

## Popular Searches – audio & braille resources

Families and professionals are often looking for audio materials for persons with dementia and families. Identified here is a selected list of audio resources and a few Braille for caregivers or persons with dementia who have a visual impairment. They are also helpful for persons with dyslexia.

Visually impaired caregivers or persons living with dementia may need the assistance of a friend or care partner to read the titles, obtain and use the materials. Some items are available in CD but many of the items are in no other format than audiobooks from Audible.com. Read about Audible memberships [here](#).

### Alzheimer's Association National Office

#### ***Free Online Courses***

Free E-Learning courses inform you about the disease. Listen to ***The Basics: Memory Loss, Dementia and Alzheimer's*** which provides information on detection, causes, and risk factors, stages of the disease and more. ***Know the 10 Signs: Early Detection Matters*** helps dispel myths about Alzheimer's and addresses commonly-held fears about the disease.

<http://training.alz.org>

#### ***Recommended List of Dementia Videos***

These videos have not been specifically developed for the visually impaired or persons with dyslexia using close-captioned or video descriptive techniques, but may be valuable listening resources.

[Download here](#).

### General

#### ***Audible.com***

Search **dementia**, **alzheimer's**, **caregiving** or any topic or book title of your choice.

<http://www.audible.com>

### **Encore CCM**

Local and regional classical music stations and chamber music ensembles may offer web sites for listening to live concerts. The Chicago Chamber Musicians offer an archive of recorded music from the past 22 years.

<http://www.encoreccm.org>

### **Learning Ally, Making Reading Accessible for All**

Learning Ally was founded in 1948 as a nonprofit organization recording materials for the blind with 65,000 digitally recorded textbooks and literature titles. Individuals and families can join and use the resources for free. Find recorded books on Alzheimer's and caregiving, including *The 36 Hour Day*. Visit <https://www.learningally.org/login.aspx> to search the catalog using "alzheimer" or "dementia". Register online at

<http://www.learningally.org>

### **LibriVox: Free Public Domain Audiobooks**

LibriVox audiobooks are read by volunteers from all over the world. Find a variety of [genres and subjects](#): fiction, poetry, short stories, nonfiction, satires, classics, and children's titles.

<https://librivox.org>

### **National Library Service for the Blind and Physically Handicapped**

Through a national network of cooperating libraries, NLS of the Library of Congress administers a free library program of Braille and audio materials circulated to eligible borrowers in the United States by postage-free mail. Visit

<http://www.loc.gov/nls/faq.html> to learn about this service. State-supported agencies may have more talking books and braille material related to Alzheimer's disease and care. Visit <http://www.loc.gov/nls/find.html> to find the agencies in your state.

### **Pandora**

Listen to radio stations that play specific music chosen by the person with the disease or the caregiver. Enter an artist, song, and composer or find a genre. Register and access your selections anytime, anywhere.

<http://www.pandora.com/#>

## **WorldCat – find books in Braille**

OCLC Online Computer Library Center, Inc.

<http://www.worldcat.org>

To search:

Choose Advanced Search

Change Keyword to **Subject** from the pull-down menu

Enter **alzheimer's disease OR dementia** in the search box

Select Braille from the **Format** pull-down menu

Click Search

Results will appear on a **List of records** page. Click any item to read more.

Scroll down to see a list of libraries near you that may own the item/s.

Contact your library to borrow the item/s.

## **Persons with Dementia and Caregivers**

Find additional titles on Alzheimer's or dementia at Audible.com, [here](#) and [here](#)

### ***Alzheimer's Basic Caregiving: An ABC Guide.***

Kathy Laenhue; Wiser Now Inc., 2019

Available on [Audible.com](#)

### ***Alzheimer's Communication Do's and Don'ts***

Autumngrove.com

This short video with audio provides the basics of Communication: Do maintain eye contact; don't isolate the person; do keep it clear and simple; don't give or ask several things at the same time; do use touch and sight; don't allow distraction; do repeat as necessary; don't argue.

Available on [YouTube](#).

### ***Alzheimer's Dialogues***

Sherril Bover, Nancy Graham

Second Wind Book Works, 2005.

A two-CD set in four sessions on the basics of the disease, communication, behavior, self-care, and acceptance.

CD available on [Amazon](#).

### ***Alzheimer's Store***

Find selections of music CDs: sign along, old time, gospel, and therapeutic.

Available at <http://www.alzstore.com>

### ***Can't Remember What I Forgot: The Good News from the Frontlines of Memory Research***

Sue Halpern; Tantor, 2008.

Available on [Audible.com](http://Audible.com)

### ***Dementia, Alzheimer's Disease Stages, Treatments, and Other Medical Considerations (Alzheimer's Roadmap)***

Laura Town and Karen Kassel; Silver Hills Press, 2015.

Available at [Audible.com](http://Audible.com)

### ***Dementia Australia Help Sheets***

Select your language and link to dozens of help sheets with audio capability. For English there are help sheets on: the disease, behaviors, looking after families and carers, caring for someone with dementia, residential care and dementia, information for people with dementia, environment, Lewy body dementia, younger onset dementia, Tips to assist social engagement, Dementia Q & A, MCI, hearing loss and dementia, and simple steps to brain health.

<https://www.dementia.org.au/resources/help-sheets>

### ***Help with Caregiver Stress***

Bellerurth Naparstek

Health Journeys, 2009.

CD available on [Amazon](http://Amazon).

### ***I Have to Leave You Now***

Maria Ciletti, Sarah Ruddy; Dragonfly Publications LLC, 2015.

Available at [Audible.com](http://Audible.com)

### ***Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease***

Joanne Koenig Coste; Houghton Mifflin Harcourt, 2004.

The author illustrates the habilitation method of communication between care partners.

Available on [Audible.com](http://Audible.com)

***36 Hour Day: A Family Guide to Caring for People Who Have Alzheimer's disease, Related Dementias, and Memory Loss***

Nancy Mace and Peter Rabins; Johns Hopkins Press, 2013.

Available on [Audible.com](https://www.audible.com)

***When Reasoning No Longer Works: A Practical Guide for Caregivers Dealing with Dementia & Alzheimer's Care***

Angel Smits; Parker Hayden Media, 2017.

Covers: how to avoid a catastrophic reaction; specific approaches to aggressive behavior, how to deal with disruptive behaviors, ways to diminish wandering, what to do when a wanderer is missing, when to look for outside help.

Available on [Audible.com](https://www.audible.com)

## **Personal narratives**

***All Gone: A Memoir of My Mother's Dementia. With Refreshments***

Alex Witchel

Brilliance Audio, 2012.

Available on [Audible.com](https://www.audible.com)

***Dancing With Rose***

Lauran Kessler

Recorded Books, 2007

Available at [Audible.com](https://www.audible.com)

***Every Single Good Day***

Max Nichols; Tate Publishing, 2007

Available on [Audible.com](https://www.audible.com)

***Feeding My Mother: Comfort and Laughter in the Kitchen as My Mom Lives with Memory Loss***

Jann Arden; Random House of Canada, 2017

Available on [Audible.com](https://www.audible.com)

***House on Beartown Road: A Memoir of Love and Courage***

Elizabeth Cohen; Random House, 2003.

The Author describes her struggle to care for her daughter and her father with Alzheimer's.

Available on [Audible.com](https://www.audible.com)

***Jan's Story Audio Book: Love Lost to the Long Goodbye of Alzheimer's.***

Barry Peterson; AudioEditions, 2010

Available on [Audible.com](https://www.audible.com)

***Long Goodbye***

Patti Davis; Books on Tape, 2004

Available on [Audible.com](https://www.audible.com)

***Losing My Mind: An Intimate Look at Alzheimer's***

Thomas DeBaggio; Simon and Schuster; 2002.

Available on [Audible.com](https://www.audible.com)

***Neither Married nor Single***

David Kirkpatrick, Brush Education, 2018

Available on [Audible.com](https://www.audible.com)

***Story of My Father: A Memoir***

Sue Miller; Random House, 2007.

Available on [Audible.com](https://www.audible.com)

***Sum It Up: A Thousand and Ninety-Eight Victories, a Couple of Irrelevant Losses, and a Life in Perspective***

Pat Summit; Three Rivers, Press, 2014.

NCAA basketball coach tells about facing early onset Alzheimer's disease.

Available on [Audible.com](https://www.audible.com)

## **Fiction**

### ***Bill Warrington's Last Chance***

James King; Blackstone Audio, Inc., 2010.

Available on [Audible.com](https://www.audible.com)

### ***Curveball: The Year I Lost My Grip***

Jordan Sonnenblick; Brilliance Audio, 2014.

Available on [Audible.com](https://www.audible.com)

### ***Pop***

Gordon Korman; Balzer + Bray, 2012

Young adult novel about Marcus who meets NFL linebacker Charlie Popovich who has Alzheimer's.

Available on [Audible.com](https://www.audible.com)

### ***Still Alice***

Lisa Genova; Simon & Schuster Digital, 2009

Audio version of the novel about a woman who has been diagnosed with early onset.

New York Times best seller.

Available on [Audible.com](https://www.audible.com)

### ***Story of Forgetting: A Novel***

Stefan Merrill Block; Tantor, 2009.

Available on [Audible.com](https://www.audible.com)

### ***You Lost Me There: A Novel***

Rosecrans Baldwin; Tantor, 2010.

Available on [Audible.com](https://www.audible.com)

## Listening to Documents

### ***NaturalReader***

NaturalSoft, LTD: Richmond, BC

Text to speech software with natural sounding voices can read text documents and PDFs for Windows and Mac. Free to download.

<https://www.naturalreaders.com>

### ***PDFs (Read Out Loud) With Your PC***

Many computers have text-to-speech capabilities that read what is displayed on the screen and play it back in audio. Although the quality of the voice and reading style may be imperfect, ready-to-use speech recognition is an alternative to commercial software and significantly broadens access to materials available for persons who are visually impaired or have dyslexia. The following instructions offer an example of how a PDF can be “read” by a computer narrator and “heard” by a listener.

- The instructions assume some understanding of computers.
- Assistance from a sighted person may be necessary to get started.

### **How to access Audio / Voice Recognition in Windows**

- Visit a Web site with a document that has been created in **PDF** and save it to your computer
- **Open it using Adobe Reader** (version 8 or higher)
- Choose **View / Read Out Loud** or **Activate Read Out Loud (however it is worded)**
- Choose **View / Read to End of Document (however it is worded)**
- Listen to the text
- Troubleshoot on next page

### **Troubleshooting**

- The **View** option on the toolbar of your Adobe Reader is essential. If you do not have **View** or you receive an error message, you may need to download the current version of Adobe Reader from [www.adobe.com](http://www.adobe.com).
- Be sure you have “sound” capability on your computer and it is turned on through the **Control Panel**. If you can usually “hear” sounds, you are all set.
- If the pace of the voice is too fast

- Open the **Control Panel** in Windows / choose the **Speech, Speech Recognition** or **Text to Speech** icon depending on your version
- Choose the **Voice** tab and move the “slider” to slow the pace of the speech
- Choose **Apply / OK**
- Return to **View / Read to End of Document**
- Adjust the speed of the voice again if needed to fit listener preference
- If the document has not been created with Adobe or another PDF maker, you will not be able to hear it
- For more information on accessibility using Windows visit <http://www.microsoft.com/enable/products>
- For assistance contact the librarian at the Alzheimer’s Association at [greenfield@alz.org](mailto:greenfield@alz.org)

### **How to access Audio / Voice Recognition in Mac OS X.**

- Click the PDF to launch Preview automatically
- Choose **Edit / Speech / Start Speaking**
- Choose **Edit / Speech / Stop Speaking** to stop
- For more information on accessibility using Mac OS X visit <http://www.apple.com/accessibility/macosex/vision.html>.