Alternative and complimentary therapies and dementia

This list is a reviewed collection of articles, books, web resources and videos prepared by the Alzheimer’s Association Green-Field Library staff. To borrow items we own contact your local chapter or local library. Read more about borrowing here.

On this resource list:

Alzheimer's Association Resources

General

Art, Music, and Dance

Botanicals, Herbal Supplements, and Extracts

Exercise

Pet and Doll

Reminiscence Therapy

Therapeutic Multi-Sensory Experiences
Alzheimer's Association Publications

Alternative treatments for Alzheimer's
Chicago, IL: Alzheimer's Association National Organization
http://www.alz.org/alzheimers_disease_alternative_treatments.asp

Memories in the Making
Memories in the Making is a program provided through the Alzheimer's Association of Northern California and Northern Nevada.
http://www.alzheimersblog.org/tag/memories-in-the-making

Memories in the Making (blog)
San Jose, CA: Alzheimer's Association of Northern California and Northern Nevada
http://www.alzheimersblog.org/tag/art-and-alzheimers/?gclid=CLeBh8bX6LQCFQKRPAodzBQAxw

Brain health
Chicago, IL: Alzheimer's Association National Organization

General

Articles, Journal

Abraha I; Rimland JM; Trotta FM. Systematic review of systematic reviews of non-pharmacological interventions to treat behavioural disturbances in older patients with dementia. The SENATOR-OnTop Series. BMJ Open. Mar 2017; vol. 16(7), e012759.
Full-text: https://www.ncbi.nlm.nih.gov/pubmed/28302633
Green-Field Library does not own.

Green-Field Library owns.
Consumer Reports. Anti-aging treatment claims: the promises vs. the science. Aug 2015; vol. 80(8), pp. 15-17.
Green-Field Library does not own.

Green-Field Library owns.

Full-text: https://www.ncbi.nlm.nih.gov/pubmed/27583423
Green-Field Library does not own.

Full-text: https://www.ncbi.nlm.nih.gov/pubmed/27121704
Green-Field Library does not own.

Green-Field Library does not own.

Full-text: https://www.ncbi.nlm.nih.gov/pubmed/25368575
Green-Field Library does not own.
Full text: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6006390
Green-Field Library does not own.

Journals

Alternative and Complementary Therapies
New Rochelle, NY: Mary Ann Leibert, Inc.
Publisher’s Web site: “provides the most authoritative, evidence-based, and practical information for integrating alternative therapies and approaches into private practice or hospital integrative medicine programs. The Journal offers the latest research and top thinking in Complementary and Alternative Medicine (CAM) as it relates to key areas such as the prevention and treatment of chronic illness, mind/body approaches to disease management, and clinical applications of CAM therapies.”
http://www.liebertpub.com/ACT

Journal of Evidence-Based Integrative Medicine
Publisher’s Web site: “The Journal of Evidence-Based Integrative Medicine (JEBIM) is a peer-reviewed open access journal which focuses on hypothesis-driven and evidence-based research in all fields of integrative medicine. Previously the Journal of Evidence-Based Complementary and Alternative Medicine (JEBCAM).”
http://journals.sagepub.com/home/chp

Web Resources and Organizations

Alternative medicine: evaluate claims of treatment success.
Rochester, MN: Mayo Clinic.
hhttp://www.mayoclinic.com/health/alternative-medicine/SA00078
Complementary and alternative medicine.

Botanicals, Herbal Supplements, and Extracts

Articles, Journal

Anastasi JK; Chang M; Capili B. Herbal supplements: talking with your patients. Journal of Nurse Practitioners. 2011; vol. 7(1), pp. 29-35. Summarizes the evidence on 10 extracts, their side effects and drug interactions with recommendations for clinical practice. Registration is required.
Green-Field Library does not own.

Blumberg JB; Frei B; Fulgoni VL; et al. Vitamin and mineral intake is inadequate for most Americans: what should we advise patients about supplements? Journal of Family Practice. Sep 2016; vol. 65(9 suppl.), pp. S1–S8.
Green-Field Library does not own.

Dey A; Bhattacharya R; Mukherjee A; et al. Natural products against Alzheimer’s disease: pharmaco-therapeutics and biotechnological interventions. Biotechnology Advances. Mar - Apr 2017; vol. 35(2); 178-216.
Green-Field Library does not own.

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

Green-field Library does not own.

Green-Field Library owns.

Green-Field Library does not own.

Full-text: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5871207

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

Green-Field Library owns.

“Prevagen, Cerefolin NAC, and the omega-3 polyunsaturated fatty acid DHA are highlighted”
Green-Field does not own.

Green-Field does not own.

Green-Field Library does not own.
**Brochure**

*Alzheimer’s disease: dispelling the myths*
Toronto, CA: Alzheimer Society
Myth # 7 summarizes findings on botanicals.
http://alzheimer.ca/sites/default/files/files/national/core-lit-brochures/dispelling_myths_e.pdf

**Journal**

*Medical Herbalism Journal: A Journal for the Clinical Practitioner*
Boulder, CO; North American Institute of Medical Herbalism
http://medherb.com/MHHOME.SHTML

**Book**

Hendler SS; Rorvik D. *PDR for nutritional supplements (2nd ed.)*
Green-Field Library Call No.: QV 55 P348 2008

**Web Resources**

*5 myths about Alzheimer’s disease*
New York, NY: WebMD
Myth #4 summarizes treatments that stop the disease.
https://www.webmd.com/alzheimers/features/5-alzheimers-disease-myths#2

*About herbs, botanicals & other products – Alzheimer’s*
Memorial Sloan Kettering Cancer Center
New York, NY
American Botanical Council
Austin, TX
A nonprofit organization founded in 1988 to provide education using science and traditional information for the responsible use of herbal medicine. The public, researchers, educators, health care professionals and anyone interested may access the herbal library of information free of charge and the herbal database, HerbMedPro, for a nominal fee.

Dispelling three popular myths about Alzheimer’s
Michelle Braun; Psychology Today
Myth #2 describes the research behind significantly lowering your risk of Alzheimer’s with supplements.

Herbal supplements: what to know before you buy
Rochester, MN: Mayo Clinic
https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/herbal-supplements/art-20046714

Herbs at a glance
Bethesda MD: National Center for Complementary and Alternative Medicine

International bibliographic information on dietary supplements (IBIDS) database.
Bethesda, MD: National Institutes of Health.
The International Bibliographic Information on Dietary Supplements (IBIDS) database provides access to bibliographic citations and abstracts from published, international, and scientific literature on dietary supplements.

National Center for Complementary and Alternative Medicine.
Bethesda, MD: National Institutes of Health.
The National Center for Complementary and Alternative Medicine (NCCAM) is the Federal Government’s lead agency for scientific research on complementary and alternative medicine (CAM). Accessed January 14, 2013
http://nccam.nih.gov
Natural Standards Database Consumer Version.
Somerville, MA: Natural Standard Condition Center
Natural Standards Database is an international research collaboration that compiles and synthesizes data on complementary and alternative therapies. Search the databases for conditions (including Alzheimer’s disease).

Should you take dietary supplements?
Bethesda, MD: NIH News in Health
https://newsinhealth.nih.gov/2013/08/should-you-take-dietary-supplements

Unsafe herbs when taken with medical conditions
New York, NY: WebMD
https://www.webmd.com/vitamins-and-supplements/ss/slideshow-herbs-supplements-avoid

Art, Music, and Theater

Articles, Journal

Green-Field Library owns.

Green-Field Library owns.
Chatterton W; Baker F; Morgan K. The singer or the singing: who sings individually to persons with dementia and what are the effects? *American Journal of Alzheimer’s Disease and Other Dementias*. Dec 2010; vol. 25(8), pp. 641-649.
Abstract: [http://aja.sagepub.com/content/25/8/641.abstract](http://aja.sagepub.com/content/25/8/641.abstract)
Green-Field Library owns.

Green-Field Library owns.

Green-Field Library does not own.

Full-text: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3288263](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3288263)
Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library does not own.


Green-Field Library owns.

Green-Field Library does not own.

**Video**

*Alive inside: a story of music and memory*
Pojector Media, Shelly & Donald Rubin Foundation; Impact Partner; City Drive Films.
1 DVD (78 min)
Summary from disc: A joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. Filmmaker Michael Rossato-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized through the simple experience of listening to music.
Green-Field Library Call No.: WM 450 DVD no.202 2014.

**Web Resources**

*Art and music therapy for Alzheimer’s disease*
Medscape; WebMD: Atlanta, GA

*Drama therapy can coax Alzheimer patients back to reality, briefly*
Garrett, K
Manhattan KS: Kansas State University
K-State Perspectives; Fall/Win 2006.
[http://www.k-state.edu/media/webzine/aging/dramatherapy.html](http://www.k-state.edu/media/webzine/aging/dramatherapy.html)

*Evidence-based guideline. Individualized music for elders with dementia, 5th ed.*
Gerdner, LA; Schoenfelder, DP.
I'm Still Here Foundation
Boston, MA
A nonprofit organization aimed at enhancing the creative and cultural life of people with dementia, to help them express themselves and lessen the stigma.
http://www.imstillhere.org/artz/artz-programs

Exercise

Articles, Journal

Green-Field Library does not own.

Green-Field Library does not own.

Henskens M; Nauta M; van Eekeren MCA; et al. Effects of physical activity in nursing home residents with dementia: a randomized controlled trial. Dementia and Geriatric Cognitive Disorders. 2018; vol. 46(1-2), pp. 60-80.
Full-text: https://www.ncbi.nlm.nih.gov/pubmed/30145595
Green-Field Library owns.

Abstract:
Green-Field Library does not own.


Veronese N; Solmi M; Basso C; et al. Role of physical activity in ameliorating neuropsychiatric symptoms in Alzheimer’s disease: a narrative review. *International Journal of Geriatric Psychiatry*. Aug 29, 2018
Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library owns.

**Web Resources**

*Exercise and dementia: what does the latest research tell us?*
Hamilton, ON: McMaster Optimal Aging Portal, McMaster University
https://www.mcmasteroptimalaging.org/blog/detail/blog/2016/01/14/exercise-and-dementia-what-does-the-latest-research-tell-us

*Exercise and physical activity: factsheet*
London, UK: Alzheimer’s Society
https://www.alzheimers.org.uk/get-support/daily-living/exercise
Pet & Doll Therapies

Articles, Journal

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library does not own.
Cohen-Mansfield J; Marx MS; Thein K; et al.  
Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3131104.  
Updates previous research by demonstrating that residents with current interests in pets may be a predictor of greater responsiveness to pet stimuli.  
Green-Field Library owns.

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library does not own.

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

Yakimicki ML; Edwards NE; Richards E; et al. Animal-assisted intervention and dementia: a systematic review. *Clinical Nursing Research.* Feb 1, 2018.
Green-Field Library does not own.

**Blog**

How caregivers can use pet therapy to care for their loved one
http://blog.alz.org/tag/animal-assisted-therapy

*More than child’s play: the ethics of doll therapy in dementia.*
Gordon, M
http://www.managedhealthcareconnect.com/blog/michael-gordon-doll-therapy-dementia

**Book**

Mitchell G; Knocker S. *Doll therapy in dementia care: evidence and practice.*
Green-Field Library does not own.

**Organizations**

*Pet Partners*
Bellevue, WA
Formerly the Delta Society, Pet Partners is a non-profit organization offering animal-assisted therapy programs to screen and train volunteers for work in the community.
http://www.petpartners.org
Therapy Dogs International
Flanders, NJ
A volunteer organization that helps regulate, test, and register therapy dogs and their handlers for the purpose of offering assistance to patients and residents in hospitals, nursing homes and other institutions.

Reminiscence Therapy

Articles, Journal

Green-Field Library does not own.

Hewitt A; Day S. Life stories support staff and relatives to see, hear and understand people with demetia living in a nursing home as a whole person. Australian Occupational Therapy Journal. Feb 2018; vol. 65(1), pp. 75-76.
Green-Field Library does not own.

Green-Field Library does not own.

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

Abstract:
Green-Field Library owns.

**Books**

London, UK: Jessica Kingsley, 2008
Green-Field Library does not own.

*Reminisce through the decades. The 1940s: our stories, real history*
Lone Tree, CO: Memor Lane, 2007
3 DVD (360 min.)
Green-Field Library Call No.: WM 450 DVD no.2007

**Blog**

*A guide to reminiscence therapy activities for dementia patients*
Careshop
[https://www.careshop.co.uk/blog/a-guide-to-reminiscence-therapy-activities-for-dementia-patients-n22](https://www.careshop.co.uk/blog/a-guide-to-reminiscence-therapy-activities-for-dementia-patients-n22)

**Kits**

*Active minds activity products for dementia*
London, UK: Active Minds
[https://www.active-minds.org/us/reminiscence; products also available through Amazon](https://www.active-minds.org/us/reminiscence; products also available through Amazon)
Green-Field Library does not own
Conversation cards for adults, familiar words – reminiscence activity for Alzheimer’s / dementia / memory loss patients and caregivers  
Richfield, OH: Shadow Box Press, 2014  
https://www.shadowboxpress.com/collections/conversation-cards  
Green-Field Library does not own  

Conversation cards for adults, nostalgic items - reminiscence activity for Alzheimer’s / dementia / memory loss patients and caregivers  
Richfield, OH: Shadow Box Press, 2014  
https://www.shadowboxpress.com/collections/conversation-cards  
Green-Field Library does not own  

Web Resource  

Reminiscence and Alzheimer’s disease: talking about one’s past has many benefits  
Best Alzheimer’s Products  

Therapeutic Multi-Sensory Experiences  

Articles, Journal  

Abraha I; Rimland JM; Lozano-Montoya I; et al. Simulated presence therapy for dementia. The Cochrane Database Systematic Review. Apr 18, 2017; 4:CD011882.  
Green-Field does not own.  

Abraha I; Rimland JM; Trotta FM; et al. Systematic review of systematic reviews of non-pharmacological interventions to treat behavioural disturbances in older patients with dementia. The SENATOR-OnTop series. BMJ Open. Mar 16, 2017; vol. 7(3), e012759.  
Full-text: https://www.ncbi.nlm.nih.gov/pubmed/28302633  
Green-Field does not own.
Bauer M; Rayner JA; Tang J; et al. An evaluation of Snoezelen compared to common best practice for allaying the symptoms of wandering and restlessness among residents with dementia in aged care facilities. Geriatric Nursing. Nov-Dec 2015; vol. 36(6), pp. 462-466.
Green-Field Library owns.

Collier L; Jakob A. The Multisensory Environment (MSE) in dementia care. HERD. Jan 1, 2016; 1:1937586716683508.
Green-Field Library does not own.

Full-text: https://www.ncbi.nlm.nih.gov/pubmed/28360513
Green-Field Library does not own.

Forrester LT; Maayan N; Orrell M; et al. Aromatherapy for dementia. The Cochrane Database of Systematic Reviews. Feb 25, 2014; vol. 25(2), CD003150.
Green-Field Library does not own.

Full-text: https://www.ncbi.nlm.nih.gov/pubmed/24947468
Green-Field does not own.

Green-Field Library owns.
Maseda A; Sanchez A; Marante MP; et al. Multisensory stimulation on mood, behavior, and biomedical parameters in people with dementia: is it more effective than conventional one-to-one stimulation? *American Journal of Alzheimer’s Disease and Other Dementias*. Nov 2014; vol. 29(7); pp. 637-647.
Full-text: https://www.ncbi.nlm.nih.gov/pubmed/24792708
Green-Field Library owns.

Green-Field Library does not own.

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Green-Field Library does not own.

Full-text: https://www.ncbi.nlm.nih.gov/pubmed/28400839
Green-Field Library does now own.
Green-Field Library owns.

Green-Field Library owns.

**Book**

Baltimore, MD: Health Professions Press
Green-Field Library Call No.: WM 450 L37 2006

**Video**

*Learning to speak Alzheimer's: an introduction to the habilitation approach to care*
1 DVD (32 min.)
Touches on the physical, psycho-social, and sensory world of the person with Alzheimer's.

**Web Resources**

*Compassionate touch training program*
Colleyville, TX: Ageucate Training Institute

*DIY guide to creating a sensory room*
http://journalofdementiacare.com/how-to-create-a-sensory-room
How to make a sensory room for people living with dementia: a guide book
Jakob A; Collier L
http://fada.kingston.ac.uk/de/MSE_design_in_dementia_care/doc/How%20to%20make%20a%20Sensory%20Room%20for%20people%20with%20dementia.pdf

Using sensory stories with individuals with dementia.

Alternative and Complementary Therapies and Dementia

A selected list of references compiled by
Alzheimer’s Association Green-Field Library and Resource Center
Alzheimer’s Association National Organization
Chicago, IL

Updated 2019