

These titles are located in the
Adult Nonfiction area.

362.196 Bazan – *Alzheimer's Activities that Stimulate the Mind*

Based on its author's four-year study and 15 years of experience in Alzheimer's and dementia-related care, this resource offers exercises appropriate to each of the four stages of the disease. It features hundreds of exercises across an array of areas and disciplines, including arts and crafts, community outings, physical activity, religion and spirituality, grooming, gardening, music, and many more.

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

A pioneer in the care and treatment of Alzheimer's introduces her groundbreaking approach to dealing with the disease, offering a five step approach to caring for people with progressive dementia while offering hundreds of practical tips that can make it less threatening.

362.196 McCurry – *When a Family Member Has Dementia: Steps to Becoming a Resilient Caregiver*
Describes a set of core principles that will help caregivers become more spontaneous and flexible in their responses to the daily challenges of dementia care.

362.196 Voices – *Voices of Alzheimer's: The Healing Companion: Stories for Courage, comfort and Strength*
Offers more than fifty true stories of lives being transformed by Alzheimer's, featuring essays written by patients, family, friends, spouses, and caregivers that have been touched by the disease.

616.8 Shagam – *An Unintended Journey: A Caregiver's Guide to Dementia* (2013)
Using personal narrative and well-researched content, a science writer presents a guide to dementia care that walks caregivers through the basics of this brain disorder and addresses the needs and challenges they face.

616.83 Boss – *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief*
Provides guidelines for managing the stress and grief of knowing someone who is suffering from dementia, including how to stay resilient and cope with the emotional strains of caregiving and the meaning of relationships with those who are cognitively impaired.

616.831 Ali – *Understanding Alzheimer's: An Introduction for Patients and Caregivers*
Provides information for both patients and caregivers on the causes, symptoms, diagnosis, treatment options for Alzheimer's disease, along with advice on dietary options, exercise, and coping with the disease.

616.831 Gillies – *Keeper: One House, Three Generations and a Journey into Alzheimer's*
Describes how the author, her husband, and their three young children moved to a new home with her Alzheimer's patient mother-in-law, an arrangement that exposed the entire family to the condition's emotionally wrenching caregiving challenges

616.831 Kuhn – *Alzheimer's Early Stages: First Steps for Families, Friends and Caregivers*
The early stages of Alzheimer's can be the most difficult time for relatives and friends because they often don't know much about the disease, or how they can be of help. This compassionate and practical book is divided into sections on how Alzheimer's begins, how to help a loved one with the disease, and how families and caregivers can help themselves.

616.831 Mayo – *Mayo Clinic on Alzheimer's Disease*
Compiling the knowledge of renowned specialists around the world, a compassionate guide to Alzheimer's disease, a devastating condition that affects people over the age of sixty-five, provides a wealth of information on signs and symptoms, diagnosis, treatment, and long-term care.

616.831 Newmark – *Chicken Soup for the Soul: Living with Alzheimer's and Other Dementias: 101 Stories of Caregiving, Coping and Compassion*
Caring for a loved one with Alzheimer's or another form of dementia? You are not alone. With encouraging and inspiring stories by others like you, this book is a source of support and encouragement throughout your caregiving journey.

616.831 Sadowski – *100 Questions and Answers About Alzheimer's Disease*
The only text to provide a doctor's and patient's view, this resource gives you authoritative, practical answers to your questions about treatment options, quality of life, caregiving, sources of support, and much more.

616.831 Shouse – *Love in the Land of Dementia: Finding Hope in The Caregiver's Journey*
Caregiver Shouse celebrates spiritual and practical lessons learned on her unscripted yet rewarding journey with her mother through Alzheimer's disease.

New **616.831 What – *What if It's Not Alzheimer's?: A Caregiver's Guide to Dementia***
This book is the first and only comprehensive guide dealing with frontotemporal degeneration (FTD), one of the largest groups of non-Alzheimer's dementias. The contributors are either specialists in their fields or have exceptional hands-on experience with FTD sufferers.

616.831 Westheimer – *Dr. Ruth's Guide for the Alzheimer's Caregiver: How to Care for Your Loved One Without Getting Overwhelmed—and Without Doing It All Yourself*
A guide for Alzheimer's caregivers offers advice on caring for spouses, parents, and other relatives; dealing with professional caregivers; and learning about Alzheimer's treatments and facilities.

The following titles are designed to engage and comfort individuals diagnosed with Alzheimer's disease, Parkinson's disease, stroke, brain injury, or dementia. They feature universally appealing experiences written in clear, concise, easy-to-read text, vivid photographs, innovative Conversation Starters, and corresponding Activities. These interactive, large-print books are suitable for family members, caregivers, and activity directors to engage adults living with memory loss in a simple, enjoyable activity that provides an opportunity to reminisce, recall special memories, and share stories together.

Titles are located in the **Literacy** area, located on the wall behind the nonfiction DVDs.

Literacy 362.19 Schneider – *Seasons: Touching Memories from Spring, Summer, Fall and Winter* (2010)

Literacy 582 Schneider – *Flowers: A Collection of Floral Photography and Proverbial Wisdom* (2010)

Literacy 636.7 Schneider – *Dogs and Puppies: Heartwarming Stories of Man's Best Friend* (2010)

Literacy 701.8 Schneider – *Colors: An Exploration of Color Through Poetry and Pictures* (2010)

Berlin-Peck Memorial Library
234 Kensington Rd.
Berlin, CT 06037 860-828-7125
berlinpeck.org

1/15 AH



Find us on
Facebook

Alzheimer's and Dementia

Resources for Caregivers



Berlin-Peck Memorial Library