

DEMENTIA CAREGIVERS RESOURCE LIBRARY

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BOOK	AUTHOR
36 hour Day: A Family Guide for Caregivers of Persons with Alzheimer's Disease and Related Dementia Illnesses, and Memory Loss in Late Life <i>Classic, internationally best-selling, comprehensive guide for the care of persons in the early and middle stages of progressive dementia illnesses.</i>	Mace & Rabins
A Curious Kind of Widow <i>A moving memoir and a useful guide filled with compassion and insights for caregivers, both family and professional.</i>	Ann Davidson
A View from Within Living with Early Onset Alzheimer's <i>Reflects the author's thoughts and feelings on living a high quality life with Alzheimer's Disease</i>	Thaddeus Raushi
Aging and Mental Disorders <i>Psychological Approaches to Assessment & Treatment</i>	Steven Zarit
Aging and Mental Health <i>Shows how successful aging can be fostered and achieved</i>	Butler & Lewis
Alzheimer's 911: Help, Hope and Healing for the Caregivers <i>With humor, sensitivity and clarity, Frena draws on her over 20 years as a hands-on-caregiver taking the approach to look at the inner world of people with Alzheimer's</i>	Frena-Gray Davidson
Alzheimer's – the Answers You Need <i>A book that will remind the patient as well as all of us that life does exist after diagnosis. Invaluable as a tool to help with changes in the patient and what to expect and what to accept.</i>	Helen Davies
Alzheimer's: A Love Story <i>Presents a picture of how she dealt with her husband's Alzheimer's and how they learned to simplify their lives, to live for the moments and laugh and cry together.</i>	Ann Davidson
Alzheimer's Answer Book: Professional Answers to More Than 250 Questions About Alzheimer's and Dementia <i>Professional answers to more than 250 questions about Alzheimer's and dementia. Written in an easy-to-read Q&A format and explains confusing medical lingo and provides straightforward answers to all of your most pressing questions.</i>	Atkins
Alzheimer's Sourcebook for Caregivers <i>Its particular strength lies in its discussion of the emotional aspects of caregiving, i.e., family crisis, acceptance, letting go, and moving on.</i>	Frena Gray- Davidson
Alzheimer's Caring for your loved one, Caring for Yourself <i>A look at the facts about Alzheimer's Disease and the realities caregivers face.</i>	Sharon Fish

Alzheimer's Action Plan	<i>Combines the insights of a world-class physician and an award-winning social worker, this groundbreaking book tells you everything you need to know. The expert's guide to the best diagnosis and treatment for memory problems.</i>	Doraiswamy & Gwyther
Alzheimer's Advisor: A Caregiver's Guide to Dealing with the Tough Legal and Practical Issues	<i>Vaughn E. James (Lubbock, TX) is Professor of Law at Texas Tech University School of Law. As a professor and attorney, he has taught about the legal aspects of the disease and has had several clients who have been in the early stages of Alzheimer's. He also has personal experience in caring for family members with the disease.</i>	Vaughn E. James
Alzheimer's Health Care Handbook: how to get the best medical care for your relative with Alzheimer's Disease in and out of the Hospital	<i>Offers advice on how to meet the needs of your loved one with Alzheimer's emotionally, physically, and mentally, and how to look after your own needs as well.</i>	Mittleman & Epstein
Alzheimer's: Early Stages: First steps for Family, Friends and Caregivers	<i>Explains the Medical aspects of the disease, tells how to plan immediately for long-term needs, and offers advice on how to stay healthy and positive when caring for a loved one with Alzheimer's.</i>	Daniel Kuhn
Alzheimer's Project: Momentum in Science	<i>Illuminates the vital breakthroughs occurring in Alzheimer's research.</i>	John Hoffman
American Medical Association Guide to Home Caregiving	<i>Covers home preparation, basic and special caregiving skills, choosing and paying a provider, long-term care, nursing home care, care for the caregiver and caring for someone who lives alone, someone with Alzheimer's disease and the terminally ill.</i>	AMA
And Thou Shalt Honor: The Caregiver's Companion	<i>More than 54 million Americans are caring for loved ones; they need look no further than McCleod's manual for openhearted encouragement and a plethora of practical information.</i>	Rosalynn Carter
At the Crossroads – Guide to Alzheimer's disease, Dementia & Driving	<i>Family conversations about Alzheimer's Disease, Dementia, & Driving.</i>	AARP pamphlet
Best Friends Approach to Alzheimer's Care	<i>This approach is time and energy intensive, but its decency makes the book a potential gold mine for afflicted families.</i>	Bell & Troxel
Best Friends Book of Alzheimer's Activities, Vol 2	<i>149 ideas for creative engagement for the person with dementia.</i>	Bell, Troxel, Cox & Harmon
Caregiver HelpBook – Powerful Tools for Caregiving	<i>Designed to provide caregivers with tools to increase selfcare and give them confidence in handling difficult situations, emotions and decisions.</i>	Schmall, Cleland, Sturdevant
Caregiver's Guide to Alzheimer's	<i>Winner of the 2006 American Journal of Nursing Book of Year Award, A Caregiver's Guide to Alzheimer's Disease will help readers understand what is physically happening to the brain so they can empower their own special skills and talents throughout the disease process.</i>	Patricia R. Callone

<p>Caregiver's Survival Handbook: How to Care for Your Aging Parent Without Losing Yourself <i>Abramson excels when she addresses the guilt, frustration, anger, fatigue and burnout that befall many women (this book's primary intended audience) when they're caught between caring for parents, children, maintaining a home and pursuing a career.</i></p> <p>Caring for Your Aging Parents: An Emotional Guide to Nurturing Your Loved Ones while Taking Care of Yourself <i>This comforting and poignant guide bridges the gap between elderly parents and the adult children who care for them, with trusted answers to questions most asked by caregivers in this challenging situation. Covering health, finances, living arrangements, communication, and emotional struggles, coping with memory-loss and dementia.</i></p> <p>Comfort of Home 2nd Ed. <i>A guide that promises to take the fear out of home care and bring confidence and peace of mind to caregivers.</i></p> <p>Compassionate Practical Guide to being a Widow <i>For women facing the loneliness and stress of widowhood, here is a self-help book filled with practical and reassuring advice for every stage of recovery.</i></p> <p>Complete Eldercare Planner <i>Where to start, which questions to ask and how to find help to manage your aging family.</i></p> <p>Complete Guide to Alzheimer's-Proofing Your Home (Revised Edition) <i>Warner strives for comprehensive coverage of the specifics of caring for afflicted loved ones in the home. A generous directory of relevant products and manufacturers and a helpful glossary further distinguish this superlative resource for home caregivers.</i></p> <p>Counseling the Dying <i>A time of spiritual growth and a time for doing the important unfinished business of living</i></p> <p>Dancing With Dementia: My Story Of Living Positively With Dementia <i>Full of insights into the emotional, spiritual and social aspects of living with dementia, and what can be achieved if the rest of us accept that dementia is as much about abilities as disabilities.</i></p> <p>Dementia Studies: A Social Science Perspective <i>Provides a much needed historical and critical evaluation of where and why the study of dementia began, how it has developed in the area of research, practice and policy and what we need to do with this knowledge</i></p> <p>Dignified Life: The Best Friends Approach to Alzheimer's Care, A Guide for Family Caregivers <i>Shows how the Best Friends method is bringing dignity to the lives of both those who have Alzheimer's disease and those who care for them.</i></p> <p>Doing Things: A guide to programming activities for person with Alzheimer's disease and related disorders <i>A book designed to help professionals evaluate patients' abilities and needs, and to plan activities that build on their strengths and maintain skills. Includes information on dementia and its effect on patients.</i></p> <p>Dragon Grip <i>Kathy Sheller McCann was John's wife for 33 years his caregiver for 2 years. When she was thrust into her journey with Alzheimer's Disease she realized she needed to write things down. This is an actual account taken from Kathy's own personal journal.</i></p>	<p>Alexis Abramson</p> <p>Raeann Berman</p> <p>Maria Meyer</p> <p>Lynn Caine</p> <p>Joy Loverde</p> <p>Warner & Warner</p> <p>Jackson, Knight, LeShan</p> <p>Christine Bryden</p> <p>Dr. Anthea Innes</p> <p>Bell & Troxel</p> <p>Jitka Zgola</p> <p>Kathy Sheller Mccann</p>
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<p>Elder Care Survival Guide <i>Get the help you need when you need it, quickly locate money to pay for care, melt your elder's resistance to getting help, build a personal support network ready and willing to help, handle the inevitable conflicts with family members, create and maintain a balanced life as a caregiver, assess valuable government benefits to reduce caregiving's financial burden.</i></p>	<p>Martin R. Sabel</p>
<p>Elder Rage...or Take my Father, Please <i>In this highly acclaimed book, Jacqueline Marcell tells her caregiving story, of her raging dementia patient father, of her sweet feeble mother, and of her "Amazing Ariana", the caregiver who helped her through it all.</i></p>	<p>Jacqueline Marcell</p>
<p>Enrich Your Caregiving Journey <i>Stories of three families and the issues the families and caregivers face when the unexpected happens and they wonder if their lives will ever be normal again</i></p>	<p>Margery Pabst</p>
<p>Exploring Forgiveness <i>Explores forgiveness in interpersonal relationships, family relationships, the individual and society relationship, and international relations, through the eyes of philosophers and educators as well as psychologist, police chief-turned-minister, law professor, sociologist, psychiatrist, social worker and theologian.</i></p>	<p>Robert D. Enright Joanna North</p>
<p>Final Journeys: A Practical Guide for Bringing Care and comfort at the End of Life <i>What do we all want, when we approach the inevitable? For a wise, hilarious, sensitive, and pragmatic nurse to sit at our bedside and tell us truths that are helpful, healing and humane. Maggie's insights ring true, and her wise, confident voice is an invaluable companion</i></p>	<p>Maggie Callanan</p>
<p>Finding the Bloom of the Cactus Generation <i>Improving the quality of life for seniors</i></p>	<p>Maggie Walters</p>
<p>Forgiveness Is a Choice: A Step-By-Step Process for Resolving Anger and Restoring Hope <i>A book for readers of any faith. A step-by-step process for resolving anger and restoring hope.</i></p>	<p>Robert D. Enright</p>
<p>Gone Without a Trace <i>Combines a personal story with a self-help guide for families with loved ones who wander.</i></p>	<p>Marianne D. Caldwell</p>
<p>Grandpa Click-Click: A Journey Through Alzheimer's Disease <i>The Dana family watches as their father changes from the gentle, loving, intelligent man he had been. In hindsight, they realized they needed more information and education about Alzheimer's disease to have coped more efficiently. This is the story of a man who, in the end, could only click his feelings of sadness or humor to them.</i></p>	<p>Danae Dana</p>
<p>Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner <i>Dr. Worden presents his most recent thinking on bereavement drawn from extensive research, clinical work and the best of the new literature.</i></p>	<p>J. William Wordon</p>
<p>Guide for Family Members – Alzheimer's Early Stages <i>First steps in caring and treatment. How Alzheimer's begins-causes and early symptoms, how to help a loved one with the disease, and how families and caregivers can help themselves.</i></p>	<p>Daniel Kuhn</p>
<p>He used to be somebody: A journey into Alzheimer's disease through the Eyes of a Caregiver <i>Beverly Bigtree Murphy tells a love story-- of a lifetime of love shared in a few years with her husband, Tom Murphy, as he began his descent into Alzheimer's disease</i></p>	<p>Beverly Murphy</p>

<p>Healing Through the Dark Emotions: The Wisdom of Grief, Fear, and Despair <i>Greenspan teaches the art of emotional alchemy by which grief turns to gratitude, fear opens the door to joy, and despair becomes the ground of a more resilient faith in life.</i></p>	<p>Miriam Greenspan</p>
<p>Home Safety for People with Alzheimer's Disease <i>How to develop creative solutions to increase the security and freedom of the person with AD in your home as well as your own peace of mind.</i></p>	<p>Dept of Health & Human Services</p>
<p>How Did I become my Parent's Parent <i>When your aging relative needs your help: how to act, what to say, when to intervene-while keeping your own life intact.</i></p>	<p>Harriet Schiff</p>
<p>How to Care for Aging Parents <i>A one-stop resource for all the medical, financial, housing, emotional, and practical issues.</i></p>	<p>Virginia Morris</p>
<p>I Will Go On: Living with a Movement Disorder <i>Daniel Brooks was a 50-year-old husband, father and district-level administrator in a public school system, when he first noticed pronounced tremors, speech difficulties and walking problems. He writes a compelling and inspirational story of how he maintained his faith in God while courageously facing life with a movement disorder, <u>Parkinson's Plus</u> syndrome.</i></p>	<p>Dr. Daniel Brooks</p>
<p>In a Tangled Wood: An Alzheimer's Story <i>Powerful book goes inside an Alzheimer's unit and shows a world where life occurs in its most simple form.</i></p>	<p>Joyce Dyer</p>
<p>Inside Alzheimer's: How to Hear and Honor Connections with a Person who has Dementia <i>Including resources and filled with practical wisdom, this groundbreaking, transformational, and informative book is highly recommended.</i></p>	<p>Nancy Pearce</p>
<p>Keeping Busy <i>A handbook of activities for persons living with dementia including quality of life.</i></p>	<p>James Dowling</p>
<p>Key Elements of Dementia Care <i>This book defines, describes and illustrates dementia-capable care throughout the range of residential care settings.</i></p>	<p>National Alzheimer's Assoc</p>
<p>Larry's Way: Another Look At Alzheimer's From the Inside <i>The author writes of his day to day experiences in coping with Alzheimer's disease. Rose has triumphed over incredible odds to produce this rare and lucid account of his experience with Alzheimer's.</i></p>	<p>Larry Rose</p>
<p>Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease <i>Joanne Koenig Coste offers a practical approach to the emotional well-being of both patients and caregivers that emphasizes relating to patients in their own reality.</i></p>	<p>Coste & Butler</p>
<p>Life in the Balance: A physicians memoir of life, love and loss with Parkinson's Disease & Dementia <i>A physician's memoir of life, love, and loss with Parkinson's Disease and dementia. Lets us see the impact of serious illness on a man who is both doctor and patient.</i></p>	<p>Thomas Graboys</p>
<p>Living in the Labyrinth: a personal journey through the maze of Alzheimer's <i>This amazing book is written by an Alzheimer's victim herself. Diana Friel McGowin began having symptoms of Alzheimer's Disease at age 45. She gives us an inside look at what it's like to have this disease, from the first symptoms noticed, through the ordeal of searching for a diagnosis, to the finality in the diagnosis itself and the daily losses that come.</i></p>	<p>Diana Friel McGowin</p>

Living Wills & Powers of Attorney for California	Shae Irving
<i>This book helps Californians quickly draw up documents that make their medical and financial wishes known and help their families avoid problems if they ever become unable to make these decisions for themselves. With the book's step-by-step instructions, readers can create an Advance Health Care Directive and a Durable Power of Attorney for Finances.</i>	
Living with Grief – Alzheimer's Disease	Hospice Found. of America
<i>Shows how hospice principles can make care for Alzheimer's patients and their families more humane.</i>	
Losing My Mind: An intimate look at life with Alzheimer's	Thomas DeBaggio
<i>More than just a story of Alzheimer's, it is the captivating tale of one man's battle to stay connected with the world and his own life.</i>	
Morrie: In His Own Words: Life Wisdom From a Remarkable Man	Morris Schwartz
<i>For everyone who enjoyed the inspiration of Morrie Schwartz in "Tuesdays with Morrie", Morrie reveals how to live in the moment, with warmth, wisdom and humor.</i>	
Moving A Relative With Memory Loss A Family Caregiver's Guide	Laurie White & Beth Spencer
<i>Provides a useful, practical step-by-step guide to help families through a maze of decisions with their loved ones.</i>	
My Journey into Alzheimer's Disease	Robert Davis
<i>A minister's personal account of his spiritual journey of living with Alzheimer's.</i>	
Not Alone: Encouragement for Caregivers	Neil Noonan
<i>A caregiver's life often lends itself to isolation, loneliness, and abdicated personal needs. Sometimes funny, often poignant, and always heartfelt, this book offers insight from someone who has "been there too" as she knows first hand about being the healthy spouse of a chronically ill mate.</i>	
Physiology of Aging	Richard A Kenney
<i>Describes functional changes that occur during the course of human aging and distinguishes between these normal changes and the pathologic processes that occur more frequently with age.</i>	
Preventing Alzheimer's	Shankle & Amen
<i>Ways to Prevent, delay, detect and even halt Alzheimer's disease and other forms of memory loss</i>	
Quiet Moments for Caregivers	Betty Free
<i>Devotional and worship ideas for caregivers and care receivers</i>	
Sticky Notes – Being One Step Ahead of Alzheimer's	Amy McCabe
<i>A down to earth, easy read, on learning what dementia and Alzheimer's are as well as learning some helpful tips on how to adapt to Alzheimer's from the first notice of memory loss.</i>	
Still Alice	Lisa Genova
<i>Compelling debut novel about a 50-year old woman's sudden descent into early onset Alzheimer's disease. A happily married woman 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.</i>	
Take Your Oxygen First: Protecting Your Health and Happiness While Caring for a Loved One with Memory Loss	Leeza Gibbons
<i>Heartfelt, candid accounts by television host Leeza Gibbons and the members of her family, who cared for Lezza's mother, Jean for more than a decade after her Alzheimer's diagnosis.</i>	

<p>Taking Care of Aging Family Members <i>Provides thorough and substantive advice and information on the complete range of psychological, social, and financial issues that face those involved in caring for an older person.</i></p>	<p>Wendy Lustbader</p>
<p>Talking to Alzheimer's <i>This book addresses head on both the practical step-by-step guide to help families through a maze of decisions with their loved ones.</i></p>	<p>Claudia Strauss</p>
<p>Ten Bags and a Sunflower Hat: A Guide to Coping with Dementia <i>A concise and reader friendly resource tackles a daunting subject with dignity and offers ideas that are easy to understand and implement. Good for professionals and students as well as caregivers at home.</i></p>	<p>Leslee Wlodyka</p>
<p>The Forgetting <i>Alzheimer's Portrait of an Epidemic</i></p>	<p>David Shenk</p>
<p>Therapeutic Caregiving: A practical guide for caregivers of persons with Alzheimer's and other Dementia Causing Disease <i>Written expressly for family members and in-home caregivers. This excellent book offers techniques for keeping people with dementia more functional.</i></p>	<p>Barbara Bridges</p>
<p>There's Still a Person in There <i>A complete guide to treating and coping with Alzheimer's, from description of medical advances to touching accounts from caregivers.</i></p>	<p>M. Castleman</p>
<p>Understanding Difficult behaviors: some practical suggestions for coping with Alzheimer's disease and related illnesses <i>Written for caregivers in home and formal care settings. This excellent book focuses on eleven common problem areas, including angry/agitated behavior, hallucinations and paranoia, incontinence, activities of daily living, wandering screaming, & wanting to go home.</i></p>	<p>Robinson, Spencer & White</p>
<p>Voices of Alzheimer's <i>Courage, Humor, Hope and Love in the Face of Dementia</i></p>	<p>Betsy Peterson</p>
<p>What If It's Not Alzheimer's: A Caregivers Guide to Dementia <i>Includes information of (FTD) Frontal Temporal Lobe Dementia</i></p>	<p>Radin, Radin and Trojanowski</p>
<p>Well Aged: Dining with Dignity <i>Not specifically just for individuals with Alzheimer's. This book provides over 200 easy to prepare recipes as well as nutrition basics and tableware advice.</i></p>	<p>Ginny Gordon Walters</p>
<p>When love gets tough <i>The book speaks to the difficult decision of placing a loved one in a nursing home.</i></p>	<p>Doug Manning</p>
<p>When Someone You Love Has Alzheimer's <i>This is excellent counsel, full of phrases that many may take as watchwords as they cope with an Alzheimer's-afflicted loved one.</i></p>	<p>Earl A. Grollman</p>
<p>Your Name is Hughes Hannibal Shanks <i>This book outlines twenty coping and survival strategies to guide caregivers to untapped inner resources and shows caregiving's intangible rewards of increased self-respect and self-knowledge.</i></p>	<p>Lela Knox Shanks</p>

DVD	LENGTH
A Thousand Tomorrows: Intimacy, Sexuality And Alzheimer's One DVD Case	35 minutes
Alzheimer Disease Do's and Don'ts <i>One DVD Case</i>	26 minutes
Alzheimer's Disease: A New hope through Understanding <i>One DVD Case</i>	20 minutes
Alzheimer's Disease: Inside Looking Out <i>One DVD Case</i>	18 minutes
Bathing Without a Battle <i>One Case – 2 DVD's</i>	60 minutes
Dress Him While He Walks <i>One DVD Case</i>	20 minutes
Family Guide to Alzheimer's Disease Five Separate DVDs; check out DVDs individually	45-60 minutes each
1) <i>Understanding Alzheimer's</i>	
2) <i>Behavior Issues</i>	
3) <i>Daily Life</i>	
4) <i>Family Caregiving (How and why to get outside help)</i>	
5) <i>Transitions (Adapting to social activities and grieving)</i>	
Family Guide to Long-Term Care <i>One DVD Case with 3 DVDs</i>	21-50 minutes each
Recognizing and Preventing Burnout <i>One DVD Case</i>	23 minutes
There is a Bridge <i>This groundbreaking documentary will change the way you imagine Alzheimer's disease – and quite possibly how you see yourself. This DVD challenges conventional notions of people with Alzheimer's as "unreachable and show a different perspective of hope.</i> <i>One DVD Case</i>	110 minutes

VIDEO	LENGTH
The Forgetting - A Portrait of Alzheimer's	90 minutes
The Help You Need <i>(Together in one video)</i>	30 minutes
A Prescription for Caregivers: Take Care of Yourself	60 minutes
Complaints of a Dutiful Daughter, 1996	44 minutes
Living in Alzheimer's Disease 1999	
Bill Moyer's on Dying: Discussion – Caregiving	
Bill Moyer's on Dying: Discussion - Life After Death 2000	