Support Groups and Dementia

This list is a reviewed collection of items prepared by the Alzheimer's Association Green-Field Library. Contact your local chapter or local library for availability of the items.

**On this resource list:**

Alzheimer’s Association Publications

General Resources

Clinical Research

Function, Implementation, and Caregiver Program Models

Supporting Persons with Dementia

Supporting Professionals

Support Group Manuals

**Alzheimer Association Publications**

**Brochure**

*Staying strong: stress relief for caregivers.*
Chicago, IL: Alzheimer's Association.
Web Resources

Alzheimer’s Association support groups.
Chicago, IL: Alzheimer’s Association.
Contact your nearest Alzheimer’s Association chapter to find support groups in your area.
http://www.alz.org/apps/we_can_help/support_groups.asp

Alzheimer’s Association Message boards and chat rooms.
Chicago, IL: Alzheimer’s Association National Office.
The Alzheimer’s Association message boards and chat rooms are an online communication forum for sharing thoughts and experiences and querying colleagues.
http://www.alz.org/living_with_alzheimers_message_boards_lwa.asp

General Resources

Books

Capossela, C.; Warnock, S. Share the care: how to organize a group for someone who is seriously ill.
Green-Field Library Call No.: WY 200 C246 2004

Steinberg, D.M. The mutual-aid approach to working with groups: helping people help one another.
Green-Field Library Call No.: HV 1461 S819 2004

White, B.E.; Madara, E.E. The self-help sourcebook: your guide to community & online support groups.
Green-Field Library Call No.: W 22 S45 2002
Web Resources

*Lotsa Helping Hands.*
Friends, family members and neighbors can offer to lend a hand with caregiving for a person with dementia using Lotsa Helping Hands to keep track of care volunteers.
http://www.alz.org/we_can_help_lotsa_helping_hands.asp

Clinical Research

Articles, Journal

Green-Field Library does not own.

Green-Field Library owns.

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Green-Field Library does not own.
Green-Field Library owns.

Dobbs, B.; Woo, A. Transitioning from driving to driving cessation. The role of specialized driving cessation support groups for individuals with dementia. *Topics in Geriatric Rehabilitation*. Jan-Mar 2009; vol. 25(1), pp.73-86.
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**Function, Implementation, and Caregiver Program Models**

**Articles, Journal**

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Earle, S.S. Reflections on 12 years of facilitating Alzheimer’s caregiver support groups. *Care Management Journals.* Fall 2006; vol. 7(3), pp. 135-140.

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**Book**

Green-Field Library Call No.: WM 220 M685c 2003
Videos

*Alzheimer's and dementia: caring for the caregiver.*
Princeton, NJ: Films for the Humanities, 2002
1 videocassette (57 min.)
The program gives examples of persons who have learned to cope effectively with the stresses of caregiving. Support groups and other outlets of self-care are examined.
Green-Field Library does not own.

*Alzheimer’s and dementia: support groups for families and friends.*
1 videocassette (30 min.)
The program describes the role of healthcare professionals in a support group, identifies the membership, offers strategies to use with families who avoid involvement, describes activities and discussions, including advocacy, and provides outside resources for creating family support groups. Order VHS or DVD copies from www.mavc.com
Green-Field Library Call No.: WM 220 VC no. 963 2004

*Alzheimer's disease: inside looking out.*
1 videocassette (19 min.)
Personal interviews with people in the early stages of Alzheimer’s disease offer insights into how the illness alters their everyday life. They discuss dependence on other, driving, becoming a burden, attitudes toward them, airing emotions and support groups as a valuable resource for those in the early stages of the disease. Produced by the Cleveland Area Chapter of the Alzheimer’s Association.
Green-Field Library Call No.: WM 220.5 VC no.298 1994
Working it out: support groups for nursing aides.
1 videocassette (30 min.)
Video and leader’s handbook aimed at helping nurse aides reduce stress and turnover.
Green-Field Library Call No.: WY 193 VC no.564 1992

Supporting Persons with Dementia

Articles, Journal

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library owns.

Parker, J.; Young, A.; Rogers, K. 'My mum’s story': a deaf daughter discusses her deaf mother’s experience of dementia. *Dementia*. Feb 2010; vol. 9(1), pp. 5-20 Green-Field Library owns.


**Books and Book Chapters**


This resource contains sections on support groups. Green-Field Library Call No.: WM 220 K96 2003
Snyder, L. *Speaking our minds: personal reflections from individuals with Alzheimer's disease.*
Green-Field Library Call No.: WM 220.5 S675 1999

Yale, R. *Developing support groups for individuals with early-stage Alzheimer's disease: planning implementation, and evaluation.*
Green-Field Library Call No.: WM 220 Y18d 1995

Green-Field Library Call No.: WM 220 P47 2002

**Video**

*Alzheimer's disease : inside looking out*
Cleveland, OH: Alzheimer's Association Cleveland Area Chapter, 1994.
Personal interviews with people in the early stages of Alzheimer’s disease offer insights into how the illness alters their everyday life. Discussion include dependence on others, driving, becoming a burden, attitudes toward them, airing emotions and support groups as a valuable resource for those in the early stages of the disease.
Green-Field Library Call No.: WM 220 DVD no.79 1994

**Web Resources**

*Support groups: make connections, get help.*
Mayo Foundation for Medical Education and Research (MFMER), Rochester, MN.
http://www.mayoclinic.com/health/support-groups/MH00002/METHOD=print
Earlier AD diagnosis: creating demand for early stage support groups.
http://www.nia.nih.gov/alzheimers/features/earlier-ad-diagnosis-creating-demand-early-stage-support-groups
Green-Field Library owns.

Supporting Professionals

Articles, Journal

Green-Field Library owns.

Bartlett, Y.K.; Coulson, N.S. An investigation into the empowerment effects of using online support groups and how this affects health professional/patient communication. *Patient Education & Counseling*. Apr 2011; 83(1); pp. 113-119.
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**Books**

Green-Field Library Call No.: REF HV 687 D3755 2007

Green-Field Library Call No.: BF 575 C271 2001

Green-Field Library Call No.: WL 340.5 G882 2007

Green-Field Library Call No.: WM 220 M744 2009

Haight, B.K.; Gibson, F. *Burnside’s working with older adults: group process and technique*. This textbook is exclusively about support group work including dementia. Sudbury, MA: Jones and Bartlett, 2005.  
Green-Field Library Call No.: HQ 1061 H149 2005

**Support Group Manuals**

**Books**


Videos

*Advanced support group leader training: responding to difficult personalities.*
Atlanta, GA: Alzheimer's Association Atlanta Georgia Chapter
1 videocassette
Green-Field Library Call No.: WM 220 VC no 618-1

*Advanced support group leader training: responding to difficult situations.*
Atlanta, GA: Alzheimer's Association Atlanta Georgia Chapter S
1 videocassette
Green-Field Library Call No.: WM 220 VC no 618-2

Web Resources

*A family caregivers support group guide.*
Nancy Carson.
This brief article covers the benefits derived from supports groups, what makes them effective, the types, online groups, questions to ask, and the administrative aspects of running them.
http://www.thefamilycaregiver.org/pdfs/SupportGrpGuide.pdf

*Looking forward, moving ahead!: support group leader’s manual.*
Miami, FL: National Parkinson Foundation.
Geared toward Parkinson's disease, this manual contains ideas on getting a group started and keeping it going.

*Starting a self-help group.*
An online booklet on the purpose of self-help groups, how to get started, planning the first meeting, and keeping the meetings going.
http://www.alz.co.uk/adi/startgroupfull.html
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