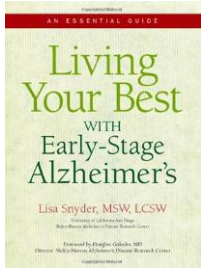
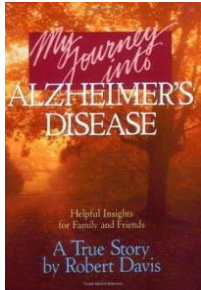
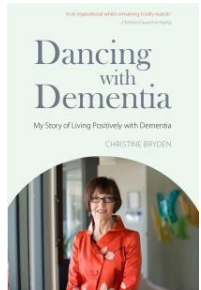
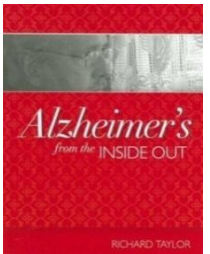
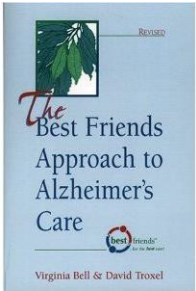
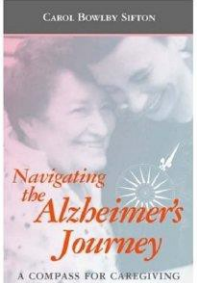
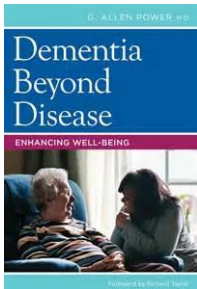


# Resource List for Early Stage Alzheimer's Disease

## Books that can help adults understand and cope with early-stage Alzheimer's:

	<p><b>Living Your Best with Early-Stage Alzheimer's: An Essential Guide</b>        Snyder, L. (2010)        North Branch, MN: Sunrise River Press</p> <p>This book is very helpful for people with Mild Cognitive Impairment and early-stage Alzheimer's disease.</p>
	<p><b>My Journey into Alzheimer's Disease</b>        Davis, R. (1994)        Carol Stream, IL: Tyndale House Publishers</p> <p>Written by a man who remained a ministering servant to the end, using his last lucid thoughts to share with us his walk of faith into Alzheimer's disease, Reverend Robert Davis gives hope to other others.</p>
	<p><b>Dancing with Dementia: My Story of Living Positively with Dementia</b>        Bryden, C. (2005)        Philadelphia, PA: Jessica Kingsley Publishers</p> <p>Christine Bryden was a top civil servant and single mother of three children when she was diagnosed with dementia at the age of 46. This book is a vivid account of the author's experiences of living with dementia, exploring the effects of memory problems, loss of independence, difficulties in communication and the exhaustion of coping with simple tasks. She describes how, with the support of her husband Paul, she continues to lead an active life nevertheless, and explains how professionals and carers can help.</p>

	<p><b>Alzheimer's from the Inside Out</b>  Taylor, R. (2006)  Baltimore, MD: Health Professions Press</p> <p>The author, a former psychologist, courageously shares his account of how his life is affected by a dementia diagnosis at age 61.</p>
	<p><b>The Best Friends Approach to Alzheimer's Care</b>  Bell, V. &amp; Troxel, D. (2002)  Baltimore, MD: Health Professions Press</p> <p>This book offers concrete situations with effective problem-solving strategies.</p>
	<p><b>Navigating the Alzheimer's Journey: A Compass for Caregiving</b>  Bowlby Sifton, 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><b>Dementia Beyond Disease: Enhancing Well-Being</b>  Power, G., MD (2014)  Baltimore, MD: Health Professions Press</p> <p>This book reframes the care and support of people living with dementia. It presents a strengths-based approach that focuses on enhancing seven domains of well-being for individuals in all living environments.</p>

## Fact sheets and online resources that can help adults understand and cope with early-stage 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](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>
- Understanding Alzheimer's Disease:  
<https://order.nia.nih.gov/sites/default/files/2018-10/understanding-alzheimers-disease.pdf>
- FDA-Approved Treatments for Alzheimer's Disease  
[http://www.alz.org/national/documents/topicsheet\\_treatments.pdf](http://www.alz.org/national/documents/topicsheet_treatments.pdf)
- If You Have Alzheimer's: What You Should Know, What You Should Do  
[https://www.alz.org/documents/national/brochure\\_ifyouhave\\_earlystage.pdf](https://www.alz.org/documents/national/brochure_ifyouhave_earlystage.pdf)
- Partnering with Your Doctor: A Guide for Persons with Memory Problems and Their Care Partners  
[http://www.alz.org/national/documents/brochure\\_partneringwithyourdoctor.pdf](http://www.alz.org/national/documents/brochure_partneringwithyourdoctor.pdf)
- Telling others about an Alzheimer's diagnosis  
[http://www.alz.org/national/documents/topicsheet\\_telldiagnosis.pdf](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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