Aloud Book for Memory-Challenged Adults.** Burdick, Lydia. Health Professions Press, 2005.

Although this title appears to be a children's book, it is actually to be used one-on-one with memory-challenged older adults. An extremely simple, large-print text accompanies full-page color illustrations of everyday activities. A list of conversation prompts are included at the back of the book.

**A Survival Guide for Family Caregivers: Strength, Support and Sources of Help for All Those Caring for the Aging or Impaired Family Members.** Horne, Jo. Comp Care Pub., 1991.

The author and her husband have been administrators of an adult day-care center. This is a practical guide written specifically for family caregivers.

**Table for Two: Dining with Dementia.** Alsup, Kimberlee. Self-published, 2009.

Written for the caregiver to help the memory-impaired get the most out of their dining experience. The author, a trained professional chef, talks about how to deal with eating problems such as disinterest in food, pacing, pocketing food, swallowing difficulties and other actions that interfere with the dining experience and proper nutrition.

**Tales from My Teachers on the Alzheimer's Unit.** Silvermarie, Sue. Families International, 1996.

This is a collection of poetry by the author who is a certified poetry therapist working with seniors in nursing homes and adult day-care centers. The subjects of the poems are those she had met on the Alzheimer's unit. Poems are accompanied by sepia photographs of those people.

**Talking to Alzheimer's: Simple Ways to Connect When You Visit with a Family Member or Friend.** Strauss, Claudia J. New Harbinger, 2001.

The author presents a person-centered and validating approach to communication with the person with Alzheimer's. She gives practical suggestions and examples of what to do and what not to do.

**Tangled Minds: Understanding Alzheimer's Disease and Other Dementias.** Gillick, Muriel R., M.D. Dutton, 1998.

Using a fictional character, who is the composite of many people the author has worked with, Gillick tells a personal story of life with Alzheimer's disease and also offers a look at the science, history and politics affecting the disease. Recommended for anyone interested in the overall picture of Alzheimer's disease.

**The 10 Best Questions for Living with Alzheimer's: The Script You Need to Take Control of Your Health.** Bonner, Dede, Ph.D. Simon and Schuster, 2008.

This title is recommended as one to take with you to the doctor's office when a loved one has been diagnosed with Alzheimer's disease and one to consult as the disease progresses. Included are questions and answers to help the patient and loved one become their own health advocate. Recommended sources such as books and web sites are plentiful throughout this very accessible title.

**Therapeutic Caregiving: A Practical Guide for Caregivers of Persons with Alzheimer's and Other Dementia Causing Diseases.** Bridges, Barbara J., R.N. BJB Publishing, 1998.

This title, written for all caregivers of those with dementia, presents therapeutic techniques for keeping those people more functional, both mentally and physically.

**There's Still a Person in There: The Complete Guide to Treating and Coping with Alzheimer's.** Castlemen, Michael, Gallagher-Thompson, Ph.D. and Naythons, Matthew, M.D. Berkley Publishing, 1999.

This title includes information about medical advances, coping strategies for caregivers and personal accounts from families dealing with Alzheimer's.

**The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses and Memory Loss in Later Life.** Mace, Nancy L., M.A. and Rabins, Peter V., M.P.H. Johns Hopkins Press, 1999 3<sup>rd</sup> ed.

This title has remained the "bible" for family caregiving to persons with Alzheimer's disease. Excellent guidance and clear, up-dated information are included.

**This Room Is Yours.** Stein, Michael. Permanent Press, 2004.

Written as a fiction title, this is the story of a young man who must place his mother in an assisted living facility and finally in an Alzheimer's care unit. Family relationships and the effects of his mother's dementia on those relationships are explored.

**Through the Wilderness of Alzheimer's: A Guide in Two Voices.** Simpson, Robert and Anne. Augsburg Fortress, 1999.

Written by a husband and wife team, this is the story of their journey through Alzheimer's together. They tell of the onset, diagnosis and treatment of Robert's condition through journal entries, conversations, letters and prayers.

**Time Zones: Slipping Away....** Terry, Wayne Glenn. Father's Press, 2008.

The author, an Alzheimer's patient, has provided a faith-based view of living with dementia. Scriptural passages are abundant in this title, illustrating Terry's dependence on faith and family to see him through difficult times.

**25 Months: A Memoir.** Stewart, Linda. Other Press, 2004.

The author has written a personal account of the time she spent as caretaker for her husband, Jack, formerly an editor for the New York Times. Her narrative beautifully conveys the joys and frustrations of caring for an Alzheimer's patient.

**Understanding Alzheimer's Disease.** ADEAR, 2006.

This is an easy-to-read, basic introduction to Alzheimer's disease in booklet format with many full-color illustrations. Recommended for those whose reading ability may be limited.

**Understanding and Managing Dementia.** Breiting, Joan C. Garev Publishing International, 2004.

The author who has degrees in nursing and social work, describes the types of dementia with a full chapter on Alzheimer's disease. She describes the conditions which are a result of dementia and suggests methods of handling these. This title was written for friends and family of the dementia patient or any person wanting a better understanding of this condition.

**Understanding Difficult Behaviors.** Robinson, Anne, Spencer, Beth, White, Laurie. Eastern Michigan University, 1989.

Written for caregivers of persons with dementia to help them understand why challenging behaviors may occur and how to cope with those behaviors.

**Understanding Memory Loss.** ADEAR, 2006.

This is an easy-to-read, basic introduction to memory loss in booklet format with full-color illustrations. Recommended for those whose reading ability may be limited.

**Unforgettable Journey: Tips to Survive Your Parent's Alzheimer's Disease.** Hill, Anne P. iUniverse, Inc., 2007.

This title was written for adult children of parents struggling with Alzheimer's disease. The author provides useful tips for those caregivers derived from her own experiences as caregiver to her mother.

**The Validation Breakthrough: Simple Techniques for Communicating with People with “Alzheimer’s-Type Dementia.”** Feil, Naomi. Revised by deKlerk-Rubin, Vicki. Health Professions Press, 2<sup>nd</sup> edition, 2002.

Naomi Feil presents validation techniques to be used in communicating with people with Alzheimer’s.

**Validation Techniques for Dementia Care: The Family Guide to Improving Communication.** de Klerk-Rubin, Vicki. Health Professions Press, 2006.

The author provides techniques for communicating with the disoriented older adult. She uses case studies based on her own experience to demonstrate the use of these techniques.

**A View from Within: Living with Early Onset Alzheimer’s.** Raushi, Thaddeus M., Ph.D. Northeastern New York Chapter, Alzheimer’s Disease and Related Disorders Association, Inc., 2001.

This is a personal account of life with early onset Alzheimer’s disease, written by a former college counselor, holding a doctorate in social work, who was diagnosed at age fifty-seven.

**Vital Connections in Long-Term Care: Spiritual Resources for Staff and Residents.**

Barton, Julie, Grudzen, Marita and Zielske, Ron. Health Professions Press, 2003.

This title presents the case for supporting the spiritual needs of care facility residents. The authors present suggestions for ways in which this can be done.

**Vivir con...la Enfermedad de Alzheimer.** Selmes, Jacques and Micheline, 1990.

This is a guide for caretakers of persons with Alzheimer’s disease in Spanish.

**A Walk in the Garden: An Illustrated Journey with Verse.** Reinhold, Kathy. Harvard Ranch, 1998.

Large print text is accompanied by full-page, color illustrations in this collection of verses by well-known authors, meant for one-on-one sharing.

**Walking One Another Home: Moments of Grace and Possibility in the Midst of Alzheimer’s.** Bresnahan, Rita. Liguori/Triumph, 2003.

This title is based on a journal kept by the author while she was caring for her mother who had Alzheimer’s disease. This title is somewhat unusual because the author, an educator and psychotherapist by profession, who has also earned a Certificate of Study in Aging, entered the world of caregiving with more knowledge than most.

**What If It’s Not Alzheimer’s? A Caregiver’s Guide to Dementia.** Radin, Lisa and Radin, Gary, ed. Prometheus, 2003.

This title, edited by a mother/son team, was written from their experiences as caregivers to their husband and father who died at the age of fifty-eight after suffering from a neuro-degenerative dementia. This book is a collection of essays by medical professionals and caregivers and provides information on frontotemporal dementia (FTD), one of the largest groups of non-Alzheimer’s dementias.

**What the Heck Do We Do Now?: Families Facing Alzheimer's.** Bloomer, John G. Carefree Senior Living in California, 2006.

The author follows three individuals who have been diagnosed with Alzheimer's disease. Some are being cared for in their homes and others in a facility dedicated to Alzheimer's care.

**What to Do When the Doctor Says It's Early-Stage Alzheimer's.** Feinberg, Todd E., M.D. and Yu, Winnie. Fair Winds Press, 2005.

The authors present information on treatments which may alleviate some of the symptoms of AD, advice on making legal and financial decisions and a section on caring for the caregiver. Also included are real-life stories of people who have been diagnosed with early-stage AD.

**What Your Doctor May Not Tell You About Alzheimer's Disease: The Complete Guide to Preventing, Treating and Coping with Memory Loss.** Devi, Gayatri, M.D. and Mitchell, Deborah. Warner Books, 2004.

Dr. Devi, an expert in the field of memory disorders, discusses the symptoms, diagnosis, prevention and management of Alzheimer's disease. A large part of this book is dedicated to ways to prevent memory loss.

**What's Happening to Grandpa?** Shriver, Maria. Little Brown, 2004.

In this book for young children in grades one through four, young Kate realizes that something is wrong with grandpa. When he receives the diagnosis of Alzheimer's disease, she realizes he is still the same person she has always loved and should be treated with continued respect. She begins a memory book of old photos so she can help him reminisce.

**What's Wrong with Grandma?: A Family's Experience with Alzheimer's.** Shawver, Margaret. Prometheus, 2003.

In this title for children in grades 3-6, Ellen and her brother observe their once independent grandmother display forgetfulness and changes in temperament which both annoy and frighten them. The author does an excellent job describing behavior changes in a person with Alzheimer's disease. An examination by a doctor helps the family understand what is happening to a beloved family member.

**When a Family Member Has Dementia: Steps to Becoming a Resilient Caregiver.** McCurry, Susan M. Praeger, 2006.

The author offers practical strategies for dealing with the most stressful problems that families encounter while caring for the family member with dementia.

**When Alzheimer's Touches a Family: A Layperson's Guide to Caring for and Understanding the Person with Alzheimer's or Dementia.** Jarrard, Rebecca, RN. Author House, 2006.

Practical advice for family members dealing with caregiving for the Alzheimer's patient. This title includes information on choosing a place to care for a loved one when home care is no longer possible.

**When Meme Came to Live at My House.** Langdon, Mary Janine. Self-published, 1998.

A young girl tells the story of her grandma, who comes to live with her family after she is diagnosed with Alzheimer's disease. She relates the fun they have as well as grandma's strange behavior. Written for a juvenile audience in grades one through four.

**When Someone You Love Needs Nursing Home Care: The Complete Guide.** Bernstein, Robert F., Ph.D. and Languirand, Mary A., Ph.D. Newmarket Press, 2001.

This title provides information on making decisions about nursing home care and what to expect when a loved one is receiving nursing home care.

**When Your Loved One Has Dementia: A Simple Guide for Caregivers.** Glenner, Joy A., Stehman, Jean M., Davagnino, Judith, Galante, Margaret J., Green, Martha L. Johns Hopkins, 2005.

This book, developed from a training program for professional and family caregivers, teaches the basics of dementia care while emphasizing communication during the caring experience. Recommended reading for family caregivers.

**“Where’s My Shoes?”: My Father’s Walk Through Alzheimer’s.** Avadian, Brenda, M.A. North Star Books, 1999.

The author describes her decision to move her father cross-country so that she can care for him in her home and her experiences as a caregiver.

**Whipped Cream on Rain: A Poetic Journal of a Caregiver.** Gillman, Karen, Ph.D. Wynham Hall Press, 2001.

This collection of poems was written as a tribute to the author's husband Richard, a poet and essayist, who had Alzheimer's disease.

**Wilfred Gordon McDonald Partridge.** Fox, Mem. Kane/Miller, 1995.

This picture book tells the story of young Wilfred and his elderly friend, Miss Nancy, who has lost her memory. After trying to discover what memory is, Wilfred creates a box of items that trigger Miss Nancy's recollections. Recommended for ages 4-8.

**A Window of Time.** Leighton, Audrey O. NADJA Publishing, 1995.

Young Shawn describes his grandpa who sometimes lives in the past, sometimes in the present. While never specifically mentioning Alzheimer's disease in the text, the reader is given a picture of the behaviors of that form of dementia. Illustrated with lovely full-page and double spread illustrations, this title is meant to be used with children in grades one through four.

**Wordsworth Dances the Waltz.** Kakugawa, Frances H. Watermark, 2007.

Wordsworth, the poetic mouse, is at first confused by the changes in his grandmother. She stays in her room much of the time and seems to be forgetting more and more. Wordsworth explores his feelings through poetry and attempts to make grandma a part of the here-and-now. Recommended for children in grades 3 to 4. Illustrated in full color, this title is set in Hawaii.

**You Forgot, But I Still Love You, Reynold: The Alzheimer Tragedy.** Conger, Betty. Self-published, 1999.

A wife describes her husband's battle with early onset Alzheimer's disease.

**Young Hope.** Mobley, Tracy. Emerald Falcon, n.d.

The author tells the story of her diagnosis with early-onset Alzheimer's disease at the age of 38. Married, with a young son, this is her story of the on-going battle against this disease and of the effect of the disease on her family.

**A Young Man's Dance.** Knowlton, Laurie Lazzaro. Boyds Mills Press, 2006.

This is a lovely picture book for children in grades one through three which shows the relationship between a young boy and his grandmother who is in a nursing home. The boy hates going with his mother to visit weekly. Grandma doesn't know who he is, so what's the use? Mother reminds him of all the times grandma had helped him do things in the past and he eventually realizes it is his turn to reach out and help grandma. Beautifully illustrated in soft pastel tones.

**"Your Mother Has Alzheimer's:" Three Daughters Answer Their Father's Call.** Byers, Margaret, Guyer, Ann, Willich, Nancy. Cord Publications, 2005.

Written by three sisters, this is a personal account of the sibling's support for a mother diagnosed with Alzheimer's disease and their father who is her caregiver. This is a faith-based title, interspersed with many scriptural passages and prayers.

**Your Name is Hughes Hannibal Shanks: A Caregiver's Guide to Alzheimer's.** Shanks, Lola. Knox. University of Nebraska Press, 1996.

This title is the author's personal account of caring for her husband Hughes, after he was diagnosed with Alzheimer's disease. She shares coping strategies that she developed during that time.