

## popular searches

## family caregiver books

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This resource is for families and professionals looking for books materials for families with Alzheimer's. Identified here is a selected list of audio resources.

Materials may be available for loan from the Alzheimer's Association Green-Field Library or for downloading and purchase through various outlets. Search for titles in the [online catalog](#) and visit [how to borrow](#).

### Alzheimer's Association National Office

#### ***Caregiver notebook: a guide for people with Alzheimer's and related dementias.***

Chicago, IL: Alzheimer's Association National Office, 2009.

Developed with input from caregivers and designed to be a resource throughout the journey. Covers basics of Alzheimer's and contains tips for care and planning in an easy—to-follow format with a place to keep notes chapter-by-chapter. Available at <http://shop.alz.org/Search?search=caregiver+notebook>

### Books on family caregiving

#### ***Activities of daily living: an ADL guide for Alzheimer's care.***

Kathy Laenhue.

Bradenton, FL: Wiser Now, Inc., 2006.

The author incorporates a light-hearted approach to such topics as dressing, bathing, grooming, continence care, nutrition, and hydration. Available on Amazon

***Alzheimer's action plan: the expert's guide to the best diagnosis and treatment for memory problems.***

P. Murali Doraiswamy; Lisa Gwyther  
New York, NY: St. Martin's Press, 2008.

Provides insights from a social worker and Alzheimer's disease expert on the diagnosis, best tests and medical treatment, coping, behaviors, clinical trials, informed consent, and more. Available on Amazon

***Alzheimer's advisor: a caregiver's guide to dealing with the tough legal and practical issues.***

James Vaughn  
New York, NY: American Management Association, 2009

Covers legal implications, estate planning, advance directives, guardianship, legal liability, cost of care, caring for caregivers, and more. Available on Amazon

***Alzheimer's basic caregiving: ABC guide.***

Kathy Laenhue.  
Bradenton, FL: Wiser Now, Inc., 2006.

The author uses humor and practical caregiving advice in her book about patterns of disease progression, the reasoning behind behaviors, and effective communication. Available on Amazon

***Alzheimer's disease sourcebook: basic consumer health information about Alzheimer disease, other dementias, and related disorders.***

Karin Bellenir  
Detroit, MI: Omnigraphics, 2008.

A compendium of basic consumer health information about Alzheimer's disease and other dementias. Available on Amazon

***Alzheimer's early stages: first steps for family, friends, and caregivers.***

Dan Kuhn  
Alameda, CA: Hunter House, 2013

***Blue sky, white clouds: a book for memory-challenged adults***

Eliezer Sobel  
Faber, VA: Rainbow Books, 2012

An adult picture book with realistic photographs and large easy-to-read captions for use with the person with Alzheimer's.

***Caregiver's path to compassionate decision making: making choices for those who can't.***

Vicki Kind.

Austin, TX: Greenleaf Book Group Press, 2010.

Includes four adaptable tools and techniques for decision making for Alzheimer's, stroke, dementia, brain injury, mental illness and developmental delay. *Chicken soup for the soul: living with Alzheimer's & other dementias: 101 stories of caregiving, coping, and compassion*

***Chicken soup for the soul, living with Alzheimer's and other dementias: 101 stories of caregiving, coping, and compassion.***

Angela Timashenka Geiger and Amy Newmark  
New York, NY: Simon & Schuster, 2014

***Comfort of home for Alzheimer's disease: a guide for caregivers.***

Maria Meyer, Mary Mittelman, Cynthia Epstein, Paula Derr.

Portland, OR: CareTrust Publications, LLC, 2008.

Provides information on caring for someone at home in three major sections: preparing for home care, day by day care, and resources. Available on Amazon

***Dignified life: the best friends approach to Alzheimer's care. A guide for family caregivers.***

Virginia Bell; David Troxel

Deerfield Beach, FL: Health Communication, 2005.

Based on the Best Friends model of care, the book focuses on creative and effective communication and meaningful activities. Available on Amazon.

***For family caregivers of people with memory disorders.***

Lisa Gwyther; Edna Ballard.

Durham, NC: Duke Family Support Program, 2002.

This resource is free to download. Section 3 of the toolkit is a forty-one-page resource in *Working with Family Caregivers of People with Memory Disorders*. It covers the common themes related to family care as well as unique topics like drug assistance.

<http://www.ncdhhs.gov/aging/iatoolkit.pdf>

***Navigating the Alzheimer's journey: a compass for caregiving.***

Carol Bowlby Sifton.

Baltimore, MD: Health Professions Press, 2004.

Contains chapters on the disease, communication, management, behaviors, environment, capitalizing on remaining abilities, getting help, care planning and planning for the future.

***Learning to Speak Alzheimer's***

Joanne Koenig Coste.

Boston, MA: Houghton Mifflin, 2003

One of the first guides to changing the way care was delivered to people with dementia.

Teaches the "habitation" approach. Available on Amazon

***The Mindful Caregiver.***

Nancy Kriseman

Washington, DC: Rowman & Littlefield Publisher, 2014

Helps caregivers identify unrealistic expectations, learn to set limits and more effectively cope with guilt and worry which can fuel caregiver stress. Available on Amazon.

***Pocket guide for the Alzheimer's caregiver.***

Daniel C. Potts and Ellen Woodward Potts

Tuscaloosa, AL: Dementia Dynamics, LLC, 2011.

Provides useful practical information for the newly diagnosed. Available on Amazon

<http://www.amazon.com>

***The 36-hour day.***

Nancy Mace; Peter Rabins

Baltimore, MD: Johns Hopkins University Press, 2011.

In its fifth edition, this comprehensive guide to the care of those in all stages of Alzheimer's disease combines practical advice and specific examples and covers the medical, legal, financial, and emotional aspects of caring. Available on Amazon.

***Stages of senior care: your step-by-step guide to making the best decisions.***

Paul Hogan

New York, NY: McGraw Hill, 2010.

Provides chapters on all aspects of senior care and decision making. Available on Amazon

***To survive caregiving: a daughter's experience, a doctor's advice on finding hope, help, and health.***

Cheryl Woodson

West Conshohocken, PA: Infinity Publishing Co., 2007.

A comprehensive and candid guide to the experience of care giving for everyone and especially those with an African-American interest. Available on Amazon.

***Understanding difficult behaviors.***

Ann Robinson, Beth Spencer, Laurie White.

Yipsalani, MI: Eastern Michigan University, 2007.

This resource receives high praise for its format, specific hard-to-find information, and practical steps to take when faced with a variety of behaviors. Over 225,000 copies have been sold internationally. At this time, EMU is no longer selling the manual. Contact Beth Spencer at [elizspen@umich.edu](mailto:elizspen@umich.edu) for additional information.