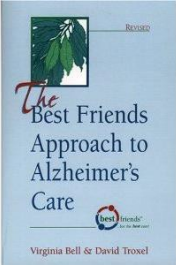
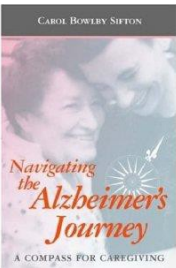
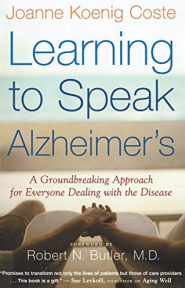
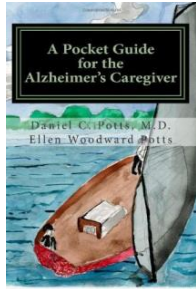


Resource List for Alzheimer's Disease - Caregivers

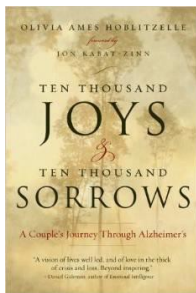
Books that can help you care for someone with Alzheimer's:

	<p>The Best Friends Approach to Alzheimer's Care Bell, V. & Troxel, D. (2002) Baltimore, MD: Health Professions Press</p> <p>This book offers concrete situations with effective problem-solving strategies.</p>
	<p>Navigating the Alzheimer's Journey: A Compass for Caregiving Bowlby Siftin, C. (2004) Baltimore, MD: Health Professions Press</p> <p>The reader will learn to make use of, and celebrate the remaining abilities of loved ones with dementia using numerous activity-focused care techniques.</p>
	<p>Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease Coste, J. K. (2004) New York, NY: Houghton Mifflin</p> <p>In a friendly, knowledgeable style, the author offers 5 tenets in what she calls the "habilitation" approach to caring for people with progressive dementia.</p>



A Pocket Guide for the Alzheimer's Caregiver Potts, D.C., MD & Woodward Potts, E. (2011) Dementia Dynamics, LLC

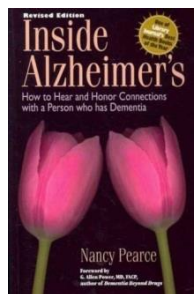
This book offers practical advice on some of the most common problems that may arise when providing care for someone with Alzheimer's. It also dispels the sense of hopelessness that families may feel when trying to enhance quality of life for their loved one with the disease.



Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's

Hoblitzelle, O.A. (2010)
New York, NY: Penguin Group

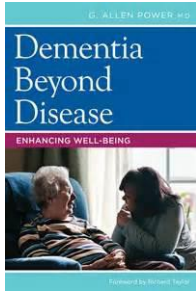
In this profound and courageous memoir, Olivia Ames Hoblitzelle describes how her husband Hob's Alzheimer's diagnosis at the age of seventy-two challenged them to live the spiritual teachings they had embraced during the course of their life together. When they first heard the diagnosis, Olivia and Hob's initial reaction was to cling desperately to the life they had had, but they learned to greet the last phase of Hob's life consciously and lovingly.



Inside Alzheimer's: How to hear and Honor Connections with a Person who has Dementia

Pearce, N. (2011)
Taylors, SC: Forrason Press

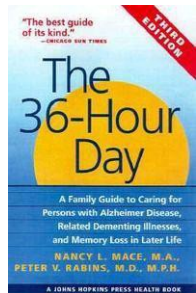
This book shares 6 basic principles of connection that will help care partners create moments of connection with someone with Alzheimer's, regardless of how advanced the dementia, and co-create a more supportive community of care.



Dementia Beyond Disease: Enhancing Well-Being

Power, G., MD (2014)
Baltimore, MD: Health Professions Press

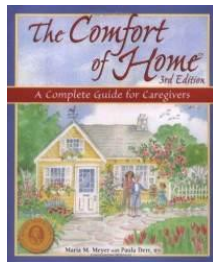
This book reframes the care and support of people living with dementia. It presents a strengths-based approach that focuses on enhancing 7 domains of well-being for individuals in all living environments.



The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illness, and Memory Loss

Mace, N.L. & Rabins, P. V. (2011)
New York, NY: Warner Books

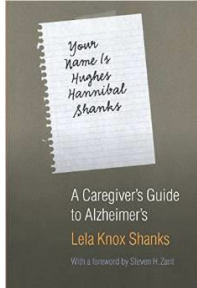
This is a great reference book for caregivers, but should not be read all at once.



The Comfort of Home: A Complete Guide for Caregivers

Meyer, M. & Derr, P. (2007)
Portland, OR: CareTrust Publications

This book is a good, practical guide that offers caregiving options and discusses the financial and legal decisions you may encounter.

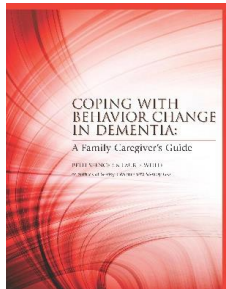


Your Name is Hughes Hannibal Shanks: A Caregiver's Guide to Alzheimer's

Shanks, L.N. (2005)

Bison Books

This book is a personal account of one woman's journey in caring for her husband, in their home. The author describes her initial denial, her discovery of coping skills, her eventual acceptance of his illness, and her ultimate recognition that the key to successful caregiving lies in never losing sight of the person's humanness. The book outlines 20 coping and survival strategies to guide caregivers to untapped inner resources and shows caregiving's intangible rewards of increased self-respect and self-knowledge.



Coping with Behavior Change in Dementia: A Family Caregiver's Guide

Spencer, B. & White, L. (revised, 2015)

Whisppub LLC

This handbook is intended to help families understand possible causes of common behavior changes and learn to respond more effectively to behaviors. It is the authors' firm belief that many of the most challenging behaviors may be minimized when caregivers learn how to identify root causes and try strategies that are known to help some people with dementia much of the time.

The book includes strategies for the following:

- Challenges with dressing
- Eating
- Bathing
- Toileting
- Mouth care
- Agitation

- Anxiety
- Anger and aggression
- Sleep and sundowning
- Wanting to go home
- Wandering
- Walking or pacing
- Repetitive behaviors
- Hallucinations
- Delusions and paranoia
- Physical intimacy
- sexual behavior

There are also sections about communication and problem-solving, a glossary and an extensive list of other resources. Each behavior includes case examples from families as well as suggestions about ways to phrase things.

Fact sheets and online resources that can help you care for someone with Alzheimer's:

- Basics of Alzheimer's Disease: What It Is and What You Can Do
http://www.alz.org/national/documents/brochure_basicsofalz_low.pdf
- Care Guides From Your Clinician: Alzheimer's Disease Center (MADC)
<http://careguides.med.umich.edu/alzheimers-disease-center>
- Caring for a person with Alzheimer's disease
https://order.nia.nih.gov/sites/default/files/2019-03/Caring_for_a_person_with_AD_508_0.pdf
- FDA-Approved Treatments for Alzheimer's Disease
http://www.alz.org/national/documents/topicsheet_treatments.pdf
- Home Safety for People with Alzheimer's Disease
<https://www.nia.nih.gov/health/home-safety-and-alzheimers-disease>
- MedicAlert® + Alzheimer's Association: Safe Return®

<https://www.alz.org/help-support/caregiving/safety/medicalert-with-24-7-wandering-support>

- Partnering with Your Doctor: A Guide for Persons with Memory Problems and Their Care Partners
http://www.alz.org/national/documents/brochure_partneringwithyourdoctor.pdf
- Take Care of Yourself: 10 Ways to be a Healthier Caregiver
http://www.alz.org/national/documents/brochure_caregiverstress.pdf
- Telling others about an Alzheimer's diagnosis
http://www.alz.org/national/documents/topicsheet_telldiagnosis.pdf

Who can I contact to find out more?

For more information, call (734) 764-5137 or visit

<http://alzheimers.med.umich.edu>

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Edited by: Karelyn Munro, BA

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