

Recommended List of Books & Magazines

Subject Category	Book Title	Description
Activities	Best friend's book of Alzheimer's activities Vol. 1 / D. Troxel & V. Bell, 2004	<i>Best Friend's Book of Alzheimer's Activities</i> describes 147 activities suitable for all care setting including home care for early and late stages. It contains formal and informal activities and suggested music and songs; activities that are adaptable; activities for unprogrammed times such as evenings, and those focusing on men and intergenerational groups.
Activities	Best friend's book of Alzheimer's activities Vol. 2 / D. Troxel & V. Bell, 2007	Volume 2 of <i>Best Friend's Book of Alzheimer's Activities</i> contains 149 new activities and themes for adults with dementia covering all stages in all care settings. Includes topics not easily found elsewhere like avoiding surprises and conversation tips. Creative art projects, interactive games, and evening activities are included and those for persons in their 50s and 60s like using the internet and community service.
Activities	End-of-life Namaste Care Program for people with dementia / J. Simard, 2007	<i>The Namaste Care Program</i> provides guidance on implementing peaceful activities and sensory experiences for persons with advanced dementia stressing their individuality and dignity. Notable are the recommendations for creating special rooms in nursing facilities for those dying with little additional cost and bereavement activities for staff.

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Activities	Let's look together : an interactive picture book for people with Alzheimer's and other forms of memory loss / by R. Cebul Ziegler, 2009	<i>Let's Look Together</i> offers 29 full-color photographs depicting easily recognizable emotions and everyday images with suggestions on how to use. Activities include reminiscence triggered by the images, the telling of stories about the images, what might precede or follow certain actions, and more. Includes conversation starters. Promotes family interaction.
Activities	Montessori-based activities for persons with dementia / C. Camp (editor), 2001	The goal of this activity resource in two volumes is to improve basic activities of daily living skills and to provide ideas for recreational pastime. Using principles of Montessori education, the books include activities for basic tasks like eating, dressing, interacting and socializing as well as sensory stimulation and exercise.
Activities	Movement with meaning : a multisensory program for Individuals with early-stage Alzheimer's disease / B. Larsen, 2006	A movement program for facilities that emphasizes the five senses and is designed for early stage Alzheimer's. Gentle dance and yoga-simulated movement, breathing exercises, poetry, and other sensory activities are tools helping relax, improving balance, decreasing disorientation and increasing socialization. Activities are adaptable to many settings and individuals and include details and step-by-step instructions for strengthening the movement skills of those in early stage.

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Activities	Read-aloud books for memory-challenged adults / L. Burdick.	This series of read-aloud lap books for persons with Alzheimer's and their caregivers includes <i>Sunshine on My Face</i> ; <i>Wishing on a Star</i> ; and <i>Happy New Year to You</i> and are meant to stimulate conversation and create pleasant associations. The titles are available at http://www.healthpropress.com/store/index.htm
Activities	Shadowbox Press books - interactive books for memory-impaired adults / M. Schneider & D. Drapac, 2011	This collection of eight interactive books are designed to provide an easy and effective way to improve the quality of communication between caregivers and memory-impaired adults. Titles include: America - Bible Verses - Colors - Dogs and Puppies - Flowers - Fun and Games - Seasons - and Wild Animals. For more information visit www.shadowboxpress.com .
Activities	Therapeutic thematic arts programming for older adults / L. Levine-Madori, 2007	The nine-step process of Therapeutic Thematic Arts Programming (TTAP™) addresses cognitive, emotional, physical, and social aspects of care. The program makes use of a range of artistic experiences, including music, dance, poetry, sculpture, and photography and is aimed at stimulating all areas of brain functioning. Especially geared toward recreation activity professionals.
Activities	Through the seasons : an activity book for memory-challenged adults and caregivers / C.R. Green & J. Beloff, 2008	Produced in large-format and color, the theme of <i>Through the Seasons</i> incorporates the five senses to encourage conversation and multi-sensory stimulation. The Let's Talk About... and Let's Try... questions and discussions are starting points to help create positive associations and enhance memory.

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Alzheimer's Disease	Alzheimer's Disease guidelines pocketcard / California Workgroup on Guidelines for Alzheimer's Disease Management, 2010	Based on the <i>Guidelines for Alzheimer's Disease Management</i> listed under the Free category, this pocketcard includes assessment recommendations and instruments, algorithms for diagnosis and treatment, non-pharmacologic management recommendations, detailed drug tables with dosing, supportive organizations and more.
Alzheimer's Disease	American psychiatric publishing textbook of Alzheimer's and other dementias / M.F. Weiner & A.M. Lipton, 2009	For more technical and in-depth treatment of Alzheimer's disease, the textbook provides clinical characteristics of Alzheimer's, diagnostic evaluations, and treatments along with basic research of its causes in six parts with appendices. For more information on this comprehensive text, visit: http://psychservices.psychiatryonline.org/cgi/reprint/61/2/206-a
Alzheimer's Disease	Mayo Clinic on Alzheimer's disease / R. Peterson, 2006	Mayo Clinic has produced a concise guide on Alzheimer's, covering the basics of brain function; the causes, signs and symptoms of late-onset memory loss; how it is diagnosed along with the effects on the person, families, and caregivers. A quick guide for caregivers provides an overview of such topics as medical complications, home safety, managing medications, problem behaviors, and includes a glossary, resource list, and a narrative of one caregiver's experience.

Subject Category	Book Title	Description
Bio-Autobiography	Caregiver : a life with Alzheimer's / A. Alterra 2008	Events that lead to his wife's diagnosis and changes in his responsibilities are the subjects of this winner of the 2009 American Journal of Nursing Book Award. Backed with medical research, the author reflects on his wife's memory loss, deteriorating motor functions and personality changes as well as shares anecdotes on their support-group and daycare experiences, drug trials and his family's advocacy efforts.
Bio-Autobiography	Finding life in the land of Alzheimer's : one daughter's hopeful story / L. Kessler, 2008	A journalist takes a leave from her regular assignments to work in a nursing home as a resident assistant in order to gain first-hand knowledge of care. At the same time she works through feelings of guilt over her own mother's death from Alzheimer's eight year before. High turnover and the challenges of providing care are a revelation. Her work guides her through attachments and losses both as she gains an appreciation for the individuality of each resident.
Bio-Autobiography	Jan's Story / B. Peterson, 2011	CBS News reporter Barry Petersen writes about his wife, Jan Chorlton, also a television reporter, and her diagnosis with young onset Alzheimer's Disease at age 55. What it means for their life together unfolds for two who have reported important world events, none of which prepare them for this very personal one.
Bio-Autobiography	Losing my mind : an intimate look at life with Alzheimer's / T. DeBaggio. 2003	"I have a clear sense of history, I just don't know whether it is mine," writes Thomas DeBaggio. A former writer, the author documents the impact his diminishments and the realizations about Alzheimer's have on himself at age 57 and his family.

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Bio-Autobiography	Measure of the heart : a father's Alzheimer's, a daughter's return / Mary Ellen Geist; 2008	After helping her parents handle early stage from long distance, the author leaves her job to return home and help care for her father. Feeling as if she constantly fails, she also learns new skills by trial-and-error and from her mother who handles caregiving competently. Ultimately she finds her way developing her own techniques which then become the lessons learned to be shared with the reader.
Bio-Autobiography	Mother in the middle : A biologist's story of caring for parent and child / S. Lockhart, 2009	A neurologist faces the challenges of raising two daughters while caring for her mother whose Alzheimer's is rapidly changing. Called into question constantly are her roles of "physician" versus "daughter" with profound results and poignant lessons.
Bio-Autobiography	Speaking our minds : personal reflections from individuals with Alzheimer's / Lisa Snyder. 2009	This book provides a window into the lives of seven people who have Alzheimer's disease. Through insightful interviews and sensitive commentary, the author covers such areas as coping strategies, changes as the disease progresses, barriers to living life fully, communicating with the person, and issues of young-onset. Written for the person with the disease and anyone who interacts with them.
Bio-Autobiography	Thousand mile stare : one family's journey through the struggle and science of Alzheimer's / G. Reiswig, 2010	The author gives an historical account of the discovery of familial Alzheimer's within a family, beginning with a persistent aunt who lead the author and his siblings to clinical trial participation related to the young onset Alzheimer's gene. At the same time they wrestle with issues of whether to test for the gene and whether to have children. At the time of this writing, his nieces approach the age when the disease may express itself.

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Bio-Autobiography	Ten thousand joys and ten thousand sorrows : A couple's journey through Alzheimer's (formerly Majesty of your loving : A couple's journey through Alzheimer's / O. Hoblitzelle, 2008	Aphasia and ultimately the complete loss of speech due to Alzheimer's, along with a Buddhist approach to coping are the key focuses of this book for an English professor and his wife. The author remains candid about their increasing sense of disconnection and burdens of caregiving and with that provides useful suggestions for families with the disease.
Brain Health	Strengthen your mind : activities for people with early memory loss by K. Einberger & J. Sellick, 2008	<i>Strengthen Your Mind</i> contains dozens of activities and worksheets for persons with early memory loss across a broad range of interests to stimulate the mind, memories, and the senses.
Caregiver	36 Hour Day (4th edition or latest available) / N. Mace & P. Rabins, 2006	A comprehensive yet manageable guide on the care of those in all stages of Alzheimer's. The writing is straightforward and combines practical advice with specific examples. It covers all aspects of care including the characteristic problems of dementia, independent living, daily care, behavior and mood, and health issues. It also focuses on the legal, financial, and emotional aspects of caring. Considered by many experts to be a "must" for the Alzheimer family.

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Caregiver	Alzheimer's advisor (legal issues) / J. Vaughan, 2008	Regarded as one of best consumer health books of 2008 by Library Journal. <i>Alzheimer's Advisor</i> is reviewed as empathetic and straightforward in its approach to legal and ethical issues associated with Alzheimer's disease. Using real-life situations, the author covers estate planning, emotional issues of caring, coping with the cost of care, living wills, power of attorney and guardianship, treatment and diagnosis, finding the right lawyer, paying for the cost of legal help, and legal issues for the Alzheimer's patient who moves. See table of contents at http://catdir.loc.gov/catdir/toc/fy0903/2008020258.html
Caregiver	Alzheimer's early stages : first steps for family, friends, and caregivers / D. Kuhn, 2003	A practical family guide for comparing normal brain aging with Alzheimer's, developing a philosophy of care, providing information on the nature of the disease and ways to manage it, and offering advice on how to relieve caregiver stress. Information is evidence-based and draws from the author's clinical experience. It also includes first-person caregiver accounts.
Caregiver	Ambiguous loss : learning to live with unresolved grief / P. Boss, 2000	The author, who is a family therapist, provides insight into the complexities of grief in families who have experienced ambiguous loss in a variety of situations including Alzheimer's where the person may be physically present but psychologically lost.

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Caregiver	Caregiver's path to compassionate decision making : making choices for those who can't / V. Kind, 2010	A clinical bioethicist and educator offers techniques for determining whether a loved one can make decisions, and if not, who then should make them and how. Four tools provide a step-by-step process for thinking through difficult situations. Questions to ask in nearly every medical and quality-of-life situation and tips for improving communication among family members and caregivers are provided.
Caregiver	Coach Broyles' playbook for Alzheimer's Caregivers / F. Broyles, 2009	Frank Broyles, former University of Arkansas athletic director, authored this book based on his experience caring for his wife. Spiral-bound for caregivers and written in the format of a football playbook, it is easy to read and understand. It offers a substantial collection of practical information and comes with a "Pocket Reference of Tips and Strategies" that a caregiver might need quickly.
Caregiver	Complete guide to Alzheimer's-proofing your home / M. Warner, 2000	Outfitting the interiors and exteriors of homes and discussions on how to cope with the potential problems related to safety, navigability and comfort for the person with Alzheimer's is the focus of this practical book.
Caregiver	Cuando el dia tiene 36 horas (Spanish Edition) / N. Mace & P. Rabins, 1997	<i>Cuando el dia tiene 36 horas</i> is the Spanish edition of <i>The 36-Hour Day</i> . Translated in 1997, it offers the same information and guidance for those in all stages and covers all aspects of Alzheimer care.

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Caregiver	Dignified life. The best friends approach to Alzheimer's care : a guide for family caregivers / V. Bell & D. Troxel, 2000	The philosophy described in <i>Dignified Life</i> works from the premise that dementia care is based on treating the person like a best friend and drawing from their strengths rather than their weaknesses. Stories demonstrate the natural desires we have to build friendships and therefore communicate effectively and connect with the persons being cared for.
Caregiver	Help for Alzheimer's caregivers, family and friends / J. Robinson, 2006	Contains a robust collection of care content in all aspects of the disease. Among other practical topics is 35 pages devoted to eating, dining environments, menus, health issues that affect eating, and dysphasia.
Caregiver	Inside Alzheimer's : how to hear and honor connections with a person who has dementia / N. Pearce, 2007	For families or professionals wanting to know more about making a meaningful connection with the person with Alzheimer's. The author covers six basic principles on how people connect with one another: by intention, free from judgment, love, openness to receive love, silence, and thankfulness. Internalizing the principles can help in all stages of the disease
Caregiver	Learning to speak Alzheimer's / J. Coste, 2004	Relating to the person with Alzheimer's in their world is the focus of <i>Learning to Speak Alzheimer's</i> . The author concentrates on the method she calls the Habilitation Model which works on minimizing stress, promoting positive emotions, maximizing success, and optimizing function to enhance communication. It includes practical care, techniques for ensuring the person's dignity and for promoting positive experiences between the caregiver and the person.

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Caregiver	Living your best with early stage : an essential guide / Lisa Snyder 2010	Living Your Best with Early Stage answers questions not usually addressed in an office visit including medical, emotional, practical and legal questions asked by persons who are first diagnosed. It includes advice from other people with the disease and is a practical resource that explores the person's own experiences and concerns while providing direction and resources for managing daily life. Includes strategies for coping, managing symptoms, finding meaningful activity, planning for the future, easier communication, participating in research and clinical trials, and more.
Caregiver	Los Mejores Amigos en el Cuidado de Alzheimer's / V. Bell & D. Troxel, 2008	<i>Los Mejores Amigos en el Cuidado de Alzheimer's</i> is based on the Best Friends principle created by the same authors. This Spanish version describes how the fundamental components of friendship work toward ensuring quality of care and more rewarding activities for persons with the disease and caregivers.

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Caregiver	Managing nutrition in dementia care : a supportive approach for caregivers / Alzheimer's Association Western New York Chapter, 2001	<i>Managing Nutrition in Dementia Care</i> offers practical ideas to improve eating and nutrition for people with dementia. It includes nutrition goals, dietary guidelines and food guide pyramid for older people, nutritional risk checklist, and food safety guidelines. It gives suggestions for storing food safely, getting enough fiber, measuring dietary fiber, getting enough fluids, spotting the signs of possible dehydration, avoiding drug and food interactions, determining a reasonable weight, increasing calories to prevent weight loss, using finger foods, changing food textures to reduce chewing and swallowing problems, positioning for better eating and drinking, and reducing undesirable mealtime behaviors. Available at http://www.alz.org/wny/in_my_community_shop.asp
Caregiver	Memory books and other graphic cuing systems : practical communication and memory aids for adults with dementia / M. Bourgeiis, 2007	The use of graphic cueing systems in this resource aims at helping people with memory impairments function more independently and effectively. The visual and written aids - most often a combination of words and pictures - helps prompt the answers to common questions and offers reminders of daily living. Recipient of the Mature Media Award in 2008.
Caregiver	Moving a relative with memory loss / L. White & B. Spencer, 2006	<i>Moving a Relative with Memory Loss</i> summarizes many of the issues involved in moving and offers advice on making the move easier. Topics include keeping a relative at home, locating a residential care home, talking to the relative about moving, planning the move, moving in, and common emotional reactions to moving.

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Caregiver	Navigating the Alzheimer's journey : a compass for caregiving / C. Bowlby Sifton, 2004	<i>Navigating the Alzheimer's Journey</i> aims at providing easy-to-understand information and tools to help caregivers get results with everyday challenges in positive but realistic terms. The content includes: Care for the caregiver -- Living in the moment -- Basic information on dementia -- Communicating with someone who has dementia -- Creating a supportive environment -- Maintaining a familiar lifestyle -- Success with daily life activities -- Using leisure activities for the person's "re-creation" -- Understanding, preventing, and responding to behavioral symptoms -- Care planning.
Caregiver	Sexuality and the Alzheimer's patient / E. Ballard, 1993	<i>Sexuality and the Alzheimer's Patient</i> provides information that is not typically covered elsewhere. It addresses such concerns and issues as affection and self-esteem, touch, behaviors that only appear to be sexual, explicit sexual behaviors and how to cope with them, perspectives of professionals and family caregivers, questions to ask nursing staff, and the special role of the professional in helping families.

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Caregiver	Stages of senior care : the step-by-step guide to making the best decisions / P. & L. Hogan, 2009	Written as a guide to help seniors remain in their homes for as long as possible, this resource emphasizes the importance of planning and tackles a range of difficult subjects related to aging and living arrangements. The book identifies the signs that indicate when it may be time to consider additional care and explores the options and their pros and cons. It includes questions to ask and further considerations when looking for care providers. Advice for long distance caregivers, family disagreements about kinds of care, and funeral arrangements is also provided.
Caregiver	Understanding difficult behaviors : some practical suggestions for coping with Alzheimer's disease and related illnesses / R. Spence & L. White, 2007	<i>Understanding Difficult Behaviors</i> was written for families and professionals in all settings of care. The resource's aim is to help caregivers understand that there can be many possible explanations for why challenging behaviors arise. It begins with why difficult behaviors occur and the importance of good communication. Next, the behaviors are laid out identically, each with definitions, possible psychological, medical, and environmental causes, coping strategies, and other considerations.
Caregiver	What if it's not Alzheimer's : a caregiver's guide to dementia / L. & G. Radin (editors), 2008	Frontotemporal Dementia (FTD) is one of the largest groups of non-Alzheimer diseases after Vascular Dementia. This resource considers the clinical and medical care issues, disease management, home adaptation, behavioral issues and finding a medical team to treat it. It also explores the role genetics plays, drugs for FTD and non-pharmaceutical interventions.

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Caregiver	When love gets tough : the nursing home decision / D. Manning, 2006	In this guide for making the nursing home placement decision, the author outlines a decision making process, how to understand the emotions and guilt that may accompany the move, and how to develop a healthy relationship with the loved one once made. He also discusses family meetings, legal and financial issues and working with the facility.
Children/Teen Pre-school - grade 3	Grandma's Cobwebs / A. Frantti, 1998	<i>Grandma's Cobwebs</i> is written from the viewpoint of Claire whose grandmother has come to live with her and her family. Claire's experiences with her friends lead her to endure some hard lessons but in the end understand her grandmother's Alzheimer's better. The book includes an educational supplement of questions and answers for children about Alzheimer's.
Children/Teen Pre-school - grade 4	Getting to know you Rubin Plotnick / R. Rosenbluth, 2005	This illustrated children's book tells the story of David and Grandma Rosie, who has dementia and whose unpredictable behavior threatens to embarrass him in front of a new friend. Through trial and error David discovers the importance of looking beneath the surface to really get to know someone and learns that Ruben is not just the coolest kid, he also has the warmest heart.
Children/Teen Pre-school - grade 3	Remember me? Alzheimer's through the eyes of a child / Te acuerdas de ci? (Bilingual/Spanish) / S. Glass. 2007	A young girl's grandfather can't or doesn't want to remember her anymore. This upsets the girl who wonders if she did something wrong. Understanding comes after Grandfather's Alzheimer's disease is exposed." Description from Worldcat.org

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Children/Teen Pre-school - grade 3	Singing with Momma Lou / L. Jacobs Altman & L. Johnson, 2002	Nine-year-old Tamika uses photographs, school yearbooks, movie ticket stubs, and other mementos to try to restore the memory of her grandmother, who has Alzheimer's disease." Description from Worldcat.org
Children/Teen Pre-school - grade 3	Still my grandma / V. Van den Abeele, 2007	A young girl describes her special relationship with her grandmother, both before and after Grandma contracts Alzheimer's Disease." Description from Worldcat.org
Children/Teen Pre-school - grade 3	Wilfrid Gordon McDonald Partridge / M. Fox, 1989	Wilfrid Gordon McDonald Partridge, a small girl, knows and likes old people in the home next door, but her favorite is Miss Nancy Alison Delacourt Cooper who also has four names. Hearing that she has lost her memory, she begins asking questions about memory and throughout the book discovers all the things that memory is for the residents including Miss Nancy.
Children/Teen Pre-school - grade 3	Striped shirts and flowered pants / B. Schnurbush, 2006	Libby becomes concerned when her grandmother begins to forget certain things and wears clothes that do not match. Her parents help her to understand that her Nana is in the early stages of Alzheimer's disease and what that means." Description from Worldcat.org

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Children/Teen Pre-school - grade 3	What's happening to Grandpa? / M. Shriver, 2004	Maria Shriver has written a full-color, hardcover children's book about a grandparent with Alzheimer's disease. Shriver walks a girl through acceptance and a beginning understanding of her Grandpa's condition. This well-meaning book is clearly and lovingly written.
Children/Teen Grades 4 - high school	Alzheimer's Disease (Health Alert Series) / M. Targ Brill, 2006	This book for teens discusses Alzheimer's disease, including what it is like to have the disease, the history and research, and how people cope with it." Description from Worldcat.org
Children/Teen Grade 4 - high school	Alzheimer's Disease and memory drugs / C. Borda & D.J. Triggle, 2006	Examines the history, causes, and treatments of Alzheimer's disease and the impact of the disease on families and society." Description from Worldcat.org.
Children/Teen Grade 7 - high school	Alzheimer's disease : a forgotten life / E. Landau, 2005	In this book the author offers a well-researched, clearly written resource for young people with a personal or scholarly interest in the disease. Adapted from a review by the American Library Association©.
Children/Teen Grade 4 - junior high school	Alzheimer's Disease (Just the facts) / J. McGuigan, 2005	Provides an overview of Alzheimer's disease, describes what it is, the history of the disease, what it is like to live with this form of dementia, and some of the available treatments." Description from Worldcat.org
Children/Teen Grade 4 - junior high school	Graduation of Jake Moon / B. Park, 2002	Fourteen-year-old Jake recalls how he has spent the last four years watching his grandfather descend slowly but surely into Alzheimer's disease." Description adapted from Worldcat.org

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Fiction	Before I forget / L. Pitts, 2009	A man recently diagnosed with early-onset Alzheimer's disease takes a road trip to visit his ailing, estranged father, with his troubled teen-aged son" --Provided by publisher; description from Worldcat.org.
Fiction	Gate (the) : things my mother told me / S.I.S. Law, 2007	An intimate novel of an eighty-year old woman spending the last years of her life at the Institute of the Immaculate Heart of Mary. The problems she must face are as different as they are unexpected from anything one can imagine in the 'outside' world, not the least of which is her husband's gradual deterioration under the unforgiving progression of Alzheimer's disease. As we follow the inevitable loss of her own faculties, we discover what unexpected compensations nature offers to those whom no one else can help. Surprisingly, the book is spiced with abundant humor...." Description from Worldcat.org.

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Fiction	Lost : a novel / A. Lichenstein, 2010	On a cold January morning, Susan leaves her husband alone for a few minutes and returns to find him gone. He has Alzheimer's disease, and he has wandered alone into a frigid landscape with no sense of home or direction. The massive search for her husband brings Susan together with Jeff, a search-and-rescue expert and social worker preoccupied with his young wife's betrayal. In Jeff's care is Corey, a young boy rendered mute and abandoned by his family after setting a fire in which his older brother was killed. As the temperature drops and the search-and-rescue effort builds towards a startling climax, each of the three reflects on their life choices as they struggle with haunting and persistent questions: How am I responsible? What more could I have done?" Description from Worldcat.org.
Fiction	Still Alice / L. Genova, 2009	Alice Howland, happily married with three grown children and a house on the Cape, is a celebrated Harvard professor at the height of her career when she notices a forgetfulness creeping into her life. As confusion starts to cloud her thinking and her memory begins to fail her, she receives a devastating diagnosis: early onset Alzheimer's disease." Description from Worldcat.org.
Fiction	Story of forgetting : a novel / S. Merril Block, 2009	Resigned to memories of the family he has lost, seventy-year-old recluse Abel Haggard spends his life alone on the family farm while, hundreds of miles away, fifteen-year-old Seth Waller seeks to uncover his mother's genetic history after a diagnosis of early-onset Alzheimer's." Description from Worldcat.org.

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Free	Acute hospitalization and Alzheimer's disease : a special kind of care / North Carolina Department of Health and Human Services Division of Aging, c [?]	The disease process can increase confusion, anxiety and agitation in a hospitalized individual with Alzheimer's disease. <i>Acute Hospitalization and Alzheimer's Disease</i> will provide hospital staff with facts about the disease, communication tips, personal care techniques, suggestions for working with behaviors and environmental factors to consider in the ER and in the hospital room. Free to order and download at http://www.nia.nih.gov/Alzheimers/Publications/acute.htm
Free	Alzheimer's disease : unraveling the mystery / National Institutes of Health, 2008	Unraveling the Mystery - as it is often referred to - explains what AD is, describes the main areas in which researchers are working, and highlights new approaches for helping families and friends care for people with AD. It includes the basics, what happens to the brain in Alzheimer's, cutting edge research, improving support for caregivers, and more. Free to order or download at http://www.nia.nih.gov/Alzheimers/Publications/Unraveling
Free	By us for us guides / Murray Alzheimer Education and Research Program, University of Waterloo, 2010	The <i>By Us For Us</i> ® Guides are a series of guides created by persons with dementia and intended to furnish persons with dementia with the tools to enhance their sense of well being and manage daily challenges. Free to order or download at http://www.marep.uwaterloo.ca/products/bufu.html

Subject Category	Book Title	Description
Free	Caring for a person with Alzheimer's disease : your easy-to-use-guide from the National Institute on Aging / National Institute of Health, 2010	A 146-page easy-to-read guide for caregivers containing information on the many aspects of caring for the person and oneself, such as the basics, when to seek additional help, medical issues, end-of-life care and special issues like medicines and joining a clinical trial. Free to order or download at http://www.nia.nih.gov/Alzheimers/Publications/CaringAD
Free	End of life : helping with comfort and care / National Institute on Aging, 2010	<i>Helping With Comfort and Care</i> provides an overview issues commonly facing people caring for someone nearing the end of life. Information is based on research, such as that supported by the National Institute on Aging and supplemented with expert knowledge. The 72-page booklet uses the terms comfort care, supportive care, and palliative care to describe individualized care that can provide a dying person the best quality of life until the end. Free to order or download at http://www.nia.nih.gov/HealthInformation/Publications/endoflife/

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Free	Guidelines for Alzheimer's management / California Workgroup; 2008.	The 2008 Guidelines update and expands the 2002 version. Developed by the California Workgroup on Alzheimer's Disease Management through the collaborative efforts of experts, the guidelines support a team approach to quality management of Alzheimer's disease. They stress the importance of an accurate assessment, treatment options, approaches to patient and caregiver education and support including evidence that links positive patient outcomes to caregiver education and support. Information on legal considerations and new evidence on management of the disease in very early and end stages is included. Free to download at http://www.cdph.ca.gov/programs/alzheimers/Documents/professional_GuidelineFullReport.pdf
Free	Home safety for people with Alzheimer's / National Institute on Aging, 2010	A comprehensive booklet that identifies potential problems in the home and offers possible solutions to help prevent accidents. Includes a checklist to help make each room safer and specific home safety tips to help cope with some of the more hazardous situations. Included are techniques for managing driving and planning for natural disaster safety. The booklet ends with a list of resources for family caregivers. Free to order or download at http://www.nia.nih.gov/Alzheimers/Publications/homesafety.htm

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Free	So far away : twenty questions for long-distance caregivers / National Institute on Aging, 2010	<i>So Far Away</i> is organized in a question-and-answer format. Each of the commonly asked questions has a brief answer. The ideas, suggestions, and observations are from people with knowledge or experience in long-distance caregiving. Each situation may be adapted to create an entirely different and practical solution. Free to order or download at http://www.nia.nih.gov/HealthInformation/Publications/LongDistanceCaregiving
Free	Talking with your doctor / National Institute on Aging, [c ?]	A good patient-doctor relationship is a partnership where patients, doctors and other healthcare professionals can work as a team. This 48-page booklet provides suggestions on how to prepare for a visit, what to say, what to ask, discussing sensitive matters, who else should be involved, and more. <i>Talking with Your Doctor</i> is a good resource for persons in early stage and caregivers. Free to order and download at http://www.nia.nih.gov/HealthInformation/Publications/TalkingWithYourDoctor .
Free	Your life your choices : planning for future medical decisions. How to prepare a personalized will / R. Pearlman, H. Starks, K. Cain, et al., c [?]	<i>Your Life Your Choices</i> is a 52-page workbook outlining the situations and decisions people commonly face and preferences available under different health conditions. Relevant and thoughtful questions and discussions provide guidance through such areas as one's beliefs and values, health conditions and treatments, healthcare preferences, and communicating one's wishes. Free to download at http://rihlp.org/pubs/Your_life_your_choices.pdf

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Historical	Alzheimer's disease : the changing view / R. Katzman & K. Bick, 2000	In this historical account, qualified scientists and leaders in Alzheimer research write and speak about the science of Alzheimer's and about those responsible for raising the public's aware of the disease. Increase in research funding, establishment of diagnostic criteria, early drug development, and the birth of the Alzheimer's Association are covered through generous and candid interviews.
Historical	Decoding darkness : the search for the genetic causes of Alzheimer's / R. Tanzi, 2001	<i>Decoding Darkness</i> is a written account of the research of Rudolph Tanzi starting with his work in locating disease genes and their proteins to exploring the role of amyloid as a cause of Alzheimer's disease. He recounts his steps in a narrative of scientific discovery while weaving in the stories of the families he worked with. Acclaimed as part mystery, part science, and part autobiographical.
Historical	Forgetting (the) : Alzheimer's portrait of an epidemic / D. Shenk, 2003	A journalist and occasional commentator for NPR gives a compelling account of Alzheimer's disease from its scientific discovery and the common beliefs of the day to the present epidemic, splicing together evidence of the roles played by various scientists, policy makers, caregivers, and persons with the disease. Includes commentary on an array of historical and social issues related to Alzheimer's and anecdotes about memory loss in famous persons.

Subject Category	Book Title	Description
Historical	Hannah's heirs : the quest for the genetic origins of Alzheimer's Disease / D. Pollen, 1996	In the late 1890s a Ukrainian woman died with a then-unknown brain disease which had caused premature dementia by mid-life. In 1985, the author first came into contact with one of her heirs who appeared to be in the early stages of Alzheimer's disease. When studying her family history, a link seemed possible and thus began his pursuit of the genetic connection while at the same time a determination to help the family.
Magazines / Journals	Caregiver assistance news / Comfort of Home	A 4-page monthly newsletter on topics of interest to direct-care workers for building caregiving skills. Contains illustrations and self-care tips. The information can be used for self-training through a quiz insert with each issue. Subscribe at http://www.comfortofhome.com/order
Magazines / Journals	Caregiver Newsletter / Caregiver Media Group	A weekly newsletter containing guest columns and feature articles with information in manageable pieces for busy caregivers. Subscribe or read past issues at http://www.caregiver.com./caregiver_newsletter/index.htm
Magazines / Journals	Perspectives : a newsletter for individuals diagnosed with Alzheimer's disease / L. Snyder (editor)	<i>Perspectives</i> is published quarterly with a grant from the National Institute on Aging. Feature articles, tips, advice, news, and book reviews written by Lisa Snyder and guest authors constitute the first such national newsletter for persons with Alzheimer's. For order information contact lsnyder@ucsd.edu

Subject Category	Book Title	Description
Magazines / Journals	Preserving your memory: the magazine of health and hope	<i>Preserving Your Memory</i> is from the Fisher Center for Alzheimer's Research Foundation containing tips for caregivers, research updates, interviews, articles on healthy living, and crosswords and other games. Download for free at http://www.alzinfo.org/preserving-your-memory-magazine or subscribe to the print version.
Magazines / Journals	Take Care : self care for the family caregiver / National Family Caregivers Association (NFCA)	<i>Take Care</i> is a quarterly newsletter of the National Family Caregiver's Association with evidence based research and practical caregiver advice. A "question and answer" column and resource information is included. Sign up or read past issues at http://www.nfcacares.org/caregiving_resources/takecare_newsleter.cfm
Magazines / Journals	Today's Caregiver Magazine / Caregiver Media Group	<i>Today's Caregiver</i> is a national magazine for caregivers that contains feature articles, interviews, book reviews, letters, poetry, advertisements and advertiser index. Specific articles are searchable from the search function. Download issues in PDF or subscribe at http://www.caregiver.com

Subject Category	Book Title	Description
Professional	Alzheimer's action plan : the experts' guide to the best diagnosis and treatment for memory problems / P. Doraiswamy, L. Gwyther, T. Adler, 2008	Through the combined knowledge and experience of the authors, families and healthcare professionals have a practical manual for putting together a plan of action for Alzheimer's care. Topics include best tests for determining the disease, effective and noneffective medical treatments, coping strategies for behavioral and emotional changes in mild to moderate stages, access to clinical trials, and more.
Professional	Assisted living residence : a vision for the future / S. M. Golant & J. Hyde (editors), 2008	Contributors of this text examine how care and housing is changing for older people who need assistance. Sections include overviews of the state of assisted living and factors forming its future and design and operation. It includes discussions on government regulations and the role consumers play as a market force. Caregivers, operators, professional organizations, private investors, government and technology will determine its prospects and availability. A good resource for local providers planning to build assisted living or nursing facilities.

Subject Category	Book Title	Description
Professional	Bathing without a battle : person-directed care of individuals with dementia / A.L. Barrick, 2008	Like the first edition, this resource offers an individualized, problem solving approach to bathing and personal care. Strategies and techniques that are practical for the home setting and staff instruction, and based on clinical research and experience. In the new edition, the authors introduce historical material on bathing; handling pain, skin care, determining appropriate levels of assistance, transfers and the environment. It also covers ways to support caregivers through education about the person's needs with an emphasis on self care, and the changes required of person-directed care. Insights from direct caregivers are included.
Professional	Best friends approach to Alzheimer's care / V. Bell & D. Troxel, 2002	Being a best friend to the person is an innovative model of care developed by the authors that stresses calm and empathy when guiding the person to acceptable behavior. Cueing and actual responses help the caregiver learn precisely how to handle specific situations and transfer that knowledge to other complicated predicaments. The approach presented takes time and energy, but its effectiveness and compassion make it a rich and plentiful resource for professional caregivers and families.

Subject Category	Book Title	Description
Professional	Best friends staff : building a culture of care in Alzheimer's programs / V. Bell & D. Troxel, 2001	<i>Best Friends Staff</i> contains stories and discussion from facility staff already using the Best Friends™ approach. Case studies demonstrating successful programs, ideas for implementing change, and advice on staff training and retention are included with exercise, activities, games and resources.
Professional	Care of the older adult in the office setting : an issue of primary care / L. Lawhorne (editor), 2005	Review articles in this text, cover topics about elders in primary care. These include: Approaches to office care of the older adult and the specter of dementia; geriatric assessment; nutrition and aging; dementia care: critical interactions among primary care physicians, patients, and caregivers; reducing fall risk in older adults; urinary incontinence; hypertension; approaches to appropriate drug prescribing; depression in the older adult; primary care physician's role in nursing facility care; and end-of-life care for older adults.
Professional	Counseling the Alzheimer caregiver / M. Mittelman, C. Epstein, A. Pierz, 2002	This resource is a work based on lessons learned from 15 years of clinical experience and observation and demonstrated treatment interventions. It outlines the symptoms of Alzheimer's at each stage, describes the caregiver's and counselor's roles throughout the disease, offers ways to develop individualized care plans for behavior and psychological symptoms, and provides ideas for support services for at home persons and decision-making guidance about placement. A practical guide for healthcare professionals who collaborate care for persons with dementia.

Subject Category	Book Title	Description
Professional	Critical thinking in long-term care nursing : skills to assess, analyze, and act / S. Cohen, 2008	Critical thinking and the role it plays in nursing and resident care for reducing medical errors is the focus of this book. The authors offer a resource to nurse managers and educators for teaching these skills to staff. <i>Critical Thinking in Long-Term Care Nursing</i> explains these principles and how to encourage nurses to use a critical thinking approach. How to lead classroom sessions, learning strategies, and handouts are also included.
Professional	Dementia care plan dictionary : a behavior-based care plan idea book / M. Nolta & B. Hall, 2005	A manual of 50 behavior-based care plans is presented with the possible causes of various behaviors, their potential consequences, and interventions and activities. <i>Dementia Care Plan Dictionary</i> includes a glossary of medical terminology, coding for the skilled nursing minimum data set and quality indicator compliance, plus a reverse index for nursing diagnosis. http://www.alzstore.com/alzheimers/the-dementia-care-plan-dictionary.htm
Professional	Dementia care training manual for staff working in nursing and residential settings / D. Walsh, 2006	This resource is an interactive training manual to help direct-care workers re-examine their working practices and build their skills. It can be used as a self-training guide under supervision or by educators in a structured setting. Contains photocopiable exercises, discussion and questions to prompt care workers to reflect on their style of work.

Subject Category	Book Title	Description
Professional	Dementia reconsidered : the person comes first / T. Kitwood, 1997	Tom Kitwood, professor who developed the Bradford Dementia Group, University of Bradford, United Kingdom, is often described as the father of person-centered care. <i>Dementia Reconsidered</i> he illustrates the nature of dementia and what is reasonable to expect of the person when quality of care is high. Kitwood reappraises older attitudes towards persons with dementia. He draws on research, analysis, his own experiences in an innovative point-of-view placing "personhood" at the center in practical terms like using knowledge of the person's past for positive daily interactions. Recommended for professionals, graduate student and families who are interested in learning about the origins of the culture of care.
Professional	Design innovations for aging and Alzheimer's / E. Brawley, 2005	Building on the concept of culture change in dementia care, the author offers practical advice on environmental design for facilities caring for persons with dementia. Evidence-based throughout, the resource is both comprehensive and practical covering a wide range of design issues for maintaining functionality, independence, and good health. Two hundred photographs provide guidance. Topics cover information not easily found elsewhere such as lighting, acoustics, floorcovering, fabrics and color, but also concepts like vision, hearing, mobility and more. Search http://catalog.loc.gov for the table-of-contents.

Subject Category	Book Title	Description
Professional	Designing for Alzheimer's disease : strategies for creating better care environments / E. Brawley, 1997	This is the author's first book on environment for providers and design professionals. Innovative and practical solutions related to facility design, treatment, and resident safety are covered. It links therapeutic goals and specific design concepts like lighting, acoustics, and color and covers areas not easily found elsewhere. The design ideas can be applied to residential facilities, assisted-living, and homes.
Professional	Developing support groups for individuals with early stage Alzheimer's disease : planning, implementation, and evaluation / R. Yale, 1995	The author's book has been widely used in many care settings since it was first published. Intended to help people cope in the early stage of the disease, in a format that is easy to follow, it includes ideas, solutions and insights on running a dementia support group.
Professional	Enduring self in people with Alzheimer's : getting to the heart of individualized care / S. Fazio, 2008	This book demonstrates a person's unique self persists throughout the course of the disease and how much can be done in care settings to support a person's sense of identity. Drawing from a diverse body of research it brings together the recommendations of best thinkers and practitioners to illustrate the importance of providing dementia care that recognizes and supports personhood. Translating research into practice, the author provides strategies for restructuring the physical and social environment to facilitate person-centered care.

Subject Category	Book Title	Description
Professional	Evidence-based geriatric nursing protocols for best practice / E, Capezuti (editor), 2008	The book was published to help improve quality, outcomes, and costs of healthcare for elders in long-term care facilities, hospitals, and the community. In its third edition, it is again targeted to individual nurses and institutions. Each chapter addresses a clinical problem that older people face and summarizes the "best practice" for that problem. The third edition includes numerous revised and updated chapters and new topics. Educational objectives, assessment of the problem, nursing intervention and care strategies, and case studies are included.
Professional	Living with grief : Alzheimer's disease / K. Doka, 2004	This companion book to the 2004 Hospice Foundation of America teleconference, examines a multitude of grief and related issues surrounding Alzheimer's disease that define the overall challenges and opportunities for healthcare. Notable is a chapter on grief in the person with the disease and in the caregiver.
Professional	Palliative care for advanced Alzheimer's and dementia : guidelines and standards for evidence-based care / G. Martin & M. Sabbagh (editors), 2010	Winner of the American Journal of Nursing Book of the Year Award for 2010, this title is an introduction to palliative care standards for advanced dementia. It reviews the philosophy of person-centered care, addresses assessment, planning, implementation, and evaluation measures. The basic human needs of persons in advanced stages are covered as well as more complex care decisions while supporting the person's right to autonomy.

Subject Category	Book Title	Description
Professional	Validation breakthrough : simple techniques for communicating with people with Alzheimer-type dementia / N. Feil, 2002	Based on a technique created by the author, this book teaches caregivers how to use validation instead of reality orientation to improve relationships with persons with dementia. Used effectively, it is a compassionate communication style and intervention for caregivers wanting to bring out persons who withdraw and interact with greater sensitivity.
Spiritual/Inspirational	Caregiving : the spiritual journey of love, loss and renewal / B. McLeod, 2000	<i>Caregiving</i> contains a blend of powerful real-life stories, medical and financial information, and discussion on topics such as depression, stress, housing, home care, and end-of-life. The author's personal experience with caregiving and faith lays the groundwork for this book of spiritual and practical insight.
Spiritual/Inspirational	Guide to the spiritual dimension of care for people with AD and related dementia / E. Shamy, 2003	A resource and guide for professionals, volunteers and anyone involved in the pastoral care of persons with Alzheimer's. The guide explores the physical and spiritual well-being, dignity and freedom of choice of the person, and how these can be fostered. It examines the volunteers own sense of empathy, understanding and support of the person and also presents practical advice on memory cueing and leading worship for those with dementia.

Subject Category	Book Title	Description
Spiritual/Inspirational	Spiritual journey of family caregiving / S. Karas, 2008	The author has chosen the content of her book based on personal experiences as a care consultant and as producer of a monthly caregiver newsletter. In an open and broadly defined framework, she offers advice and discussion on the spiritual aspects of caregiving that are informative and supportive. Recommended for persons with either a religious or non-religious background.
Spiritual/Inspirational	You are one of us : successful clergy/church connections to Alzheimer's families / L. Gwyther, 1995	A 65-page, easy-to-follow book with suggestions for ways clergy and churches can help their members with Alzheimer's and their families.
Volunteerism	Model volunteer handbook / B. Wittich, 2002	This handbook features 40 policies that you might want to consider when working with volunteers and developing a volunteer handbook. A large reference section includes publications, organizations and websites to help write a volunteer handbook.